

Asbury Update

Employee News and Information

February 2021

Achieve Your Total Health Goals

The year is still young - and so are your goals! A year of potential remains ahead of you. Now is the time to improve your total health - physically, financially, and mentally.

Your Physical Health

Those who have joined the [UPMC Weight Race](#) have just begun their journey to shed a few pounds while earning 100 [Take a Healthy Step](#) credits. Participants have access to weekly resources provided by UPMC Health Plan. There is also a private Weight Race Facebook group with over 2,000 members sharing their stories and encouraging one another.

Those who have taken the opportunity to get their COVID-19 vaccine (or waiting for their second dose) are making sure they stay healthy to care for those we serve and help make a positive impact in controlling the spread of the disease.

Your Financial Health

Your financial health may also be something to work on as it can affect your mental health.



Look ahead to a year full of potential!

Alight Financial Advisors (AFA) in conjunction with the [UPMC Retirement Center](#), can assist you with retirement planning and managing your retirement benefits, and partners with Financial Engines to provide additional comprehensive management of your personal savings.

Continued on Page 3

Balloon Buddies Bring Smiles

During late January, Jessica Garda, owner of Jessica Garda Events, started a "Send a Smile" program (as part of the National Adopt a Grandparent campaign) to get "balloon buddies" to the residents of Asbury in time for Valentine's Day.

Jessica is the grand-daughter-in-law of Rev. Neal Rogers who was Asbury's pastor for 17 years during the '90s and early '00s.



Masking at UPMC

All staff are required to wear a mask while on UPMC property (garages, sidewalks, etc.) — including and especially when entering a UPMC facility and before given a shift-use mask. You may wear a mask from home or a surgical mask from a previous shift until you receive a new shift-use mask.

All staff must wear the shift-use mask at all times while in clinical areas and high-traffic areas, including lobbies, cafeterias, elevators, hallways, etc., and patient or resident rooms. In areas without patient care, a cloth mask is required. **Remember, required masking means covering both your nose and mouth.**

Family Hospice Offices and New Sign



A new directional sign was erected to help direct visitors to the new Family Hospice offices located in Building 6, Level 2.

The new sign is the first to have the look and appearance of UPMC Senior Communities. Similarly-designed directional signs will eventually replace the others on campus.

The stained-glass windows came from Family Hospice's former location on Moffett Street.

A portion of the Building 6, Level 2 parking lot is reserved for the many visitors and staff who use the new space throughout the day.



Remembering Thomas Wilson

Thomas Wilson was a beloved caregiver at Asbury Place for nearly seven years until he passed away suddenly in 2020. Thomas was more than a caregiver to the residents; he was a friend to everyone.

"Thomas honestly had a kind heart and was so thoughtful," says Erica Gevaudan, personal care home administrator. "He had a way of lightening the mood and making people smile."

In addition to providing care, Thomas could often be found leading an activity, dressing up in a seasonal costume, helping move furniture, or playing practical jokes. He was a special person and is missed by everyone who knew him.

To honor Thomas' memory, the staff of Asbury Place pooled together to purchase a bench (above) in his memory. The bench also includes a reference to his favorite candy - Reese's cups.

"Thomas will forever be a part of Asbury Place," says Erica.



Achieve Your Total Health Goals

Continued from Page 1

Your Mental Health

We are approaching a year into the pandemic - and it's been an exceptionally hard year for many of us.

LifeSolutions is an employee assistance program available at no cost to you or members of your household.

The program enables you to address personal, relationship, and job-related needs in a private, confidential environment. The goal is to help balance your work, life, and wellness. LifeSolutions is available 24 hours a day, seven days a week.

Upcoming Specials From Asbury Café

February 4 - National Homemade Soup Day
Enjoy a soup in a bread bowl paired with a side.

February 9 - Pizza Nachos

February 16 - Mardi Gras Special: Shrimp & Sausage Gumbo served with King Cake

February 26 - Seasonal Plate: Maple Chicken
Brissel Grain Bowl

Peppermint Pattie Day Campus-wide Themed Day

When you bite into a peppermint pattie, do you get the sensation that you're part of an awesome team caring for and protecting older adults?

Stay cool and mark your calendar for Peppermint Pattie Day on **Thursday, February 11**. Everyone will receive a



peppermint pattie at the screening center when they arrive for their shift.

Made-to-order omelets for \$3.00 will be the Café's special.

Senior Services Suggestion Box

Click this box to access the form!

Rebecca Staley, Sr. HR Consultant
412-756-3562
gloffr@upmc.edu

Fire Safety Training

All staff who interact with PC residents (including all staff from Asbury Place, Asbury Villas, and Laurel Lane) are required to attend an annual live fire safety training with Mt. Lebanon Fire Department. Please plan to attend one session this year.

Trainings are planned to take place in the Social Room.

Upcoming session: **Tuesday, March 9 @ 2 p.m.**



Free From Fox's!

Thanks to the wonderful people of Fox's Pizza Den in Brookline, employees and contracted service staff received a personal pizza for lunch on January 12.



Asbury was part of a huge progressive pizza party that week as Fox's Pizza Den locations throughout the area donated pies to all of UPMC Senior Communities.

February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Erica Gevaudan Lisa Rauch	2 LaNiece Butler	3 	4 John Murawski	5 PAY DAY George Millich (20) 	6 Rhonda Patterson (3)
7 Jennifer Gessner (4)	8 Michael Huggins Stan Muldrow	9 Christina Spinelli (6)	10 	11 Peppermint Patties Anthony Morgan (8)	12 Diane Hustava Loreta Ritts (20)	13 Victoria Smith
14 Valentine's Day Dawn Washington	15 Glorimar Beck	16	17 	18 Safety Committee Meeting, 2:00 PM Caroline Hurley (1)	19 PAY DAY	20 Todd Clutter Sophia Green (3)
21 Brandi Coffey (4) Jessica Keeney (1) Kelsey Winterhalter (4) Steven Yarros (4)	22 Sherry Garner (9) Remika McCormick	23	24 	25	26	27
28 Tiana Key Susan Miller Jessica Stanley	1	2	3 	4	5 PAY DAY 	6

Birthday
Anniversary

ASBURY HEIGHTS

Part of UPMC Senior Communities
700 Bower Hill Rd.
Pittsburgh, PA 15243
412-341-1030
asburyheights.org



Jeans Day

Jeans are only permitted on days where this symbol appears.

Asbury HEIGHTS

Part of UPMC Senior Communities