Asbury Joins UPMC Senior Communities
Stronger Affiliation for a Stronger Asbury

On the afternoon of September 12, representa-
tives from Asbury and UPMC Senior Com-
munities hosted a Town Hall Meeting in the
Hickman Chapel to answer questions present-
ed by residents.

This affiliation enhances a long-time partner-
ship between Asbury and UPMC. For over 20
years, we have trusted in the geriatricians and
medical team of UPMC Senior Care-Benedum
Geriatric Center, and have had collaborations
with others in the UPMC network includ-
ing Rx Partners, Family Hospice and UPMC
Home Health. Now, as part of the UPMC
Senior Communities family, Asbury will see
facilities improvements and have even greater
access to UPMC’s innovative geriatric services
and research.

A special issue of *The Asbury News* featur-
ing the questions asked during the Town Hall
Meeting will be distributed soon.

The Town Hall Meeting was recorded and
shown on in-house cable channel 957 several
times during the week of September 18. If you
missed it, or would like to view it again, please
contact Jon Ebel at 412-571-5030.

John Zanardelli welcomes those who attended the Town Hall
Meeting with representatives from UPMC Senior Communities
on September 12.

New Birds Call the Mall Home
Asbury Accolades
Positive Experiences at Asbury Heights

Our managers and administrators receive many positive notes from residents and families throughout the year thanking them for the services provided.

We feel it’s important to share these notes with you to give you a better idea of the care you can expect from the various communities at Asbury Heights.

The following excerpt comes from a letter written by the family of Red Kessler.

“We want to thank all of you for the kindness and compassion you gave to my parents during the time my dad lived at Asbury Place. It was so hard for us at first to know that they would be separated after so many years together, but the caring advice and support we received from your staff helped us realize that it was the right decision.

Even as my dad’s mind and body increasingly failed him, we watched him continue to enjoy an active and happy life. You all played such an important part in making that happen. And we can’t thank you enough for the way you supported my mom and their life together.

We will forever be grateful to all of you.”

Do you have a positive story to share regarding your care and/or experience at Asbury? Please contact Jon Ebel at 412-571-5030 or jebel@asburyheights.org to learn how you can write a review for Asbury Heights!

New Neighbors

As of the publication of this issue, all of Asbury’s Personal Care communities are either at or above the budgeted census. There are also eight new neighbors scheduled to move into our Independent Living residencies between now and the end of the year.

We hope to continue this parade of new neighbors! If you know someone who could benefit from life at Asbury, please have them call Liz Warner at 412-571-5138.

Asbury Villas Dining Room
Grand Re-opening!

Join us at Asbury Villas on the afternoon of Friday, October 13 between 1:30 and 3:00 PM for the official Grand Re-opening of the Dining Room. The Dining Room was renovated this summer to better accommodate mobility devices while enhancing the room’s decor and ambiance.
Golden Mile Brings Out Smiles

Over 100 participants gathered around Asbury Circle on the evening of September 14 for the 6th Annual Golden Mile Race. Residents, families, students, volunteers, staff and guests from around the community either ran or walked the one-mile course.

A special thanks to the residents holding signs of encouragement while cheering around the front Circle.

Thursday, October 19
6:00 PM in the Social Room
Marla Caplan, LSW, MBA, CHCE is speaking on “Moral and Ethical Obligation and Why it is Important to Have the Correct Documents in Place.”

Tuesday, November 14
(Time and location to be determined)
Julian E. Gray is one of only a few attorneys in all of Western Pennsylvania to be Certified as an Elder Law Attorney by the National Elder Law Foundation. He will discuss “The Spend Down Process and the use of Prepaid Funeral Plans.”
Spiritual Life at Asbury Heights

Sunday Worship
10:00 AM - Lifestyle Center of Asbury Villas
11:00 AM - Hickman Chapel and televised live on Channel 957

October 1     Who Left You Boss? Exodus 17:1-7;
October 8     Watch Out! Don’t Fall! Exodus 20;
October 15    Rev. Mrs. Deborah Ackley-Killian will preach
Dr. Harvey will hopefully be visiting in Florida!

Hurricane Harvey Relief Fund
Anyone wishing to support relief efforts in the Texas Gulf Coast area where Hurricane Harvey has caused so much devastation may do so by making checks payable to “Asbury Health Center” and mark them Hurricane Relief. All gifts should either be given to Dr. Harvey or placed in the Mission Offering boxes on Sunday mornings. As of September 11, over $2500 has been received and sent to UMCOR, where each dollar is used for the purpose given, with no administrative costs!

Bible Studies for September and October
Dr. Harvey is leading a weekly Bible study on Thursdays at 1:00 PM in Hickman Chapel and also at 10:30 AM each Wednesday at the Embassy. The Book of Daniel is being studied to be followed by a short study of the Letter to the Ephesians.

The Jewish High Holy Days
The Day of Atonement, YOM KIPPUR, is Friday, September 29. We wish all our Jewish residents a very “Happy New Year!”

