

The Asbury News



Grief Support Group With Bethany Hospice

Grieving the death of a loved one is one of life's most difficult experiences. Losing someone can conjure a variety of emotions from feelings of loss, anger and helplessness, to feeling at peace knowing that our loved one is in a better place and is no longer suffering from illness or disease.

But controlling these emotions can be a real challenge - a challenge you don't have to face alone.

Asbury Heights and Bethany Hospice are teaming up to offer a Grief Support Group to help you and your family members find peace following the loss of a loved one.

This 12-week program takes place every Thursday afternoon from 2:00 PM until 3:30 PM in the Baum Chapel. It is open to Asbury residents, families, staff and community members.



“This support group is designed to provide individuals with the support they need during the grieving process,” says **Anneliese Perry**, Resident & Family Support Service Coordinator. “Whether or not the loved one used hospice services, this is a place where anyone who has experienced a loss can come together and lend each other support.”

The first Grief Support Group meeting was held March 3, but new members are always welcome. If you would like to attend the next session on Thursday, March 24, or have any questions, please RSVP by calling Bethany Hospice at 412-921-2209.

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Hand In Hand

A Service for You and Your Family

Hand In Hand is a series of monthly informational programs for older adults. These programs are open to our residents, family members and the outside community.

Upcoming programs include:

Simplifying, Organizing and Downsizing

Thursday, March 24 (seats still available)
Presented by Paul Regan

Antiques and Collectibles: What's Hot and What's Not

Tuesday, April 19 (RSVP by April 12)
Presented by Samantha Parish

All programs begin at 6:00 PM.
You must RSVP to these events by calling
412-360-9086.

Volunteer Opportunities

There are many reasons for one to volunteer their time. Perhaps it's to become a part of something larger or maybe it's a chance to socialize and meet new people.

If you've ever considered volunteering around the Asbury campus, now is your opportunity!

We are currently looking for a volunteer to assist with Asbury Villas new Handy Mart store on Wednesdays and Fridays from 9:00 AM until 11:00 AM. We'll have two volunteers working each shift.

"The Handy Mart is becoming a favorite among residents and staff at Asbury Villas," says Marci Thomas, Volunteer Director. "This new store is so popular that we need more help."

For more information on this opportunity, contact Marci Thomas at 412-571-5150 or e-mail her at mthomas@asburyheights.org.



The Asbury Villas Handy Mart needs a reliable volunteer to help manage the store. The Handy Mart operates weekdays from 9:00 AM to 11:00 AM and has been open since mid January.

In The Works

Information from the Maintenance Department

A large portion of Asbury's annual budget is dedicated to maintenance and capital improvement projects. These projects are either very apparent (installing new carpet, for example) or behind the scenes (such as repairing hot water tanks).

Below are a few projects in the works.

- The "tunnel" and Linden Garden project will be completely finished some time in April.
- The Asbury Villas dining room carpet will be replaced in either April or May.
- The Asbury Way Café will receive a facelift in either April or May.



The waterproof walls are now installed in the "tunnel" (Building 6, Level 1)



A pergola (similar to this one) will be constructed in the Linden Garden.



Furniture will soon be added to this new sitting area.

The Pittsburgh Zoo Makes a Visit

It's rare to have the zoo come to you, but that's just what happened to our residents on March 14 when two Pittsburgh Zoo representatives stopped by to present a slide show with a few friendly critters.

The slide show was titled "The Zoo: Then and Now" and featured many photos of the Pittsburgh Zoo's past and present. The presenters gave a brief history of the zoo, its animals and their caretakers.

After the slide show, the presenters revealed an owl, a box turtle and a rabbit, walking them around the room for all to see.



Top: Residents admire the beauty of an owl.
Bottom: A resident pets a rabbit from the zoo.



The Norovirus Consider These Precautions

The Norovirus spread throughout the Asbury campus during the last few weeks. We thank you for your patience as it was necessary for us to cancel activities and events to help avoid spreading the virus.

Most residents are no longer experiencing symptoms, but the virus may still be present.

Please consider the following precautionary measures as we attempt to eliminate this virus.

- Residents exhibiting GI symptoms must remain in their apartments for 48 hour after symptoms have resolved.
- Contact precaution signs are posted for the affected residents.
- Read and follow directions on precaution signs outside the residents' rooms.
- Wash hands frequently; wash with soap and warm water.

Visiting With the Villas

News and Views From Asbury Villas

This month was the start of a new contest for Asbury Villas residents. It's similar to a scavenger hunt, but participants need only find one item.

Residents who happened to see Lucky the leprechaun notified Linda, Cristin or Wendy of their sighting and received a chance to win St. Patrick's Day prizes later in the month. The more sightings, the more chances to win!

Lucky was hidden every day, so participating residents had daily opportunities to find him.

After chasing Lucky everyday for nearly a month, **Betty Stanley** became the lucky one, winning a basket of Irish items.



Betty Stanley poses with her of Irish items.

