Smoking Prohibited on Campus

Anyone smoking during their shift or smoking anywhere inside or on the grounds will be subject to corrective action, up to and including termination. Smelling like smoke while at work is also prohibited.

UPMC is committed to improving and protecting the health and well-being of those who work and live on campus. If you are a smoker, please consider the various tobacco cessation resources available to you. These resources can be found on Infonet.

Upcoming Campus Improvements

Summer is prime time for construction projects and it’s no different at Asbury Heights.

On Monday, July 22, renovations began in Building 7, Level 2 (formerly The Allemont independent living apartments). Twenty-four rooms of long-term nursing care will be created, with a mix of private and semi-private rooms. Contractors have been retained for the work, which will take place Monday through Friday, primarily between 6:30 AM to 8:00 PM. They will avoid loud construction in the early morning and later evening hours. Occupancy is planned for late Spring, 2020.

Construction of the Family Hospice office space (formerly the Independent Living Activities Center and storage area), and the new luxury Independent Living garden apartments (located in Building 6, Level 2) are still on hold pending permits from Mt. Lebanon Municipality.

Although no timeline can be announced yet, we wanted you to know about the next phase of construction projects that will be done by Asbury’s Construction Crew. Our construction workers have done excellent work throughout our facilities, with quick turnarounds. We will be keeping them busy with the following upcoming projects:

Main Lobby Refresh
Paint, flooring, lighting. Part of this project will be refreshing the two public bathrooms on the ramp from Security into the Mall.

Building 5 Updates
New flooring, lighting and paint in the corridors of Levels 1, 2 and 3. Part of this

Continued on Page 3
Raffle Baskets Returning to Asbury
The 29 Celebrating Senior Champions raffle baskets will return to the Asbury campus for the last time this year on Tuesday, August 6 at 2:00 PM in the BD Lounge.

Tickets will be available for purchase
5 for $5 • 20 for $10 • 50 for $20

Winning tickets will be drawn on Wednesday, October 16 during the Celebrating Senior Champions Dinner. Winners do not have to be present to win.

Walk at Work Day
Nearly a dozen employees participated in the 6th Annual UPMC Walk at Work Day on July 16. The event was designed for all fitness levels and consisted of a one-mile group walk around the Asbury campus. Others walked at other times during the day. Participants earned $25 toward their Take a Healthy Step (TAHS) credits (see below for more information on TAHS).

Regular exercise is good for you from head to toe. Benefits include improved muscles, heart and bones; increased energy and better mood, weight loss/weight maintenance, reduces the risk and/or symptoms of chronic diseases, aids in stress elimination and results in better sleep. Exercise can be as easy as a daily walk before, during or after work.

Blood Drive
Thank you to those listed below who participated in Asbury’s Blood Drive on July 17. Since every two seconds someone in the United States needs blood, there is a crucial need for donors. And since there is no substitute for blood, it is essential for life. This list of people who rolled up their sleeves to donate have made an immeasurable difference.

Taylor Blair
Dennis Cooper
Donna Cooper
Bethany Cummins
Louise Farbman
Erica Gevaudan
Cathy Glumac
Kim Grueser
Jim Jamison
John Kominsary
Michelle Palmer
Rhonda Patterson
Cheryl Redilla
Sue Spik
Howard Teufel

Unless we get confirmation from a minimum of 27 donors, we will not be able to hold the tentatively scheduled Blood Drive at Asbury Heights on November 6. Giving blood is one of the easiest, most generous and life-changing things you can do. Please participate in the November 6 Blood Drive and encourage others to come as well. Other Vitalant blood drives outside of Asbury can also count toward PTO accrual. If you are interested in being a donor or want to be part of the Blood Drive Committee at Asbury Heights, please contact Audrey Burgoon 412-965-1304 or burgoonal@upmc.edu.

Save $ on your car insurance if you’re over 55! Free Traffic Safety program by PennDOT.
Thursday, September 26
1:30 PM
Social Room

Take a Healthy Step
And Reduce Your 2020 Medical Coverage Deductible
Completing the Take a Healthy Step (TAHS) requirements reduces your 2020 medical coverage deductible by up to $1,000 for staff with individual medical coverage or $2,000 for any level of family coverage. You can access your account at My HUB > Human Resources > MyHealth OnLine > Take a Healthy Step, or download the UPMC Health Plan mobile app.
If you are having difficulty navigating or have yet to explore the new HR Direct feature on Infonet, please consider attending one of the informational sessions below.

- **Friday, July 26** between 2:30 PM and 3:30 PM
- **Monday, July 29** between 11:00 AM and 12:00 PM
- **Tuesday, July 30** between 3:30 PM and 4:30 PM

Each session will take place in the Education Center (Room 2305).

If you have any questions, please contact Rebecca Gloff, Human Resources Consultant, at 412-571-5185.

**You’ve Got UPMC Email!**
Getting into the habit of regularly checking your UPMC email account is something to consider for several reasons.

- Regular reminders for upcoming Asbury events and opportunities
- Updates on Asbury renovation projects
- Special employee days at Asbury

Email is also quick, convenient way to get in touch with any Asbury staff member or UPMC colleague.

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**New ATM Coming Soon**

The ATM in the Mall will be removed on Wednesday, July 31. A new machine will be installed Thursday, August 1, and will be available for service Friday, August 2.

Please plan accordingly. We apologize for any inconvenience.

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**Upcoming Campus Improvements**

*Continued from Page 1*

- **Spring Lane/Laurel Lane**
  Refresh of the hallways including new flooring, paint and lighting. The project of creating private rooms with private baths will be in another construction phase.

- **Independent Living Dining Room**
  New chairs, lighting, paint, roller shades and bussing stations. (New flooring is not anticipated at this time.)

- **Café**
  Tables and chairs. Also new bench seat cushions for Mall benches.

Of course, ongoing renovations of units will occur with turnover.

This is an exciting time with many changes ahead. Unfortunately, that will also mean some inconvenience. We appreciate your patience as we work toward revitalizing the Asbury Heights campus.

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**CNA Referral Program**

Do you know a CNA who would make a great addition to our team? If so, you could receive a **$500 referral bonus**!

To make a referral, send the following information to Julianna Henderson at hendersonj5@upmc.edu.

- Candidate’s name
- Desired position
- Job ID, if known

Additionally, each referred candidate should list YOUR name as the referral source on the employment application submitted via careers.upmc.com. If the applicant is hired, the referring staff member would receive half of the reward upon hire and the other half when the new employee reaches six months of employment.
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**Limited Parking**

**Birthday**

**Anniversary**

**ASBURY HEIGHTS**
Part of UPMC Senior Communities
700 Bower Hill Rd.
Pittsburgh, PA 15243
412-341-1030

asburyheights.org