

UPMC Senior Communities: A Sustainable Future for Asbury Heights



Fall's seasonal changes bring about a sense of vibrancy with changes in color, a cool, crispness in the air and the smell of fallen leaves mixed with the morning dew.

A similar sense of vibrancy and excitement is in the air on our campus with the transition to Asbury Heights, part of UPMC Senior Communities.

With the addition of Asbury Heights, UPMC Senior Communities now encompasses 19 campuses offering multiple levels of care and extending UPMC's world-class senior care throughout seven counties in Pennsylvania.

Following a June 2015 planning retreat, the Asbury Heights board of directors conducted an in-depth organizational review and concluded that an affiliation with a larger and stronger partner would ensure Asbury's legacy and goals for the future. Discussions were held with prospective partners across the country and resulted in a unanimous board selection of UPMC Senior Communities.

The affiliation with UPMC Senior Communities builds on the long-standing relationship with Asbury Heights and the shared mission to improve the lives of older adults through high-quality and compassionate care.

"UPMC's proven performance as a national academic medical center leader will enable Asbury Heights, as part of UPMC Senior Communities, to continually advance services and enhance amenities for its residents," says John Zanardelli, executive consultant, UPMC Senior Communities. "Our integration with UPMC Senior Communities will help to ensure that high-quality care and services remain accessible to those who need it the most."

UPMC will invest a minimum of \$10 million in Asbury Heights over the next five years. The capital investment will bring about many long-needed improvements that will benefit residents and staff alike.

As a member of UPMC Senior Communities, Asbury Heights can now execute a master strategic plan that was developed for the facility five years ago.

"A first matter of business for the Asbury Heights leadership team, board of directors, and UPMC Senior Communities will be to update this plan, bringing to life the vision of continual advancements to resident experiences," says Mark Bondi, president, UPMC Senior Communities.

"Facility improvements, information technology upgrades, staff learning and development, and access to UPMC's innovative geriatric specialty services and research will position Asbury Heights to continually advance senior care and quality of living for older adults in the region," says Deborah Brodine, president, UPMC Community Provider Services.

At Asbury Heights, the future is bright. Staff will have opportunities to grow and advance. Residents will continue to receive outstanding care. And, older adults throughout the region will benefit from the added expertise that we bring to UPMC Senior Communities.

As Asbury Heights moves forward, it is with the strength and vibrancy of an organization rich with history and bright with promise.

Seasons

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Dear Friend:

As you can see by the cover story in this issue of *Seasons*, it's been an exciting time as we begin our transition to Asbury Heights, part of UPMC Senior Communities.

As I think about the bright future that lies ahead, I can't help but reflect on the history of Asbury. We have accomplished so much, through the dedication of an incredible staff, the support of our wonderful donors, community, and, most importantly, our residents who enable us to bring our mission to life every day.

Over the past two decades, we have anticipated the needs of our community and evolved our services to meet those needs. It feels like only yesterday when we were gathered for a ribbon cutting at Asbury Place. How excited we were to open a building on our campus dedicated to residents needing memory support.

And it was only a few years later when we again came together to celebrate the opening of Asbury Villas. The brand-new building provided then – as it does now – the perfect blend of support for residents who want independence and need personal care.

I'm proud of how we, as a team and a community, have guided the evolution of Asbury Heights to best meet the needs of those we serve. It's because of the respect we share for our mission that Asbury is now ready for the next stage of its evolution.

Our new affiliation with UPMC Senior Communities is both a continuation and expansion of an already-established, long-term relationship. Through the affiliation, we will be a stronger, more vibrant organization with the ability to provide enhanced services and accommodations for our residents.

Effective September 1, our staff members are now employees of UPMC and, over a period of time, will soon enjoy all of the employment benefits and opportunities brought about by the affiliation.

At Asbury Heights, the future is bright. Thank you for your ongoing support as we continue our mission of providing the highest quality of care to older adults from our region.

Sincerely,



John J. Zanardelli
Executive Consultant
UPMC Senior Communities



Telemedicine Helps to Minimize Hospitalizations and Readmissions

Not long ago, it would have been considered science fiction to talk about a stethoscope or an otoscope that could transmit results to a physician 30, 300 and even 3,000 miles away as the doctor participates in the physical exam of the patient from a computer screen.

