

Asbury Update

Employee News and Information

June 2020

Stay Focused, Stay Healthy

As our region begins to loosen restrictions put in place to help mitigate the spread of COVID-19, we must continue to remain vigilant in our efforts. We serve a vulnerable population. What we do and who we interact with can have an impact on the residents of Asbury Heights.

Now is not the time to let your guard down. In fact, we must strive to be more cautious than ever before. Businesses will be opening their doors, and you are likely to interact with others in a shared space. This is okay, but please do so responsibly.

Protect yourself and others by practicing the same preventative measures that have been applied at Asbury. These include:

- Physically distancing from others (at least six feet) and wearing a mask in situations where this is not possible.
- Wash your hands often with soap and water.

- Cover coughs and sneezes.
- Clean and disinfect areas that are frequently touched.
- Monitor your health. If you are not feeling well, stay home.

Use your best judgement while out and about. Your health is the number one priority - for you, your family, and the residents of Asbury Heights.

To date, residents and staff have been COVID free, and we need your help to keep it that way.

Hickory Community

Final touches are being made to Asbury's Hickory Community. The new unit is a skilled nursing area with a mixture of private and semi-private rooms.

The space also features a bathing spa, dining room, and activity center. Residents and their families will be able to have private conversations with caregivers and managers in the unit's conference room. The unit also includes a break room with lockers and a large-screen TV.

Hickory is expecting to receive residents by the end of the month.



Older Americans Celebration

The week beginning May 11 was a chance to recognize and celebrate the essential role skilled nursing centers have in caring for older adults. For over 111 years, Asbury has been a trusted source of care and accommodations for thousands of older adults and their families.

We celebrated our community with dress down days and surprises at the Screening Centers, one of which was a “Heroes Work Here” button.

Heroes truly work at Asbury Heights. As of May 29, there have been no confirmed positive cases of COVID-19 in our community among staff or residents. Universal masking, daily temperature checks, physical distancing, sanitation measures, and eliminating cross-contamination are just some of the ways Asbury has remained COVID free. Hundreds of people count on our services every day - especially now during these mitigation efforts.

And given that our efforts have so far been successful during these unprecedented challenges, the greater community is being reminded how necessary skilled nursing centers - and senior communities as a whole - are to the safety and well being of older adults.



Human Resources Contact Information

For employee relations, contact Rebecca (Gloff) Staley, Sr. Human Resources Consultant, by calling **412-397-7320** or emailing gloffr@upmc.edu. Please do not slide papers under her office door.

For Payroll, Benefits, or Retirement questions, call 1-800-994-2752.



Take a Healthy Step (TAHS) is a personalized health and well-being program that offers rewards when you take simple steps to improve your health. All UPMC employees, and spouses/domestic partners enrolled in UPMC medical coverage can participate.

You (and a covered spouse/domestic partner) must complete the required TAHS activities by the November 11, 2020, deadline to lower your 2021 medical plan deductible by a maximum of \$1,000 for individual and \$2,000 for any level of family coverage.

You can access your account through MyHealth OnLine or download the UPMC Health Plan mobile app.

- Step 1: Complete the MyHealth Questionnaire
- Step 2: Biometric Screening (every three years)
- Step 3: Healthy Step Activities

Reach Your Maximum TAHS Credit Faster

- Complete the MyHealth Questionnaire **by June 30, 2020** and earn a \$100 bonus credit for completing it early.
- Sync your fitness device or log six activities monthly in MyHealth OnLine to earn up to \$25 credit each month (\$300 annually).
- Complete your MyHealth Questionnaire and biometric screening early, because your results will help you make the most of your Healthy Step activities by offering personalized options to focus on addressing your individual health.
- Watch for special events by reading Extra and watching the MyHealth page for the latest news about things like: Lunch and Learn sessions, Home Run for Health, Race Through Space, Select walks, runs, and marathons.

