

The Asbury News

News and Information for the Residents of Asbury Heights



February 2022

Fun Events and Service Projects

Mark Your March Calendar for These Upcoming Opportunities

There are several opportunities to have fun and give back this March. If you're looking to get more involved or meet new people, you may want to consider participating in one, or some, of these events.

Mardi Gras

Tuesday, March 1

This year, we will be celebrating with a Mardi Gras happy hour! King Cake will be served to residents.

Johnny Appleseed Day

Friday, March 11

During this day, we'll remember a man who planted apple trees across the nation. This will be a fun day to wear red or green (which apple are *you*?) and jeans. Residents will have an opportunity to enjoy apple cider.

Care Packages for the Homeless

All of our purposeful service project ideas are decided by the residents of Asbury Heights. For March, we are going to prepare care packages for the homeless to help them get back on their feet. Contact your community's activity professional to get involved with this service project.



The Moss Wall

The moss wall pictured above is now on display in the Asbury Heights Mall. This customized creation of various preserved mosses, tree bark, and plants doesn't require light, trimming, or water. We are thrilled to have such a unique piece in our common area for everyone to enjoy.

Said one resident, "I stand and look at it and see something different every time."

Asbury
HEIGHTS

Part of UPMC Senior Communities

Popcorn Paradise

Campus Celebrates Salty Treat



This month's campus-wide themed day was a celebration of popcorn. Staff in the Café continuously popped fresh corn throughout the day for residents and staff to enjoy.

The residents of Asbury Villas sampled several different kinds of unusually-flavored popcorn from The Pittsburgh Popcorn Company. These unique flavors included bacon cheeseburger, vanilla almond caramel, peanut butter cup, and garlic bread.

March's campus-wide themed day is Johnny Appleseed Day on **Friday, March 11.**

New Look for Asbury Villas

Quite a few aesthetic improvements have been made to the common areas of our Asbury Villas personal care community. Here's a before and after photo of the library area.



A Tax-Smart Approach to Supporting Asbury

Appreciated stocks, bonds and/or mutual fund shares held long-term (more than one year) are a great non-cash asset to use to support your favorite charity, like Asbury Heights.

It offers donors the unique opportunity to leverage their investments for maximum impact in charitable giving. By transferring your securities directly to Asbury, donors will be able to claim a tax deduction for the full, appreciated value of the securities and will pay no capital gains tax on the transaction.

To learn more about Donating Stocks & Appreciated Securities to Asbury or for transfer instructions please contact Courtney Kartman at Asbury Foundation (412-571-5106 or kartmanca@upmc.edu).

Information is not intended as legal or tax advice nor should be relied upon as such.

Love is in the Air!

Communities throughout Asbury's campus celebrated Valentine's Day in various ways. The independent living community celebrated with a party featuring a sax player.

Laurel Lane residents played special Valentine's Day trivia and BINGO games while enjoying cupcakes.



Library News

The Ruth E. Mickle Library is accepting book donations once again. Please call Fran Linkesh at ext. 7654 or Marilyn Albitz at ext. 7515 to arrange drop off.

Two new magazine subscriptions have been ordered: *People Magazine* and *Reader's Digest* (large print). Magazine donations are still being accepted, but issues should not be more than three months old. Place donated magazines in the designated racks.

There have been many new books added to the collection including large print, fiction, and mystery.

Resident Volunteer Opportunities

Looking to get more involved in the Asbury community? Want to meet new people? Volunteering is a helpful way to achieve these goals.

If you are interested in any of the volunteer opportunities listed below, contact Teresa Valentino, activities coordinator, at 412-571-5190 or valentinot@upmc.edu.

Post Office

Monday, Wednesday, or Friday 1:00 to 3:00

Twice As Nice Store

Monday 10:00 to 12:00 or 1:00 to 3:00
Wednesday, Thursday, or Friday 1:00 to 3:00

Do Not Flush Sanitary Products

During a recent inspection conducted by Mt. Lebanon municipality, it was discovered that Asbury Heights' property is noncompliant with an ordinance related to the obstruction of the sewer system.

Backups and blockages in the main sanitary sewer were recently discovered downstream of Asbury's property due to adult briefs, underpads, wipes, and other personal sanitary care products flushed down commodes.

We are asking for immediate cooperation from residents and staff in properly discarding the above-listed items in trash bags. Discarding them in the commode is a violation of municipal code.

Residents with questions regarding this matter may contact the Administrator for their area:

Holly Villella, Administrator, Skilled Nursing
shirleyha@upmc.edu 412-571-5035

Kevin Bushmire, Administrator, Asbury Villas
bushmirekt@upmc.edu 412-571-5380

Amanda Varhula, Administrator, Asbury Place,
varhulaaj@upmc.edu 412-571-5662

Ruku Phanse, Administrator, Laurel Lane,
phanser2@upmc.edu 412-571-5015

Marjorie Doughton, Director, Independent Living,
doughtonma@upmc.edu
412-571-5374

Thank you for your assistance in addressing this issue.

Resident Council Meetings

Independent Residents

Monday, March 21 at 1:30 PM

Hickman Chapel

Asbury Villas Community Meeting

Wednesday, March 16 at 2:30 PM

Lifestyle Center

Nursing & Rehabilitation Center

Monday, March 21

Staff will meet with residents one-on-one

Laurel Lane

Wednesday, March 16

Asbury Place

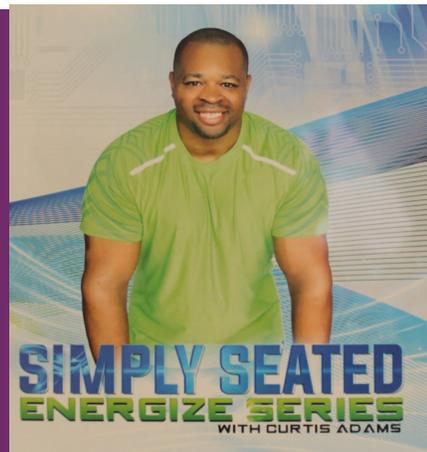
Monday, March 14 at 2:00 PM

Living Room

Virtual Reality

Virtual reality is something you need to experience! Once you put on the headset, it will appear as though you've been transported into a virtual world. Using intuitive controllers, you will be able to interact within the virtual world whether playing a game or exploring the environment.

If you have not tried virtual reality, you are missing out on a great experience. Contact your community's activity professional if you want to experience virtual reality.



Fireside Fitness Cable Channel 957

Monday, Wednesday, Friday

10:00 AM and 3:00 PM

Contact Security at ext. 5151
if the video does not play.

Asbury HEIGHTS

Part of UPMC Senior Communities

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