This is telemedicine today, and Asbury Heights is among several organizations in the region that are the first to utilize the new technology from Curavi Health, Inc., a subsidiary of UPMC.

“Our goal is to reduce avoidable hospital readmissions,” says Tammy Ziskind, Nursing Center Administrator. “We also want to avoid the traumatic effects of transferring a patient unnecessarily to the acute setting.”

Through a relationship with UPMC physicians and fellowship-trained

geriatricians, after-hours consults can be conducted using Curavi's telemedicine equipment and software. Physicians can identify acute changes in a patient's condition and intervene in a timely way at night and on weekends.

Through the equipment that is currently being utilized in Asbury's Nursing Center, physicians can also interact with a patient using a Bluetooth® stethoscope, digital otoscope, document scanner and 12-lead EKG system.

Telemedicine technology enables Asbury to reduce avoidable transitions and helps hospitals from being penalized by Medicare for avoidable readmissions. Asbury wants to remain a vital partner with local hospitals, and the Curavi technology provides a solution toward this goal.



Ruth E. Mickle Lecture: An Update on Bone Health

The sixth Ruth E. Mickle Lecture took place at Asbury Heights on May 4 in the Social Room. The featured speaker was Susan L. Greenspan, MD, professor of medicine and director, Pittsburgh Claude D. Pepper Older Americans Independence Center, and director, Osteoporosis Prevention and Treatment Center, University of Pittsburgh.

Dr. Greenspan's presentation, “Stand Tall: An Update on Bone Health,” was given to nearly 100 attendees.

According to Dr. Greenspan, one in two women age 50+ and one in four men age 50+ will have an osteoporotic fracture. Her presentation included:

- How to screen for osteoporosis
- Who is at risk
- Easy ways to prevent the progression of bone loss and fractures

The Ruth E. Mickle Lecture series is made possible through a contribution to the Asbury Foundation and is designed to reach out into the community to address the needs of older adults. The series honors the mother of the late Dr. Marlin H. Mickle who was a longtime friend and supporter of Asbury.



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Artists in Bloom

Asbury Heights Independent Living residents showcased their creativity and beautiful artistry at the 2017 Spring Craft Show & Sale held on Tuesday, May 23.

Spring colors came alive in the Asbury Social Room where the show featured paintings, beaded bracelets, floral and herbal gift pots, miniature picture frames, greeting cards and other hand-crafted items made with love.

In addition to the original art and crafts, guests enjoyed a stamping demonstration from Stampin' Up representative Linda Atkins, along with an opportunity to review the Sabika Summer 2017 Collection from Sabika Consultant Sherry Phillips.

Our artists brought spring to Asbury, and their creative energy is in bloom all year long. The sale of their beautiful items benefited Asbury's Benevolent Care Fund.

Geriatric Fellow Rotates at Asbury

Keisha Ward, MD, a member of UPMC's Benedum Geriatric Center, began seeing patients at Asbury's Health & Wellness Center as well as at our Nursing & Rehabilitation Center on September 1. Dr. Ward recently completed her geriatric fellowship at UPMC. A portion of her training took place at Asbury under the supervision of Rollin Wright, MD. Dr. Ward is a welcome addition to our team of outstanding geriatricians.



Placemats for Meals on Wheels



Asbury Villas residents made the holidays brighter for Meals on Wheels recipients in Peters Township through the creation of 50 holiday placemats. Residents spent hours cutting out holiday images and carefully gluing them on each placemat.

Asbury Villas residents find many small ways to bring Asbury love to others for the holidays.

A Stitch in Time

Five years ago, Kathy Pitcairn received a quilting kit from fellow resident Dora Beards, and she's been developing amazing creations ever since.

Each of her quilts – and she's made nine in that five-year period – is made by hand ... every stitch. Every quilt is a labor of love and all but three have been gifts for family members. She takes careful time to select the patterns and develop the designs.

These special heirlooms are sure to be family treasures.



Music: Unlocking Memories and Reducing Depression

"Music has healing power. It has the ability to take people out of themselves for a few hours."

– Elton John

In March 2017, Asbury became a Music & MemorySM community.