Family Day

A New Approach for 2020

Due to the COVID-19 mitigation efforts, our traditional Family Day format cannot be followed. Asbury's Activity professionals and leadership are working to develop an alternative form of Family Day for this year. Look for more details soon.

PTO Carryover

All employees have a cap to the number of PTO hours they can accrue. Employees who were required to fill shifts and needed positions during the height of the pandemic (and thus could not use PTO) will be able to carryover up to 80 hours through the end of the year. Contact your manager and HR to discuss specifics.

Your Voice Will Be Heard!

This year's MyVoice survey has been pushed back to **Monday, July 20**. Look for more information soon. The survey is an opportunity to share your thoughts, feelings, and ideas in relation to your workplace experience.

Snack Chats will resume when certain social distancing restrictions are lifted. These invitation-only chats give you the opportunity to discuss your experience and suggestions with Asbury leadership in a casual setting.

Refer A Friend - WIN BIG!

Do you know someone who would be a great fit at UPMC? Refer that friend for an eligible position and you could get a chance to win up to \$10,000!

1. Check Infonet to view the complete listing of eligible positions and if your friend works in one of these fields, refer them!
2. Text "UPMC" to **1-855-958-1711**. You'll need the name and mobile number of the person you're referring.
3. Qualified referrals get you entered into a **monthly drawing for up to \$10,000** and every qualified referral gets you another entry and another chance to win.

Above & Beyond

A Recognition Program

The Above & Beyond program acknowledges our employees who go out of their way to provide service beyond expectations of residents, their families, and one another. This is a recognition program that spans the entire UPMC system.

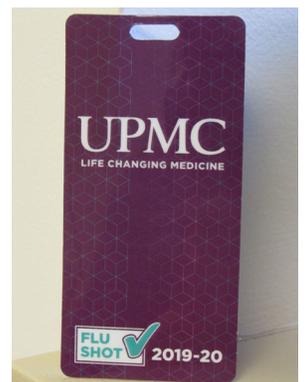
To nominate someone for this honor, go to Infonet and search "above and beyond" in the search box on the top of the page. Click the "Above & Beyond" link within the search results to access an electronic form. Select UPMC Community Provider Services as your Business Unit.

Flu Season is Over

Based on the number of reported flu cases throughout the region, the 2019-2020 flu season has been declared over. You may remove your 2019-20 flu hang tag (pictured here).

Although flu season is behind us, COVID-19 is still in our region. Please continue to do the following to help mitigate its spread:

- Universal masking
- Hand hygiene (wash for 20 seconds or use sanitizer)
- Physical distancing (keep 6 feet apart from others)



June 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Caitlin Godfrey (5) Nadia Khettar (5) Rebecca Miller (5) Maurice Stewart (5)	2 Glorimar Beck (11) 	3 	4 Sophia Green Rita Huyett Lydia Smith	5 Francis Gallo Jennifer Nebel Adell Pah Christina Spinelli John Balint (8) 	6 Maura Linehan
7	8	9 	10 	11	12 PAY DAY Monika DiRenna (2)	13 Jennifer Castello Shayla Lincoln (3) Jessica Stanley (3)
14 Kathryn Johns	15	16 	17 Maura Linehan (1) 	18 Euricka Williams Cindy Bruno (47)	19 Jennifer Perry (3)	20 Mary Cancelmi Marilyn Solomon Thomas Stubna Jr.
21 Hope Limbruner	22 Dennis Del Bianco	23 Roger Davis (7) Alicia Godfrey (7) 	24 Sharon Doyle Karen Lockhart 	25 Safety Committee Meeting, 2:00 PM	26 PAY DAY Suzanne Richardson	27
28 Family Day Michael Murray (4)	29 Carol Houser SoHan Tse Corie Franks (5)	30 Roger Davis 	1 	2	3 	4

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



Limited Parking

Asbury HEIGHTS

Part of UPMC Senior Communities