

The Asbury News

News and Information for the Residents of Asbury Heights

New Activity Space for Independent Living Residents

The front half of the Fitness Suite is being converted into a recreational area for Independent Living activities. The newly renovated area includes a kitchenette, new flooring, a fresh coat of paint and a large mounted TV.

“All the residents are stopping in and saying how nice it looks and that they’re looking forward to coming to programs and doing projects here, even some who have not come before,” says Lynn Gallo, Activities Supervisor. “Once everything is in place, we will continue some of the regular programs and introduce a few new ones, too.”

Over the next several months, the former Activity area in Building 6, Level 2 (along with the nearby apartments) will be renovated to become a Family Hospice inpatient suite with six private rooms.



The new Activity space includes a kitchenette with repurposed cabinets from The Allemont.

Health Insurance Update

This year (2018) is the last **full** calendar year that UPMC is a part of Highmark’s Security Blue or Freedom Blue Medicare Advantage networks. Seniors who choose those Highmark products for 2019 will only have in-network access to UPMC through June 30, 2019. In-network access to UPMC’s world-class primary and specialty care doctors and hospitals for the entire 2019 plan year and future years will be available to seniors through UPMC Health Plan and a multitude of Medicare Advantage insurers other than Highmark.

Asbury will be hosting informational programs on this matter. Look for flyers with dates and times.

Nursing Center Art Show

Nursing Center residents proudly displayed a collection of their artwork during an Art Show on July 24. Colorful canvases and other creations covered the Social Room while neighbors, guests and employees came through to admire the artists' talents.



Asbury Hearts Winner

Congratulations to Jennifer Porol, Asbury Villas, for winning the most recent random Asbury Hearts drawing!

Jennifer was recognized for “being so great with the residents and teaching the kind and accurate way of taking care of them.”

Jennifer received a \$5 Goldings Café voucher.

There was a total of 47 Asbury Hearts submitted throughout campus during the month of July.

If you would like to publicly acknowledge a staff member for their extra efforts, please complete an Asbury Hearts card and place it in the box near the display in your community.

Asbury Hearts is a program created and developed by the CORE Team.

Health & Wellness Changes

The Independent Living nurses have joined the staff of the Health and Wellness Center for the purpose of efficiency and to better serve the residents of Asbury Heights. Sherry Garner, RN, will now be behind the counter in the Health & Wellness Center.

Also for the sake of efficiency, construction will soon begin soon in the back of the Center to better organize the office space for the physicians.

Marjie Doughton, Director, Residential Services, now has oversight for the operation of the Health & Wellness Center. Contact her at 412-571-5374 with any questions you may have.

Asbury Café Hotline

Dial ext. 5090

from any Asbury phone to hear the daily soup and specials.

CarFit Program

Providing a Proper Fit for You and Your Vehicle

CarFit is an educational program created by the American Society on Aging and developed in collaboration with American Automobile Association (AAA), AARP and the American Occupational Therapy Association.

This educational program gives older adults the opportunity to find out how well their personal vehicles “fit” them.

The CarFit program also provides information and materials on community-specific resources that could enhance their safety as drivers and/or increase their mobility in the community.

Older drivers are often the safest drivers. They are more likely to wear their seat belts and less likely to drive under the influence. Despite this, older drivers are more likely to be seriously injured when a crash does occur due to the fragility of their bodies.

CarFit can help older drivers improve their safety by ensuring their vehicles are properly adjusted for them. A proper fit in one’s car can greatly increase not only the driver’s safety but also the safety of others.

Learn more about this program by joining us for a special presentation from Pam Toto, Instructor from the University of Pittsburgh.

Friday, September 7

1:00 PM

Social Room

Please sign up in the Post Office if you wish to attend.



Ever Considered Naming Asbury Foundation in Your Will?

If so, it’s the Easiest Gift you can make!

Here’s why:

It’s Simple

One paragraph in your will can set up your gift.

It’s Revocable

This gift doesn’t affect your current assets or cash flow. So if your plans or circumstances change, you can easily revise your will.

It’s Flexible

You can give a specific amount or a percentage your estate. Your gift can support a particular program, such as Asbury’s Benevolent Care Fund.

Contact Asbury Foundation at 412-571-5106 to learn more about this giving option or to name Asbury in your will.

Not intended as legal, tax, or investment advice.

Meet Sharlotte L. Villalon Passport Nurse

Sharlotte is an international healthcare professional from the Philippines. She was discovered by UPMC through PassportUSA, a staffing agency for internationally-trained registered nurses and other healthcare professions. The agency offered Sharlotte a four-year contract to work in the United States as a registered nurse.



“There is a lack of opportunities at home,” Sharlotte says about the Philippines. “I took this opportunity to give my family a good standard of living.”

According to Sharlotte, many countries from around the world turn to the Philippines for the warmth and hospitality of the caregivers. Compassionate care is the heart and soul of her culture.

Before joining Asbury, Sharlotte cared for infants in a neonatal intensive care unit in the Philippines. She enjoys working “on the other end of the spectrum” with residents of our Redwood Community.



Amazon Smile donates to Asbury
Foundation when you shop.

Contact Courtney Kartman at
412-571-5106 to find out how you can
get started at no cost to you.

Resident Council Meetings

Asbury Villas Community Meeting
Tuesday, August 28 at 2:00 PM

Independent Residents
Monday, September 17 at 1:30 PM
Hickman Chapel

Nursing & Rehabilitation Center
Monday, August 27 at 2:00 PM
Evergreen Solarium

Spring Lane & Laurel Lane
Wednesday, September 5 at 3:45 PM
5th Floor Dining Room

Asbury Place
Monday, September 17 at 10:00 AM

The Embassy of Asbury Heights
Monday, September 17 at 4:00 PM
Regency Room

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