The Music & Memory program is grounded in extensive research and helps individuals living with a wide range of cognitive and physical challenges find renewed joy in life through music and favorite songs.

Music & Memory is particularly powerful for individuals with dementia because they retain certain memories associated with music, a beat, certain songs and prayers from their past. Listening to some of their favorite songs from long ago, residents who are largely uncommunicative begin to sing, hum or communicate more. Some residents also become more social, happier and physically active.

The care team at Asbury is trained to develop personalized playlists of songs and music that are familiar to the resident. The music is incorporated into each participating resident's plan of care, and the personalized playlists are delivered through MP3 players.

Music & Memory debuted in Asbury's Willow Community, and plans are to expand the program to other areas of the campus in the future.

Valentine's Day Vow Renewal Proves Love is Ageless

There were no pre-wedding jitters this time around as 10 couples from Asbury's Nursing & Rehabilitation Center joined hands with a twinkle in their eyes for a Valentine's Day vow renewal.

Married for 50–68 years, these couples know a thing or two about love, caring, compromise and commitment.

Escorted by their grooms, the brides wore wedding veils as they made their way into the Asbury Social Room accompanied by music provided by Bill Janer on keyboard and were greeted by Deacon Chuck Vukotich who officiated the ceremony.

Family members, friends and staff joined in the celebration at a reception that followed the ceremony.

The Valentine's Day vow renewal captured the interest of local Pittsburgh television stations and newspapers.

Congratulations to the happy couples:

Magdaline & John Busse
Catherine & John Gannis
Mary & John Glus
Kathleen & Fred Goellner
Beverly & Murray Harris
Teresa & Joe McKeown
Carl & Barbara Murawski
Patricia & Charles Phoebe
Jean & Norm Rosfeld
Marie & Norman Waldman



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Asbury Accolades

When you are a resident of Asbury Heights or have a family member who is, you expect care and service that is sensitive and compassionate. The Asbury staff doesn't disappoint, and as the following excerpts from emails and letters show, they exceed expectations.

Gratitude to All

"I have so many people to thank for taking such good care of me after my recent illness! My special thank you to:

- ✂ Laura and Marjie for being there to care for all my needs
- ✂ Tom, Chris and Leslie for teaching me to talk again (in Redwood)
- ✂ Sherry and everyone in the Wellness Center for all their healing help

- ✂ Zeke, for being so kind and patient with setting up a van schedule for me
- ✂ Frank and Chuck for caring for me in the van
- ✂ Dear Louise for stopping every day to tell me the news
- ✂ All the people who stopped to see me in Redwood
- ✂ Everyone who stopped in the hall to wish me well

Again, I want to say, thank you! Know that you will be in my heart always!"

—Irene Kessler, Asbury Resident

Could Not be More Grateful

"On behalf of Loretta Carr's family, I wanted to express my appreciation for the care she received at Asbury Heights during the 13 years she called Asbury home.

She moved to Independent Living in July 2003 and immediately set about creating a full life for herself by



volunteering, attending events and being an active and involved resident.

Everyone we came in contact with during those 13 years was kind, compassionate, professional and knowledgeable. Loretta got exactly the care she needed for the stage of life she was in at the time. I can't begin to list all the individuals because invariably I would forget someone! A huge thank you to the entire staff.

Mom was treated with dignity and respect while at Asbury. The work you do here on Earth is truly God's work. We could not be more grateful."

—Nancy Jankowiak, daughter of the late Loretta Carr

2017 STAR Awardees

Over and over again, residents and their families comment on how exemplary the Asbury staff is and the quality care that they receive.

"Our staff is the cornerstone of our organization," says John Zanardelli, executive consultant, UPMC Senior Communities. "It's always a great pleasure to honor and recognize them for their years of service and for the level of excellence that they put forward each day."

On Wednesday, May 17, STAR (Special Thanks And Recognition) Awards

were issued in the Sunset Room to recognize service milestones.

