

# The Asbury News

News and Information for the Residents of Asbury Heights

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## Health Insurance Presentation Learn About the Changes Planned for 2019

Join us for a FREE program open to the public titled “UPMC for Life Medicare Program Options for 2019.”

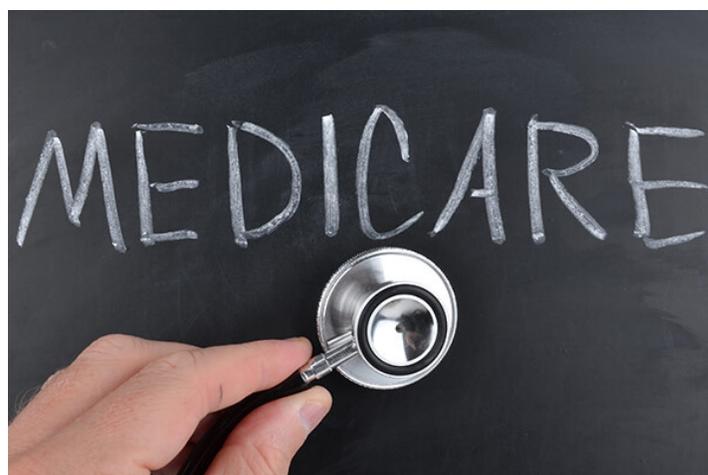
**Thursday, October 4**

1:00 - 2:30 PM

Social Room

Topic to be discussed will include:

- Medicare costs
- Prescription drug coverage
- Enrollment timelines
- 2019 benefit plans being offered



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## Mall Makeover Coming Soon



Sign stands will be posted around campus with details about each project.

The Mall is getting a makeover! If everything can be aligned for renovation to be complete by Asbury Aglow, you will see work begin early October.

A few changes will include:

- Fresh paint
- New flooring
- Some furniture changes
- Minor decor updates
- Window treatments
- Lighting around windows

**Asbury**  
**HEIGHTS**

Part of UPMC Senior Communities



## CAR Program

The CAR is available for same-day trips within the South Hills. Here are a few examples of what you can do with the CAR.

Having repairs done to your personal vehicle? The CAR can pick you up from the mechanic while your car is serviced and return you there when your vehicle is ready.

Did you miss the group shopping trip? Call the CAR to go to the area store of your choice.

Want to catch a matinee? Call the CAR!

This is still a FREE service! Call **412-571-5161** for your same-day ride.

## Asbury Hearts Winner

Congratulations to Linsey VanNewkirk, Asbury Villas, for winning the most recent random Asbury Hearts drawing!

Linsey was recognized for her “patience with those of us who are slower to grasp the rules of games, crafts, etc.”

Linsey received a \$5 Café voucher.

There were a total of 39 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, an employee committee that develops employee recognition and celebrations.

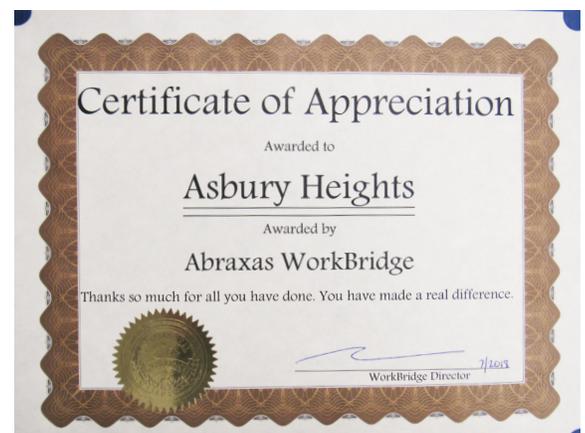
## Volunteer Program Receives Honors

Asbury Heights recently received an award from Abraxas WorkBridge for its Volunteer program.

“It makes me feel so good that our volunteer program is being recognized,” says Teresa Valentino, Volunteer Coordinator. “Not only do the residents love to be surrounded by our community’s youth, but also giving back to our neighborhood.”

WorkBridge is a community-based program for young adults that provides opportunities for meaningful community service.

Asbury continues to work with individuals in the WorkBridge program as well as the Goodwill program.



## Asbury Accolades

### Positive Experiences at Asbury Heights

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

The following is a text message from the Conaboy family.

“On behalf of the Conaboy family, we again extend our thanks and appreciation for everyone’s care and assistance during Dad’s time at Asbury. My family is designating Asbury as a suggested donation on Dad’s behalf.

In addition to Dad’s direct care which was most important, everyone is appreciative of the indirect care for all his family members. From your grace and reassurance on the first day to everyone offering insight and uplifting notes during our journey with both parents, we appreciate everything as it was truly a learning experience for us. As you know, Mom still resides in independent living and allows extra time in her travels to converse with all who greet and check on her. Thanks to each of you for making her feel special.”

## Flu Vaccine Information

Look for a packet of information coming soon with more information regarding this year’s flu vaccine.

## CarFit Program

### Pitt Students Help Residents Find a Proper Fit for Vehicle

Students from the University of Pittsburgh’s School of Health and Rehabilitation Sciences visited Asbury on September 9 to introduce residents to their CarFit program.



CarFIT is an educational program created by the American Society on Aging and developed in collaboration with the 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.

Under the guidance of Pamela Toto (Director and Associate Professor, Doctor of Clinical Science in Occupational Therapy Program), the students made sure residents’ side and rearview mirrors were properly adjusted, had their seats positioned far enough from the steering wheel and made sure all buttons and switches were within arm’s reach.

“The program was very helpful for residents and myself,” says Lynn Gallo, Activities Manager. “[The students] even helped me get a better fit with my car!”

# Information for Out-of-Town Guests

The guest rooms at Asbury Heights and The Embassy are no longer available for out-of-town guests. These rooms were rarely used and are now being marketed to potential residents.

Please direct your guests to one of the nearest hotels in the area. Information is below.

Crowne Plaza Suites  
 164 Fort Couch Road  
 Pittsburgh, PA 15241  
 (Across the street from South Hills Village Mall)

SpringHill Suites by Marriott  
 611 Washington Road  
 Mt. Lebanon, PA 15228  
 (Closest hotel to Asbury Heights)



## Bake Sale!

Friday, October 5  
 11:00 AM  
 Mall

Hosted by Spencer United Methodist Church.  
 Proceeds go to Asbury's benevolent care fund.

# Resident Council Meetings

Asbury Villas Community Meeting  
 Tuesday, August 25 at 2:00 PM

Independent Residents  
 Monday, November 19 at 1:30 PM  
 Hickman Chapel

Nursing & Rehabilitation Center  
 Monday, October 22 at 2:00 PM  
 Evergreen Solarium

Spring Lane & Laurel Lane  
 Wednesday, October 3 at 3:45 PM  
 5<sup>th</sup> Floor Dining Room

Asbury Place  
 Monday, October 15 at 10:00 AM

The Embassy of Asbury Heights  
 Monday, November 19 at 4:00 PM  
 Regency Room

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