Join the Chapel Choir!
You are invited to join the Hickman Chapel Choir. Rehearsal is 10:30 AM each Sunday.

Roman Catholics
Eucharistic Services, Wednesdays at 1:45 PM. Mass will be celebrated Wednesday, October 11 at 1:45 PM.
Residents of Asbury Villas took a trip to The SpringHouse Market in Washington County on September 14. While at the SpringHouse, residents enjoyed lunch and homemade ice cream from the establishment’s creamery.

After lunch, the group browsed through the old fashioned store, sampling homemade cheese and cookies from the bakery. The residents also sampled some of the pies and declared them exceptionally tasty.

The group is planning to make another trip during one of SpringHouse’s festivals.

Visiting SpringHouse
Residents Have an Old Fashioned Time

There are now three new cockatiels in the Kissling Aviary located in the Mall. These three new birds joined Izzy in late August.

Now is your chance to name the new birds! Between now and Monday, October 2, share your suggestions by placing them in the three boxes located in the Mall adjacent to the birds. There is a box designated for each bird.

Lynn Gallo, Activities Manager, will collect the boxes on the morning of October 2. She and her staff will select names based on the submissions.
Visiting Andy Warhol

On September 13, artists and art enthusiasts residing at The Embassy made a trip to St. John the Baptist Byzantine Catholic Cemetery in Bethel Park, the final resting place of famous pop artist Andy Warhol.

Resident Judy Merrick, a docent at the Carnegie Museum of Art, arranged the trip with fellow docent Madelyn Roehrig who has become the “cultural curator” of Warhol’s grave site. Roehrig shared her personal experiences with Warhol’s family (formally Warhola) and talked about the various items visitors have brought to the site over the years.

To keep in the spirit of the visit, the residents brought their own items to leave on the grave site. Joan Rogers, a professional artist herself, brought an original Warhol-inspired piece of her own. Betty Ruh brought a Campbell’s® Soup can (made famous by Warhol) while Frank Wadsworth wore his Campbell’s® inspired shoes.

Music & Memory℠

Music & Memory℠ is a program that helps those living with cognitive and physical challenges find renewed joy in life through musical favorites. By re-introducing them to their old favorites, residents may begin to sing, hum or even communicate more.

This cabinet was recently installed in Asbury Place’s Green House to store music players and headphones for the program.
Employees Support Benevolent Care Fund

If you stopped by the Asbury Foundation from July 28 thru August 4 you would have noticed we were extra busy as nearly 100 Asbury Employees along with staff members of Metz, Alliance Rehab and Cura Hospitality were stopping by to make a gift to our annual fund.

We are thrilled with the support of so many of our caring staff who contributed over $13,000 in support of our Benevolent Care Program which assists residents who can no longer cover the full cost of their care.

And, we are most appreciative of our COO, Leonard Quimby, who assisted with this fundraising drive by agreeing to receive a “PIE in the Face” from any donor who participated in our campaign during our employee picnic, held on August 4.

Spyder Spot Checks

In celebration of fall and Halloween, the Independent Living staff will be spot-checking Spyder pendants. What does this mean? If we see you in the hall, café, Mall or anywhere on Asbury’s campus, we will ask “Are you wearing your Spyder pendant?” If so, you will be awarded with a special treat! Make sure you wear your Spyder pendant each and everyday to keep you safe – especially in case of an emergency and even get rewarded!

Amazon donates to Asbury Foundation when you shop.
Contact Courtney Kartman at 412-571-5106 for more information.
Rise and Shine!
With Chair Yoga and Stretching

Who?
All residents welcome!

What?
A class focusing on range of motion and stretching. Complete half the class while seated in a chair and the other half by standing with a chair for support.

Where?
Room 3302 at Asbury Heights
Apt. 250 at The Embassy

When?
Tuesday, Thursday, and Saturday at 9:00 AM at Asbury Heights
Wednesdays at 3:30 PM at The Embassy

Why?
A great way to wake up, get the body moving and meet new people!

Resident Council Meetings

Asbury Villas Community Meeting
Tuesday, October 24 at 2:00 PM

Independent Residents
Monday, November 20 at 1:30 PM in Hickman Chapel

Nursing & Rehabilitation Center
Date to be determined.

Spring Lane & Laurel Lane
Wednesday, October 4 at 3:45 PM, 5th Floor Dining Room

Asbury Place
Monday, October 16 at 10:00 AM

The Embassy of Asbury Heights
Monday, November 20 at 4:00 PM in the Regency Room

Upcoming Events

Blood Pressure Screenings
October 6 & 20
Health & Wellness Center
9:00 until 11:00 AM

Free Flu Vaccines for Residents
Monday, October 9
Wednesday, October 11
Friday, October 13
Health & Wellness Center
9:00 AM - 11:00 AM
1:00 PM - 3:00 PM

The Asbury News

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Write to jebel@asburyheights.org to receive this newsletter in your e-mail inbox.
Did you find a typo? An incorrect date? Did we forget to mention something? If so, contact Jon Ebel at 412-571-5030.