The following individuals were honored:

30 Years

Karen Wiley, Redwood

25 Years

June Wyndroski, Redwood

Marjie Wilson, Independent Living

20 Years

Linda Campbell, Asbury Villas

15 Years

George Millich, Maintenance

Loreta Ritts, Spring Lane

Colleen Black, Willow

10 Years

Tim Bodnar, Materials Management

Sue Spik, Finance

Sherry Lenik, Spring Lane

Lisa Laskovich, Evergreen

JoAnn Sarchet, Asbury Place

Michele Pennine, Finance

Char Turney, Asbury Villas

5 Years

SoHan Tse, Evergreen

Kathy Sipes, Asbury Villas

Tonya Evans, Willow

Stacey Schaeffer, Health & Wellness Center

Lisa Kelly, Redwood

Mary Mulig, PRN

Mary Booth, Asbury Villas

Chris Reihner, Asbury Health Center

Mary Weiss, Health & Wellness Center

Andrea Tomich, Asbury Health Center

Bala Khamal, Asbury Villas

Jasmine Roche, Willow

Bench Dedications Provide Loving Memorial Tributes

Let's go off by ourselves to a quiet place and rest awhile. -Mark 6:31

Families whose loved ones lived at Asbury Heights often look for a special way to remember them. Two examples are the Marie Hughes Bench and the Selma McCloskey Bench.

Marie Hughes and her family often spent time in the Garden of Love courtyard when they visited at Asbury. It was a special place for them that they held dear. When Marie passed away, her children decided to dedicate a bench in her memory. For years to come, many residents and their families will enjoy time together just as Marie's family did.

Selma McCloskey was rarely in her room when family came to visit. She was often out and about socializing with friends and having fun. Selma's daughters dedicated a bench in her memory and placed it in the Mall where residents can enjoy people watching, visiting with one another and the comings and goings of friends, family and staff.

In addition to how meaningful the benches are to Marie and Selma's family members, they also are special to the staff who cared for them.

Peter Wheat Puzzle Corner

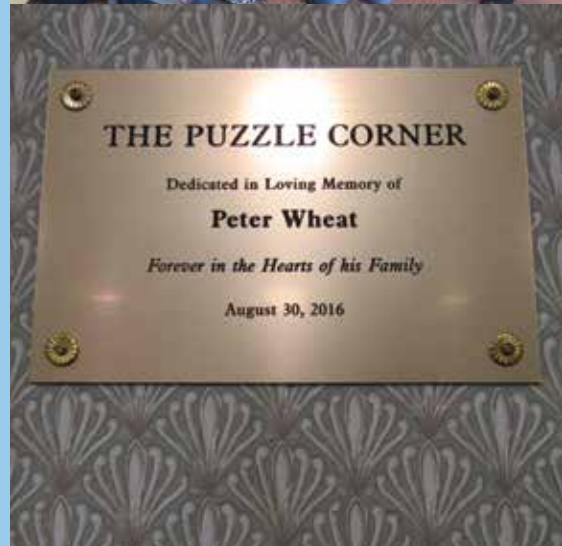
On the second floor of Asbury Villas is a special corner where residents and visitors come together to work on puzzles, socialize with one another and meet with family members - the Peter Wheat Puzzle Corner.

Pete was known as the unofficial Mayor of Asbury Villas because of his friendly, kind and nurturing disposition. He spent hours putting puzzles together as he visited with other residents who helped to cheer him on as he got down to those final pieces.

When Pete died, his family was so appreciative of the care he received that they wanted to make a special donation to remember their father. Pete's twin sons, Mike and Joe, spent a lot of time with their father while he was working on puzzles at Asbury. It was only fitting that their donation capture the very essence and spirit of their dad.

The Peter Wheat Puzzle Corner is a great place to pass time for countless others who live at Asbury Villas or stop by to visit.

If you would like to learn more about how you can make a bench dedication or about other available naming opportunities, please contact the Asbury Foundation at 412-571-5106.



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Asbury Angels

The Asbury Angels group, founded in 2015, is made up of Independent Living residents who volunteer their time and talents to provide companionship to residents who are ill or have no family or few visitors. Knitting, crocheting, sewing and crafting are among the many talents our Angels provide in addition to special programs such as collecting pill bottles for the Malawi Africa medical facilities, sewing

clothing for poor children around the world, making pet beds and toys for shelter animals and sending holiday cards to our overseas troops.

