

# The Asbury News

News and Information for the Residents of Asbury Heights

January 2021

## Operation Warp Speed Now Underway!

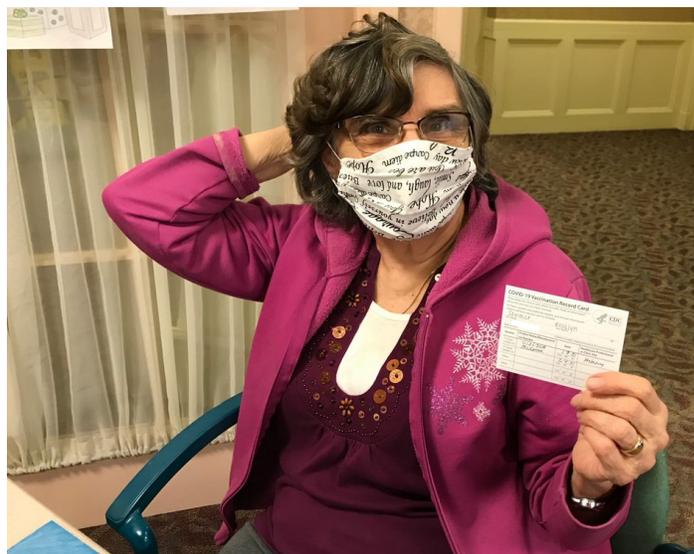
UPMC was one of the first organizations to receive the COVID-19 vaccine. Most doses were given to the 35 hospitals within the system (for healthcare personnel).

Earlier this month, the vaccines arrived on the Asbury campus, and we wasted no time administering the vaccine in accordance with Pennsylvania's phased approach. We are currently in Phase 1A which focuses on skilled nursing/personal care residents and healthcare personnel.

To be inoculated, the vaccine is given in two doses. Those who received the first dose at Asbury will receive their second dose in early February. We can then move to Phase 1B which will include Independent Living residents and staff receiving their first dose.

Vaccination (especially of those vulnerable to more severe symptoms of the coronavirus) is a major step to ending the pandemic and another step closer to a brighter 2021. However, until the majority of the population is vaccinated, masking, hand washing, and physical distancing are still in effect.

Many aspects of the pandemic have evolved and improved greatly over the last year with various therapeutics and the development of effective vaccines. In the meantime, stay safe, stay vigilant, and stay healthy.



Residents and staff began receiving their first dose of the COVID-19 vaccine earlier this month.



### *Looking for the Latest COVID Guidelines?*

When it comes to COVID-19 mitigation efforts, Asbury follows the guidelines and suggestions set forth by the CDC and the Pennsylvania Department of Health as well as state and local government. These guidelines have been known to change frequently and sharing them in a printed publication such as this newsletter could render them outdated quickly.

For the latest COVID-related information, mitigation efforts, and guidelines, contact your community's administrator/director, call 412-354-3202, or visit [asburyheights.org/news/covid-19](https://asburyheights.org/news/covid-19).

**Asbury**  
HEIGHTS

Part of UPMC Senior Communities



## New Year's Celebrations

New Year's celebrations took place throughout the campus to usher out a challenging 2020 and welcome a hopeful 2021.

The Independent Living community enjoyed a New Year's Eve dinner in the Horizon Room with fun desserts and a champagne table. It was a great opportunity to dress up, get together, and have some fun.



The residents of Asbury Villas made some noise from their doorways during a special countdown. Residents also received a package that included a party hat and horn - which provided most of the noise!

## Van Trips Suspended

Due to the high positivity rate of COVID-19 in Allegheny County, we are currently suspending all trips with the exception of medical appointments.

## Keeping It Clean!

Housekeepers continue to clean and sanitize commonly used surfaces (door handles, elevator buttons) throughout campus.

Remember to do your part and wash your hands or use hand sanitizer when out and about.



## Upcoming Café Specials

**Wednesday, January 20**

**National Mac & Cheese Day**

Choose between two flavors of mac & cheese!

**Wednesday, January 27**

**National Chocolate Cake Day**

Free slice with any purchase

## Wreath Winners

Winners of the seven homemade wreaths created and donated by Chelsey Sue Wheeler, the daughter of Bessie Wheeler (Café Manager) were randomly selected by Roger Davis and Corie Franks.

The winners were:

- Wreath 1: Lucy Morgan
- Wreath 2: Billy Sewchok
- Wreath 3: Ed Droppa
- Wreath 4: Albiva Senzo
- Wreath 5: Stacey Schaeffer
- Wreath 6: Elena Nosal
- Wreath 7: Roxanne McWreath



# Pandemic Doesn't Stop Donor Support!

The year 2020 was quite the year. The COVID-19 pandemic certainly has had an impact on everyone. Many have experienced uncertainty as financial resources have become limited and all have required the need to creatively find ways to stay connected to family and friends from a distance.

One thing that did not change was the support of our Asbury Donors!

THANK YOU to our Board of Directors, Residents, Families, Friends, and Staff for supporting Asbury during the uncertainty of 2020! With your assistance we raised over \$800,000!

Each year, this kindness impacts our Benevolent Care Program which secures resources for our most vulnerable residents who have outlived their resources and can no longer pay privately for their care and accommodations.

We are excited and hopeful as we begin 2021 and look forward to sharing with you a recap of 2020 and exciting fundraising initiatives to come in our upcoming issue of *Seasons* - arriving in March!

We hope you will be a part of the success that we announce in 2022!

Amazon Smile donates to Asbury Foundation when you shop online.

Contact Courtney Kartman at 412-571-5106 to find out how you can get started at no cost to you.



# Do You Have a Meal Suggestion?

Independent residents gathered for the chef-featured made-to-order omelets in the Horizon Dining Room on January 10. Residents could choose from Ham, Bacon, Sausage, Cheddar, Spinach, Tomatoes, and more!



The Dining Services department is always looking for suggestions. Share your idea by filling out a comment card from the table and giving it to your server.

## Upcoming Events

### Tuesday, February 2

#### Groundhog Day

Residents will receive gourmet groundhog cupcakes from Potomac Bakery!

### Thursday, February 11

#### Peppermint Pattie Day

Wear jeans during this campus-wide themed day! Residents and staff will receive a York peppermint pattie.

The Café special will be \$3.00.

### Sunday, February 14

#### Valentine's Day

Residents will receive heart-shaped cookies.

### Tuesday, February 16

#### Mardi Gras

Residents will receive king cakes!





## In The Works

### Updates From the Maintenance Dept.

In the coming weeks and months, finishing work to Building 5, Levels 1, 2, and 3 (pictured above) will be underway. This will include new paint, lighting, ceiling, hand railings, new wood for baseboards, and new carpeting.

The Main Dining Room is also receive a fresh coat of paint, new carpeting, and vinyl flooring.

Vacant carriage homes and apartments will continue to be renovated to match the design and color scheme familiar to UPMC Senior Communities.



A new carpet is being installed in the Main Dining Room.

## Fireside Fitness Cable Channel 957

Monday, Wednesday, Friday  
10:00 AM and 3:00 PM

### Still Prefer In-Person Instruction?

The Fitness Center remains open for supervised sessions between 8:00 AM and 4:00 PM Monday through Saturday. Please call Courtney at **412-571-5109** to reserve a time.

*Asbury* HEIGHTS

Part of UPMC Senior Communities

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