A New Way to Receive The Asbury News

You can now receive *The Asbury News* directly into your e-mail inbox as a PDF document!

This new option is for your convenience, making it easier to share the newsletter with family and friends. You can forward the newsletter via e-mail to your loved ones or tell them to visit the Asbury Heights website (www.asburyheights.org) to review it.

If you would like *The Asbury News* sent to your e-mail address each month, please send an e-mail to jebel@asburyheights.org expressing your wish. Please also indicate whether or not you would like to continue receiving a hard copy.

This is part of a new Diamond initiative to help reduce costs and improve quality and customer satisfaction. We want to provide you with an informative and attractive newsletter that you can easily share with your friends and family.

For the past two months, a team known as The Grammar Police have been carefully proofreading each newsletter before distribution. This team consists of Audrey Burgoon, Jon Ebel and residents Jean George and Betty Woll.

The next step for the Grammar Police will be to evaluate the current process of creating each issue and provide an improved newsletter.

For more about Asbury's Diamond projects, turn to page 8.

Spyder Pendant Replacement Policy

Asbury recently received mechanical upgrades to its Spyder emergency alert system. Marci Thomas, Director of Safety Security Systems, has also worked with staff members to help refine our response procedures and thus eliminate unnecessary delays.

Your Spyder pendant is your best connection to assistance in the event of an emergency. We strongly encourage you to wear your pendant at all times. If your pendant is not working or missing, please contact the nurses at your venue or the Health and Wellness Center.

With the increased number of pendants that are being lost or damaged beyond repair (costing in excess of \$5,000 in the past six months), we must begin to enforce our pendant charge policy. You will soon receive a letter with more details.

If your missing pendant is not found within two weeks from the date a new pendant has been issued, you will be charged \$200 (the current cost of the pendant). This charge will appear on your statement. If the missing pendant is found within six months of the date you notified us of your missing pendant, you can return the replacement pendant and receive a refund of \$160.

The Spyder system is critical to your safety. If you have any questions or concerns regarding the pendants, or our replacement policy for lost and damaged pendants, please contact Marci Thomas at 412-571-5150.

OASIS Events

at The Embassy of Asbury Heights

OASIS is an organization that offers continuing education classes to older adults.

This year, The Embassy of Asbury Heights has teamed up with OASIS to host the classes listed below:

Irish of Pittsburgh Cary Grant

Tuesday, March 22
10-11:30 AM

Tuesday, April 5
1-2:30 PM

Brain Fitness Exercises

Tuesday, March 29
10-11:30 AM

Classes are limited to 25 attendees and are held at The Embassy.

Call 412-360-9086 to RSVP.

Each class requires a \$25 registration fee.

Creative Cuisine

March 22 -- Springtime in Paris (dinner)

April 6 -- Breakfast Bar Lunch

April 22 -- Good Friday Seafood Buffet (dinner)

Giving Changes Lives

1908 Society Acknowledgments

Our 1908 Society is our donor recognition club for people who have made an arrangement for Asbury to receive a gift after death.

Asbury Foundation acknowledges with deep gratitude Sally Davis and Phyllis Lewis who were 1908 Society members. They both made arrangements in their estate plans which named Asbury to receive a generous gift in support of their fellow Asbury residents and friends after their passing.

On behalf of our residents, families and friends, we thank them and their families for their thoughtful giving.

The most common way of making a gift to Asbury after you are gone is through your will. If you have already done so, or would like to do so, please let the Asbury Foundation know, so that we may properly acknowledge your gift, and so that we may insure your gift is eventually applied according to your wishes.

On behalf of all of us here at Asbury, thank you!



Phyllis A. Lewis



Sarah C. Davis

Contacting Asbury Foundation

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Spiritual Corner

Sermons and Celebrations

Rev. Drew Harvey, Director of Pastoral Care, is passionate about offering a variety of spiritual services to the Asbury campus.

Below are a few of Rev. Harvey's upcoming sermons.

March 20 "It Begins With God"

March 27 A sermon from intern
Drew Himes

Asbury understands the importance of fulfilling all residents' spiritual needs. For a complete list of spiritual services, please read the *Hickman Chapel Chimes*.

Asbury Featured in Pittsburgh Business Times

Asbury's work with Pittsburgh Regional Health Initiative (PRHI) was featured in the March 11 issue of *Pittsburgh Business Times*.

The piece highlights Asbury as "among the first long term care facility in the region to adopt PRHI's modified Toyota lean manufacturing principles to transform its work culture into one of continuous improvement."

The article also outlined some Operation Diamond projects that you've heard about at Asbury such as the Kilowatt Killers reducing electricity cost and the projects to eliminate the operating loss in The Asbury Way Café.

Asbury will continue to identify projects with a goal of increasing quality and customer satisfaction while eliminating waste and reducing costs.

The Asbury News

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This photo of Art Barbus (left) and Debbie Schoonover in the Pittsburgh Business Times. (Photo taken by Joe Wojcik.)