All materials are donated by residents, family members, staff and outside sources. Dedication, generosity and compassion are hallmarks of the Angels' work and are recognized by numerous organizations that have benefited from them.

Military Connections Project Exceeds Goal

Last year, the Asbury Angels signed over 550 Christmas/holiday cards for the Military Connections non-profit group that supplies cards and holiday gifts to our troops overseas. This year, the Asbury Angels sponsored another card collection and opened it to all residents of Asbury Heights. The group is pleased to announce they have exceeded their goal by almost double and over 1,450 cards were sent on their way to bring warm holiday wishes and support to our military troops overseas. THANK YOU for making this project such a great success!



The Evolution of The Allemont of Asbury Heights

Much like the rest of the Asbury Heights campus, building seven is rich in history dating back to the 1980s.

In 1987, expansion efforts were under way as Asbury Heights continued to grow. Thirty-seven new independent living apartments had been constructed in the area known as building five, but there was still a need for more apartments to accommodate our growing independent living population. Because of this demand, an additional 26 apartments on two floors were added to our

Independent Living Community, creating building seven. This new addition to Asbury continued to offer its residents not only the maintenance-free lifestyle to which they had become accustomed, but also convenient access to the newly built Asbury Mall.

As the years passed, it became evident there was a need to move forward with some updates to building seven. In 2011, the first floor of building seven was renovated and the name "The Allemont" was dedicated to this newly reconstructed area.

So how did the name "The Allemont" come to be? "The Allemont" was inspired by Pittsburgh's three rivers; the Allegheny, the Monongahela and the Ohio. Similar to how our city's three rivers have their confluence at the Point, The Allemont's three hallways converge at the Gathering Area. And like Pittsburgh's Point itself, the Gathering Area is the focal point for community congregation, celebrations and personal retreats.

In order to meet the ever-changing tastes of prospective new residents to Asbury Heights, we believed it was time for a change to the second

Asbury Road: A Beatles-Themed Family Day

The Beatles took America by storm in 1964 when they made their first appearance on the *Ed Sullivan Show*. Family Day at Asbury Heights was held on Sunday, June 25, which also happened to be Global Beatles Day.

In homage to the fab four, the theme of the day was: Asbury Road: A Celebration of the Beatles. Asbury residents along with their families, and friends, celebrated all things Beatles through their music, special moments and a Beatles-themed menu that included:

- *I Want to Hold Your Hamburger*
- *Yellow Submarine Dogs*

- *Blackbird Fried Chicken*
- *All You Need is Spuds*
- *Twist and Shout Slaw*
- *Here Comes the Sun Watermelon*
- *Lovely Rita's Fresh Fruit Cup*
- *Asbury Lane's Assorted Cookies*
- *Strawberry Fields Forever Funnel Cakes*

The Beatles theme was a hit. Suffice it to say that a good time was had by all – even The Fool on the Hill.



floor of the Allemont. In fall 2016, we turned to the expertise of Jan Lott Design and Associates and went to work to create a new style of living that would offer new and existing residents a fresh look and feel unlike

anything Asbury has offered before. By the close of the year, construction was underway and change was on the horizon!

Each of the renovated open-concept apartments offer a new standard of

amenity upgrade including stainless steel appliances, quartz counter tops, luxury vinyl tile, updated fixtures and designer color palettes. And at the confluence of the three hallways, a newly renovated Gathering Room welcomes residents and visitors with warm tones, rich woodwork finishes and a feature wall that displays contemporary, hand-picked artwork.

The Allemont of Asbury Heights has been an ever-evolving creation over the years, but one thing will always hold true: times may change, styles may change and tastes may change; one thing that will never change is the mission of Asbury Heights to provide quality, compassionate care to our residents.

