

The Asbury News

News and Information for the Residents of Asbury Heights

April 2020

Spreading the Love

The last few weeks have been a challenge for everyone as we continue to help mitigate the spread of COVID-19, the disease caused by the new coronavirus (SARS-CoV-2). The mitigation efforts in response to the outbreak of the virus has caused disruptions in almost all areas of our daily lives.

According to recent data, these extreme mitigation efforts (social distancing, wearing masks, avoiding cross contamination, and adding extra infection control measures) appear to be working, keeping the healthcare system from becoming overwhelmed. As of noon on Wednesday, April 15, there were no cases of COVID-19 at Asbury! We must continue to work together to support these systems and processes until it's safe to become less restricted.

Although it's been a challenging month, our staff have made adjustments to make sure you remain safe, healthy, and engaged during the pandemic.



Thanks to the help of our Activity professionals, family members are still able to virtually visit through the use of video chat technology made available by UPMC Senior Communities.

The following excerpt comes from an email written by Lisa Wehrle, a family member of a Spring Lane resident, who had a video chat with her mother.

"Today I had the FaceTime opportunity with my mom, and I cannot express how much it meant to

Continued on Page 3



For the latest information, please visit asburyheights.org/news/covid-19.

Asbury
HEIGHTS

Part of UPMC Senior Communities



Scouting for Food/ Chow Wagon

This year's Scouting for Food campaign has begun and continues through April 30! Please consider donating non-expired, non-perishable items to benefit local community food banks such as the Greater Pittsburgh Community Food Bank, Second Harvest of NWP, Food for Families, and many more. Also, as in previous years, Animal Friends' Chow Wagon program will provide food to the hungry pets of families in need. Please consider donating small to medium bags of pet food as well. Donation boxes are located in the Mall, the Main Lobby, Asbury Villas, and Asbury Place.

You may also make a financial contribution to either of these campaigns. When you contribute \$20 or more online through the Greater Pittsburgh Community Food Bank or Animal Friends, you will be automatically entered into a system wide raffle drawing for prizes — which include items from many vendors supporting this event. Once you donate, you will be entered for the entire month and are eligible to win throughout the campaign.

To make a financial donation to either the Greater Pittsburgh Community Food Bank or Animal Friends, please contact John Komisary at 412-571-5133 or komisaryjr@upmc.edu.

Communications Survey

Due to unforeseen circumstances, the distribution of the Communications Survey was set on hold.

Please look for the survey during the week of April 27. Please complete it by Friday, May 8 and return it to the Asbury Post Office c/o Jon Ebel.

Your responses will be considered as we reevaluate our communications strategy.

Community Support During This Time

Various groups and individuals have reached out to show their support for Asbury's residents during this unprecedented time.

Cards From Kids

The Mt. Lebanon Moms Network delivered dozens of cards created by children for residents. The colorful cards, featuring jokes and encouraging messages, are on display in the Post Office.

Letters From Students

Students from Pitt's School of Medicine have been sending letters to Nursing Center residents. The letters include a self-addressed stamped envelope for residents to respond. It's become somewhat of a pen pal situation!

Cards From Katie

Because of the visitor restrictions currently in place, volunteer Katie Heiser is unable to donate her time on campus. Instead, she is using her time at home to create dozens of cards for residents who may need a lift in their spirits.

UPMC | SENIOR
COMMUNITIES

**COVID-19 (Coronavirus):
Your Questions Answered**

Tele-Town Hall

Please join us for a telephone question and answer session on **Thursday, April 23**. A panel of doctors and administrative experts from UPMC Senior Communities will provide the latest updates and answer your questions.

Independent Living 855-962-0996
Begins at 2:00 PM

Personal Care and Nursing Center
855-962-1209
Begins at 3:30 PM

National Babe Ruth Baseball Day

Monday, April 27

- Wear baseball T-shirts, jerseys, and hats
- Foot long hotdog with curly fries and cheese will be the Café lunch special
- A treat given to every resident and staff!

A Planning Committee comprised of Asbury staff has been developing this and other campus-wide themed celebrations. We welcome residents to serve on this Planning Committee. Please contact Audrey Burgoon at 412-571-5121.

Cinco De Mayo

Tuesday, May 5

Cinco de Mayo falls on a Taco Tuesday this year!

- Nacho special in the Café
- Mexican themed dinner
- Wear green, red, and Mexican-inspired accessories

Spreading the Love

Continued from Page 1

me to see her beautiful face and be able to tell her I love her and hear her say the same back to me," Lisa wrote. "Thank you, thank you, thank you for making this happen! I believe it was Andrea who did this for me and for her and all the staff at Asbury, I am grateful... knowing that my mom, who is my everything, is being taken care of during this pandemic means the world to me and her family!"

If you would like to set up a video chat with your family or friends, please contact your community's Activity department today! The staff will help you each step of the way, including using an Asbury iPad.

Independent Living 412-571-5183

Spring Lane/Laurel Lane
412-571-5174

Asbury Villas 412-571-5353

Asbury Place 412-571-5667

Skilled Nursing 412-571-571-5190



April Showers

Honoring Staff for Their Dedication

Thank you to everyone who shared a kind message for our "April Showers" boards on display in the Main Lobby, Asbury Villas, and Asbury Place. This was an opportunity for residents to share their appreciation for the employees and their ability to adjust to the new practices and procedures during this pandemic.

One notes reads: "We residents are so fortunate to have you all by our side to assist us in our everyday living."

Another reads: "Thank you for your continued attendance and help. I can't imagine how we could continue here without your regular attendance."

If you would like to "shower" your community's staff, consider filling out a Values in Action form. These forms are located where the Asbury Hearts cards used to be. See page 4 for more.



Reminder

Everyone must come in and out of the buildings through the screening stations. You may not exit through any other door except in the event of a fire or emergency. And you cannot let anyone in through any other door who is visiting or making a delivery.

Thank you for helping to keep all residents and staff safe.

Values in Action Nominate a Staff Member

Values in Action is our new employee recognition program and replaces the Asbury Hearts program. This new program includes all employees that work in the facility, both UPMC and contracted personnel. The program allows residents and family members to express gratitude for actions that demonstrate our values, showing our employees go above and beyond in their daily work.

Cards can be found in the area previously reserved for the Asbury Hearts cards. Once completed, drop the form in the black box next to the bulletin board.

Resident Council Meetings

Resident Council meetings have been postponed until further notice. Please refer to Channel 957 for updates.

Are You Looking for Some Company?

Are you lonely or feeling down? These are natural feelings during this especially difficult time. Our staff is here to help you through the global pandemic. Contact your Activities department (see numbers on page 3). Whether it's just a one-on-one chat or a brief game of cards, the Activities staff can help brighten your day.

You can also contact Pastor Kim Grueser at 412-571-5124 if you would like him to visit with you.

Asbury HEIGHTS

Part of UPMC Senior Communities

EDITOR:

Audrey Burgoon, Senior Director,
Business Development and Resident Relations

WRITER/DESIGNER:

Jon Ebel, Lead Communications Specialist

PROOFREADER:

Ann Delo, resident

asburyheights.org

 www.facebook.com/AsburyHeights

 www.twitter.com/@AsburyHeights

