

Asbury Update

Employee News and Information

January 2021

Hindsight is 2020: New Year, New Hope

By Roger Davis, Executive Director



With a new year before us, so is hope - hope for the return towards a more pre-pandemic life. With two vaccines authorized by the FDA for emergency use (and more on the horizon), the beginning of the end of the pandemic has likely to have begun.

We, as a society, have learned a lot during this pandemic, and we are likely to continue with many precautionary measures going forward. For example, hand sanitizing stations are sure to remain in public areas. People will more likely stay at home when they are sick, and if they have to go out for essentials, they will feel more comfortable wearing a mask in public (a normal practice for years in other countries). If another pandemic should arise, we will be better prepared. As the expression goes, "hindsight is 2020."

But thanks to our guidance and affiliation with world-class experts from UPMC and UPMC Senior Communities, such as our own Dr. Dave Nace, our great team of physicians, nurses, caregivers, and support staff were able to navigate the tumultuous year of 2020 for Asbury Heights through the pandemic and into the light of a brighter 2021.



The hand sanitizer dispensers installed throughout the campus earlier this year will remain. You are sure to see more hand sanitizing stations in public beyond the pandemic.

While we approach 2021 cautiously, we also approach it optimistically. Many aspects of the pandemic have evolved and improved greatly over the last year with various therapeutics and the development of effective vaccines. In the meantime, stay safe, stay vigilant, and stay healthy.

Take Your Performance Evaluation

All employees are encouraged to complete their self-evaluation to showcase all of the great things they have completed over this past year. All self-evaluations need to be completed by **Friday, January 15**.

Please take a few minutes to complete your self-evaluation. Go to In-fonet, HR Direct, Career and Performance, Manage My Performance, Annual Performance Evaluation 2020.

Completing your self-evaluation is the first step toward a pay increase, which will go in effect in May.



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. Shift-use masks are part of [UPMC's universal masking guidelines](#).

Ugly Sweater Day



There's nothing better than a festive sweater! Employees donned their "ugly Christmas sweaters" during our most recent campus-wide themed day. Save the date for our next themed day, **Spaghetti Day**, on **Friday, January 8**. See our [Yammer page](#) for more information.



Senior Services Suggestion Box

Click this box to access the form!

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Weight Race Registration Begins January 2

The UPMC MyHealth Weight Race is an annual 12-week challenge. Registration begins January 2 and runs through January 26. The Weight Race Challenge officially begins on January 20 and runs 12 weeks until April 10. This is a great opportunity to make healthy changes while having fun! All full-time, part-time, and casual employees are eligible to participate, regardless of medical coverage. Covered spouses/domestic partners are eligible to participate.

[Click here](#) for more information and to register as either an individual or a team of two to six people.



Bethel Park YMCA Donates 400 Wreaths

Every year, the Spencer Family YMCA of Bethel Park hosts an annual wreath sale to help fund its Y Guides and Princess (father/child) program and its YMCA Camp AIM, a special needs camp program.

As part of this year's wreath sale fundraiser, donors were able to select a "pay it forward" option that allowed them to purchase a wreath for someone else. And realizing this year's pandemic has been especially difficult for those residing in senior living communities, the Spencer Family YMCA decided to give a fresh wreath to every resident of Asbury Heights. That's 400 wreaths!

We thank the Spencer Family YMCA for this thoughtful gift to our residents.

January Specials And Important Dates

Head to the Asbury Café for these specials!

Friday, January 1 (New Year's Day)

Enjoy a free piece of New Year Pretzel with any purchase

Tuesday, January 5

Seasonal Plate: Buffalo Cauliflower Chopped Salad

Friday, January 8 - Spaghetti Day

Make Your Own Pasta \$3.00

Monday, January 11 - National Milk Day

Enjoy fresh baked cookie & carton of milk for \$1.00

Friday, January 15 - National Bagel Day

Enjoy fresh made bagel with cream cheese (assorted flavors) \$1.00

Wednesday, January 20 - National Mac & Cheese Day

Choose between two flavors of mac & cheese!

Wednesday, January 27 - National Chocolate Cake Day

Free slice with any purchase



Spaghetti Day Campus-wide Themed Day

Mark your calendar for Spaghetti Day on **Friday, January 8**. And we'll be celebrating more than just spaghetti - there will be so many *pasta-bilities*!

The Café Special will be "Make Your Own Pasta" for \$3.00. Options will include: Marinara, Alfredo, Meatballs, Chicken, Parmesan, Mozzarella, and Broccoli!

Pasta will be served with an Italian breadstick and a fresh-made cannoli.

Shoutout to Our Dedicated Swabbers and Screeners

Our Swabbing Team and Screening Area personnel have picked up these extra duties in addition to their normal work load. And they have done so without extra pay or incentives.

The Swabbing Team has been conducting COVID tests for over 300 employees and contracted staff twice a week while the Screening Area personnel have been taking temperatures and distributing masks to everyone who enters the building.

Their efforts are helping to keep COVID at bay and make sure the nearly 400 older adults who call Asbury home remain safe and healthy during the pandemic.

New Required Learning Module



UPMC believes in a culture where diversity and inclusion thrive. As part of our commitment, ALL employees eligible for a performance evaluation are required to complete a new, self-paced diversity learning module titled **Inclusion in Action**. This 10-minute learning module can be found by going to [Infonet](#), selecting HR Direct, and then selecting Learning.

January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 New Years Day	2 Donna Cooper
3 Tim Bodnar (15) James Mayhugh	4 Michele Palmer (22)	5	6 Joseph Dryburgh (1) Cleopatra Grafton (1) Kathleen Simcox (24) Numia Simons (1)	7 Alyah Heath Randy Oliva (2)	8 Spaghetti Day PAY DAY	9 JeNaya Mebane (3)
10	11	12 Ed Droppa (5) Amanda Varhula (6)	13 Alyssa Fierst Christopher Szabo	14 Charmese Hill (13) Bethany McGowan (7)	15 Michele Tokar	16 Moira Dwyer Debra Nichols Julian Nocine Lisa Revis Alexandra Vogel
17 Rosemarie Harris Ruku Phanse	18 George Millich	19 Courtney Kartman (12)	20 Safety Committee Meeting, 2:00 PM	21	22 PAY DAY	23 Gabriella Marra Beth Jacot (9) Lori Miller (3) Richard Mrenak (3) Rosario Starinchak
24 Tonya Gregory	25 Dana Kokocinski	26 Yolanda Painter (5)	27 SoHan Tse	28 Sue Poland	29	30 Christen Bosh
31 Raymond Baginski Terry Slade						

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.

Birthday
Anniversary

Asbury HEIGHTS

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