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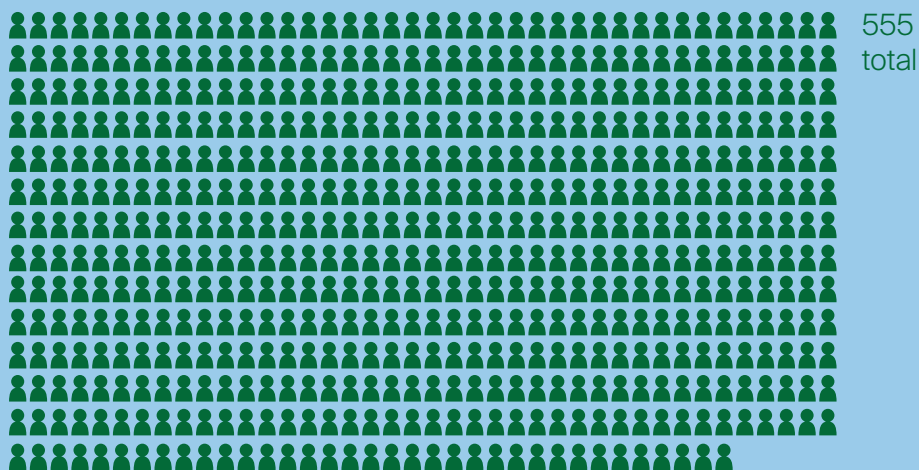


2016 Gifts

With the help of over 500 friends, Asbury happily puts another successful fundraising year in the books! In 2016 our Foundation not only met the \$400,000 fundraising goal, but exceeded it - raising over \$640,000! Much of our success is not possible without the support of our donors, which includes our Board of Directors, Development Committee, staff and many of our residents and their families who offer their time and monetary resources to profoundly make a difference at Asbury.

Here are just a few ways these contributions were used:

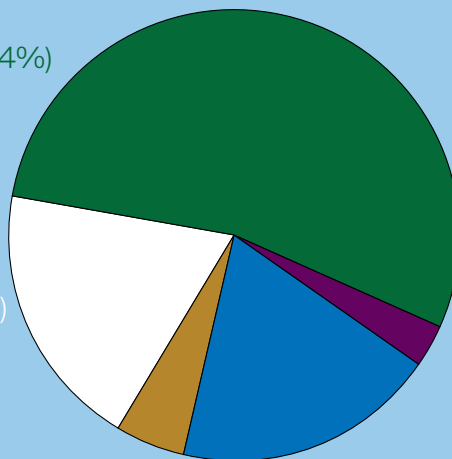
- Benevolent care support for residents who can no longer pay privately for full charges of their care;
- Spiritual Life programs that provide ecumenical worship opportunities within our chapels;
- Nursing Center equipment enhancements and Workstations on Wheels;
- Community outreach/educational programs through our Ruth E. Mickle Lecture series;
- And much more!



Planned Giving (54%)

Foundations and Corporations (19%)

Other Individuals (5%)

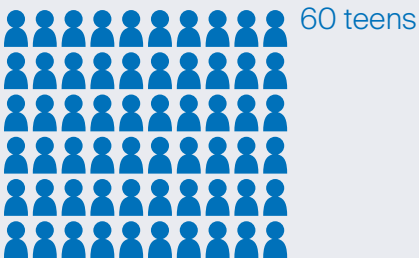


Board and Employees (3%)

Resident and Resident Families (19%)

2016 Volunteer Recognition

A total of 165 people worked 18,100 hours. By multiplying the total hours by our lowest wage, the **volunteers saved Asbury Heights a total of \$155,635 in 2016.** We are grateful to our volunteers for their time and talents that benefit our residents.



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Asbury Aglow

Save the Date!

Jingle all the way to the 22nd Asbury Aglow on Wednesday, December 13, 2017, 5:30-7:30 p.m. Join us for our annual holiday celebration and enjoy a variety of entertainment, snacks, cookies and, of course, a visit from Santa for the kids ... and the kid in all of us!

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Anonymous

Lois Roman

Mr. Robert Roman

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ACTION-Housing, Inc.
Miss Mary Ann Bishop
Ms. Mary Ann Carrie

Ed Yost

The Rev. Dr. & Mrs. David Watson

Deceased Zanardelli Family Members

Mrs. Wanda Magone

* Deceased



Part of UPMC Senior Communities

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- Asbury Place 412-571-5660
- Asbury Villas 412-571-5370
- Asbury Foundation 412-571-5106
- Independent Living Inquiries 412-571-5031
- Main Number 412-341-1030
- Nursing Care Inquiries 412-571-5182
- Spring Lane 412-571-5153
- The Embassy 412-571-5678
- Volunteer Opportunities 412-571-5150



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