

# Asbury Update

## Employee News and Information

January 2022

## Better Health for You in 2022

### [UPMC MyHealth Weight Race](#)

The race begins on Monday, January 24. Register beginning on Wednesday, January 5. Join us to focus on creating balance and better health in 2022. You'll learn how to be more mindful, make better-for-you choices, and build healthy habits that support your goals.

### **Commit to Getting Fit!**

The [Active&Fit Direct](#) program allows you to choose from more than 11,000 participating fitness centers nationwide for \$25 a month. Find Active&Fit Direct by searching Health and Wellness Discounts on the Infonet.

### **MyHealth Role Model**

Know someone who's already made healthy changes? [Nominate a MyHealth Role Model](#), someone who has made a significant healthy change, such as managing stress, quitting smoking, eating better, or exercising more. First quarter nominations are due by Tuesday, February 1. Turn to **page 3** for more opportunities to recognize your coworkers.

### Upcoming Events

**Thursday, January 13**  
Rubber Ducky Day (*page 2*)

**Monday, January 17**  
Martin Luther King Jr. Day  
This is an official holiday recognized by UPMC.

**Thursday, January 27**  
Welcome to Work Day  
Receive a FREE slice of chocolate cake when you arrive for your shift.

## On-Site COVID-19 Testing for Symptomatic Staff

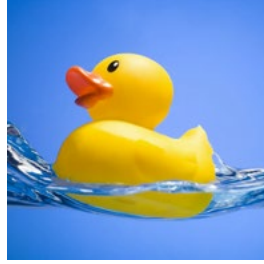
If you are experiencing symptoms of COVID-19 or the flu (such as fever, cough, shortness of breath, or sore throat), please call your manager before coming to work. Your manager will schedule a "drive by" testing that will be conducted from your vehicle at Asbury Circle (near the main entrance). When you arrive for your test, please call 412-341-1030 to notify the tester of your arrival. You will receive both a rapid test and a PCR test (to ensure accuracy).

If you commute by bus and are experiencing symptoms, please contact **UPMC Employee Health at 1-833-854-7386** for further instructions.

If either test comes back positive for COVID-19 or the flu, you will be required to quarantine per UPMC Employee Health's directive.

# Rubber Ducky Day Thursday, January 13

National Rubber Ducky Day is a chance to celebrate the iconic bath toy that's been enjoyed by countless people, young and old, for nearly 100 years.



Everyone is encouraged to wear jeans and yellow attire during this campus-wide themed day. There will also be a \$3 special available in the Café.

## Care Points

Have you received any Care Points? The first redemption period is **between January 9 and 22**. To redeem your Points for gift cards, you must fully complete an order form and place it (with the Care Points you want to redeem) into an envelope located on the side of the secure box next to the Care Points poster (below). Be sure your order form and Care Points are sealed in an envelope before placing it into the box.



Remember, you can accumulate your Points and redeem them for larger awards. You will have a tax through payroll for any gift card or item worth over \$25.

Prizes will be ordered and distributed by Rebecca Staley, HR consultant.

## Senior Services Suggestion Box

[Click this box to access the form!](#)

As part of our continuous improvement efforts, Human Resources has created an online suggestion box for you to share your feedback.

Suggestions will be reviewed on a monthly basis.

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

# New Safety Boards and Concern Cards

Have you seen the new display boards on campus promoting a safe work environment? These boards are arranged by the Safety Committee and include various tips and reminders to stay safe in the workplace. They will be updated periodically with eye-catching graphics and information.

If you have a safety concern, please fill out one of the Safety Concern cards located on the side of the secure box adjacent to the display board and place your completed card into the box. Concerns will be collected before each monthly Safety Committee meeting.

Thank you for helping to keep Asbury a safe place to live and work. If you notice a safety concern that may put someone in immediate danger, please call Security at ext. 5151.



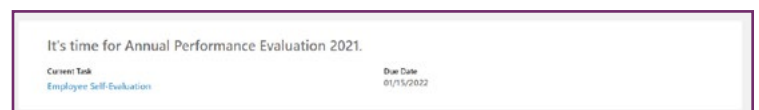
## Self Evaluations

Between now and January 15, you have the opportunity to evaluate your 2021 performance. This performance evaluation will be accessible through HR Direct.

Please take the opportunity to write your accomplishments, actions you've taken that exemplify the values, and anything else you'd like your manager to know. This is your opportunity to remind your manager of your great work over the past year when they complete your review and request your merit increase.

You can access your self-evaluation form through HR Direct and selecting "Career and Performance." You will then see the message pictured below at the top of the page.

**Please note that self evaluations are optional this year.**



# Recognize Your Coworkers

There are several programs in place that allow you to recognize your co-workers for a job well done.

## Above & Beyond

An opportunity to acknowledge those who go out of their way to provide services Above & Beyond the expectations of our residents, guests, and one another. Nominations can be made throughout the year by going to the Infonet. Nominate someone for [Above & Beyond](#). Deadline for nominations: **March 31**

## Dignity & Respect Champions

Dignity & Respect Champions are those who lead by example and incorporate the values of respect and inclusion into their daily work. All UPMC employees are eligible for nomination. Visit Infonet for a complete list of criteria for candidates. Learn more about [Dignity & Respect Champions](#).

# Asbury Carolers

Throughout December, three ceramic choir girls were showing up in various offices and areas on campus. This trio was passed around by employees hoping to catch their coworkers by surprise by decorating the figurines with accessories and items related to the department they appeared in. This was a fun way to get everyone involved in some silly fun. [Visit Asbury's Yammer page to see where these carolers appeared.](#)



# Getting to Know You

Let's give a warm welcome to our new co-workers! We're happy that you're here and look forward to working with you.



## Robert Mwangi

Job Title: CNA

Location: Skilled Nursing

"I am an immigrant to the United States."



## Ashton Molinaro

Job Title: CNA

Location: Skilled Nursing

"I like spending time with my family and kids, and watching sports."



## Desiree Brown

Job Title: CNA Trainee

Location: Hickory Community

"I worked with venomous snakes, large macaws, and fish before UPMC."

We will be contacting new employees every month for this section. Check your UPMC email account for your opportunity to be featured or contact Jon Ebel at [ebeljt@upmc.edu](mailto:ebeljt@upmc.edu).

## UPMC's Core Values

Quality & Safety

Dignity & Respect

Caring & Listening

Responsibility & Integrity

Excellence & Innovation

# January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3 James Mayhugh	4 Michele Palmer (23) Benito Rodriguez (1)	5	6 Cleopatra Grafton (1)	7 Crazy Hat Day PAY DAY 	8
9 JeNaya Mebane (4)	10	11	12 William Snyder Amanda Varhula (7)	13 Rubber Ducky Day Christopher Szabo \$3 Café Special 	14 Charmase Hill (14) Bethany McGowan (8)	15 Self Evaluations Due Michele Tokar
16 Maira Dwyer Alexandra McKee Debra Nichols Julian Nocine Lisa Revis	17 MLK Day Rukmani Phanse	18 Kariya Matthews George Millich	19 Courtney Kartman (13)	20	21 PAY DAY	22
23 Joey Boyles (5) Beth Jacot (10) Lori Miller (4) Richard Mrenak (4) Rosario Starinchak	24 Tonya Gregory	25 Dana Kokocinski	26 Yolanda Painter (6)	27 Welcome to Work Day - Chocolate Cake  SoHan Tse (11)	28	29
30 Christen Bosh	31 Raymond Baginski Terry Slade	1	2	3	4	5

## 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 (# of years)

**Asbury** HEIGHTS

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