

The Asbury News

News and Information for the Residents of Asbury Heights



February 2023

Campus Improvement Projects Underway

There are several areas on campus currently receiving upgrades. Asbury leadership feels it's important to maintain an appealing environment for residents, their families, and guests.

Asbury Place

A few new pieces of furniture are being ordered for some of the interior common areas. Additionally, the living room will be reconfigured to remove some half-walls for more flexibility with seating. Also, the shower rooms will receive a refresh.

Laurel Lane

New lighting will be installed and a fresh coat of paint will be applied to brighten the common areas.

Asbury Villas

The 2nd and 3rd floor corridors will receive updates that will match those of the first floor.

Willow Community

The Willow Community will receive a fresh coat of paint, new handrails, carpeting, and some reorganizing.

Fireplace Mantle

There will be a fireplace in the Social Room once again! Thanks to resident feedback, an electric fireplace unit will be installed in the same location as the previous one - between

the two exit doors in the back of the room (which has been approved by the Mt. Lebanon Fire Department).

UPMC's corporate construction and maintenance department is reviewing potential units for consideration. If there are several to choose from, independent living residents may be asked to provide input on a desired unit.



The 3rd floor of Asbury Villas will receive a refresh.

Mardi Gras

Tuesday, February 21

Check your community's activity calendar for the day's events.

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Support Asbury Heights Using Your IRA Required Minimum Deduction (RMD)

For those who have an IRA or retirement plan account, generally you must start taking withdrawals when reaching the age of 72 as you cannot keep funds in your account indefinitely.

By designating all or a portion of your retirement account(s) to Asbury Heights, you can take advantage of paying NO taxes on the transfer.

The Pension Protection Act of 2006 permits IRA owners starting at age 70½ to make tax-free charitable gifts totaling up to \$100,000 per year from their IRAs directly to eligible charities, such as Asbury Foundation. Charitable distributions from an IRA may be used to satisfy the annual RMD requirements.

To learn more about IRA Giving or designating your distribution, 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.

Hershey's Ice Cream Now Available

The Asbury Café is now serving a variety of Hershey's Ice Cream and frozen novelties.

To celebrate this new addition, Dining Services hosted a pop-up parlor on February 6 as an opportunity for residents and staff to sample some of the new flavors.

Benevolent Care Informational Session

Audrey Burgoon, senior director, answered questions about Asbury's benevolent care program and how it differentiates from UPMC's benevolent care program during presentations in February.



One of the main takeaways from the discussion was that residents who chose the rental option upon move in are not eligible to receive the Asbury Heights benevolent care program once their funds have been depleted.



Flash Mob Dance!

Immediately following a musical performance in the Social Room, a few members of the audience had a show of their own.

This group got their inspiration from Asbury's first flash mob which took place during a Halloween event in 2011 (those of you who've been here a while may recall this). These residents are members of a music and dance club that meets every Saturday morning.

Big thanks to Kristen Assi, activities coordinator, for organizing and choreographing this flash mob dance!

Benefits of Exercise



George Dudich,
fitness associate

There are many reasons why we tend to slow down and become more sedentary with age. It may be due to health problems, weight, or pain issues, or worries about falling. Or perhaps you think that exercising simply isn't for you. But as

you grow older, an active lifestyle becomes more important than ever to your health.

A recent Swedish study found that physical activity was the number one contributor to longevity, adding extra years to your life—even if you don't start exercising until your senior years. But getting active is not just about adding years to your life, it's about adding life to your years.

Getting moving can help boost your energy, maintain your independence, protect your heart, and manage symptoms of illness or pain as well as your weight. Regular exercise is also good for your mind, mood, and memory. It's never too late to find simple, enjoyable ways to become more active, improve your mood and outlook, and reap all the physical and mental health benefits of exercise.

Physical Health Benefits of Exercise

- Maintain or lose weight
- Reduce the impact of illness and chronic disease
- Enhance your mobility, flexibility, and balance

Mental Health Benefits of Exercise

- Improve how well you sleep
- Boost your mood and self-confidence
- Improve your brain function

Source: www.helpguide.org

Review your activities calendar for fitness sessions in your area.

Dignity & Respect A UPMC Value

Staff across the UPMC network celebrated Dignity & Respect Month during January. Asbury leadership encouraged employees to share their thoughts on what dignity and respect means to them on the company's online message board.

Here are a few of the responses:

Seek understanding - When we seek to understand where others are coming from, we have a chance to put ourselves in someone else's shoes and empathize with them, whether it's a resident or staff member.

Smile - Smiling has healing powers for others as while as yourself. It's powerful and contagious!

Be flexible - We are open to new ideas, situations and changing circumstances that may come our way on a daily basis. Time to stop believing "you can't teach an old dog new tricks" and head into our day seeing what new possibilities await us!

All employees are to focus on the UPMC Values of Dignity & Respect, Quality & Safety, Caring & Listening, Responsibility & Integrity, and Excellence & Innovation. These Values should guide staff in their everyday interactions and responsibilities.

COVID-19 Vaccine Clinic

Residents should make their vaccine needs known to their community leaders over the next week. Doses will be given to residents within their community (with the exception of The Embassy) during an upcoming vaccine clinic (date to be determined).

Resident Council/Community Meetings

Independent Residents

Monday, March 20 at 1:30 PM
Hickman Chapel

Asbury Villas

Wednesday, March 15 at 2:30 PM
Lifestyle Center

Nursing & Rehabilitation Center

Monday, February 20
Staff will meet with residents one-on-one

Laurel Lane

Wednesday, March 8 at 2:00 PM
Ramp

Asbury Place

Monday, March 13 at 2:00 PM
Great Room

Upcoming Events

Mark your calendar for these special events and promotions!

Thursday, February 23
Chef Action Day in the Café

Friday, February 24
Pizza Day

Monday, February 27
Strawberry Day

Marketing Events Return to Asbury

After nearly a three-year hiatus, sales/marketing events have returned to the Asbury Heights campus. These events are arranged for potential residents to see Asbury firsthand and learn more about the services we provide including tours after the event. Guests also enjoy live entertainment.

The next marketing event will take place on **Tuesday, March 7** at 1:30 pm in the Social Room. You may want to mention this to your visitors since parking spaces will be limited.

Ash Wednesday

There will be an Ash Wednesday Service on February 22 at 1:30 PM in Hickman Memorial Chapel. Attendees may receive ashes during the service.



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