

The Asbury News

News and Information for the Residents of Asbury Heights



December 2021

Happy Holidays to Everyone

By Joey Boyles, Executive Director



This has been another challenging year as we continued to do all that we could to help mitigate the spread of COVID-19 within our community. I thank you all for your continued efforts.

We have surely turned a bend in this pandemic. At this time last year, we did not have the tools we have today such as effective vaccines and treatments. Our work has paid off and we can look forward to an even better year ahead.

Although this will be another year without our large-scale, campus-wide Asbury Aglow celebra-

tion, we are working to keep things festive for residents on the Bower Hill campus and at The Embassy. Each community has a holiday party scheduled this month featuring a special menu and entertainment.

On a personal note, I want to take a moment to thank everyone for their warm welcome as I transitioned into my role this year. Asbury is such a wonderful place and it's the people who make it that way. I'm thankful to be here and look forward to what's ahead.

I wish you and your family a very happy, healthy holiday season and a joyous New Year.

Donated Wreaths

The Spencer Family YMCA has once again donated nearly 400 fresh wreaths to the residents of Asbury Heights. We thank the Spencer Family YMCA and their supporters for this kind gesture, and hope your wreath makes your holiday a little more festive.



The dog statue in the main lobby is getting a name for Christmas.

Visit the lobby to submit your suggested name for what has become a popular pup!



Asbury
HEIGHTS

Part of UPMC Senior Communities

Dan's Ornament

While resident Dan Belisario got adjusted to his new apartment, his daughter Kathy fashioned one of his wife's old ice skates into a Christmas ornament for his door.

When Kathy presented Dan with the ornament, he was overwhelmed with joy.



"It reminds me of when we used to go ice skating when we were first married," said Dan.

Dan very much adores his new door ornament and thinks of Pat whenever he enters his apartment. It's treasures like these that make an apartment a home.

Café Holiday Hours

The Asbury Café will close at 1:00 pm on both Christmas Eve and New Year's Eve. It will be **closed** on Christmas Day (Saturday, December 25) and New Year's Day (Saturday, January 1).

Mall Update

The outdated windows within the Mall were recently removed and replaced with new panes.

Asbury is working with MBM (general contractor) and an installation team to determine the best use of the window film. Thanks to your input, we won't be using the full sheet of film. The half sheet provides some privacy screening while still allowing lots of light.

Hopefully the Mall project will be completed by mid January.



Doggy December

A Campus-wide Service Project

We celebrated our feline friends a few months ago, but December went to the dogs as residents celebrated "man's best friend" throughout Doggy December.

Independent living residents made dog treats with peanut butter and pumpkin. The treats were then delivered to the homeless dogs currently residing at Angel Ridge Animal Rescue.



Residents and staff were encouraged to wear jeans and attire featuring our four-legged friends during the campus-wide themed day on December 9.



Resident Referral Program

Do you have a friend or former neighbor that could benefit from the services of Asbury Heights?

Refer a friend to Asbury and **receive a \$1,000 credit** toward your rent if they move into one of Asbury's IL or PC communities.

Referrals must be new and not have inquired with Asbury's sales team in the past. Other conditions apply. Contact John Komisary or Cathy Glumac for details.

If you would like to refer someone, please contact John or Cathy as soon as possible so they can document you as the referral source.

Need a Fire Evacuation Sign?

If you need a laminated fire evacuation route for the back of your apartment door, please call Beth Skreptach, maintenance clerk, at 412-571-5120.

Annual Holiday Tradition

The holiday season has certainly arrived here at Asbury. Walking throughout campus, you will surely come across beautifully decorated trees and lovely holiday décor. And thanks to a special group of individuals, our Frances Hamilton Society members, our front lobby Angel Tree looks like it might take flight!

For over 30 years, this group has provided support to our Benevolent Care Program. This program cares for our most vulnerable residents who have outlived their resources and can no longer pay privately for their care and accommodations.

With a donation made to Asbury during the holiday season, Frances Hamilton Society members can display an Angel Ornament on the tree. This is a nice way to remember a loved one or to let someone know how special they are.

We hope you will consider joining or renewing your Frances Hamilton Society membership today! All gifts, large or small, make a difference to our residents who rely on benevolent care.

To make a gift, contact Courtney Kartman at 412-571-5106 or kartmanca@upmc.edu.

Shop Amazon?

You can support Asbury Foundation with each purchase you make at NO COST to YOU! When you shop AmazonSmile, they'll donate a portion of the sale to Asbury Foundation. It's easy!

Visit <http://smile.amazon.com/ch/25-1555688> and start shopping. For more information, contact Courtney Kartman at 412-571-5106 or kartmanca@upmc.edu.



Resident Council Meetings

Independent Residents
January 17 at 1:30 PM
Hickman Chapel

Asbury Villas Community Meeting
Date TBD

Nursing & Rehabilitation Center
Tuesday, January 18
Staff will meet with residents one-on-one

Laurel Lane
Wednesday, January 19

Asbury Place
Monday, January 10 at 2:00 PM
Living Room

Donate Your Old Cell Phone A New Service Project

Do you have an old cell phone you no longer use? Consider donating it to a woman in need through an agency that supports victims of domestic violence.

If you are interested in donating a cell phone for this cause, please contact Marjie Doughton at 412-571-5374 beginning Monday, January 3.



Meet Mary Mazzei Asbury's New Fitness Assistant

Mary Mazzei is Asbury's new Fitness Assistant and will soon be leading exercise classes throughout campus.



Mary was born and raised in the south hills of Pittsburgh and attended CCAC to become a licensed physical therapist assistant. She has worked in physical therapy for over 25 years. Most of her experience has been in outpatient orthopedic physical therapy. She is also an ACE certified personal trainer.

Mary enjoys spending time with family and friends. She is also fond of the outdoors, working out, animals, live music, and wineries.

Asbury HEIGHTS

Part of UPMC Senior Communities

EDITOR:

Audrey Burgoon, Senior Director,
Business Development and Resident Relations

WRITER/DESIGNER:

Jon Ebel, Lead Communications Specialist

asburyheights.org

 www.facebook.com/AsburyHeights

 www.twitter.com/@AsburyHeights

