

The Asbury News

News and Information for the Residents of Asbury Heights

January 2022

A New Year, A New Hope

By Joey Boyles, Executive Director



We enter 2022 in a very different place than we were at the start of this pandemic.

You may recall hearing about the new coronavirus in early 2020; it truly came out of nowhere. In an abundance of caution, we as a society changed our behaviors, shut down our businesses, and kept our distance. It was truly a time like no other.

A year ago at this time, in 2021, Asbury and UPMC Senior Communities administered the first

doses of the vaccine to residents and staff. We ended the year with a vaccine booster for those who wanted one.

It may be difficult to be optimistic given the current situation regarding COVID; infections are at an all-time high across the country as a result of the highly-transmissible Omicron variant. The good news is that we have vaccines, treatments, and hope for a better year.

We will likely encounter more variants as we move through the year, but the vaccine has proven effective in preventing COVID-related hospitalizations. Most vaccinated individuals have reported experiencing only mild symptoms after contracting the virus.

Please continue to practice physical distancing, masking in public areas, and good hand hygiene.

Please also be mindful of the other challenges that have risen because of the pandemic, specifically supply chain issues and staff shortages. Businesses have been experiencing these issues and Asbury is no exception.

Continued on Page 3

Updated: 1/5/2022



VISITOR NOTICE

UPMC SENIOR COMMUNITIES

-  **Masks are required.***
-  **Do not enter if you have symptoms of a head cold, throat infection, pneumonia, any flu-like illness, or fever.**
-  **You may visit as long and as often as you would like.**

Residents and visitors must practice the 3 W's:
Wear a mask, Wash your hands, Watch your distance.

*If you are unable to wear a mask for medical reason(s), please talk with a staff member about reasonable accommodations.

UPMC SENIOR COMMUNITIES

To Reorder Use Form # UPMC-3229 PATEX_BH 1/22 © 2022 UPMC

Asbury
HEIGHTS

Part of UPMC Senior Communities

Thanking the Heroes

A Campus-wide Service Project

Residents throughout campus prepared treats for Mt. Lebanon's firefighters and police as a "thank you" for everything the service workers do.

The care packages included homemade cookies as well as store-bought treats.

"The firefighters and police officers are always there for us," says Teresa Valentino, activities director. "They help with staff trainings and keeping emergency situations from becoming catastrophic events. We wanted them to know they are appreciated."



The treats were delivered to a very thankful group of firefighters and officers on Friday, January 7.

Thank You!

A Message From Asbury Foundation

And just like that, a new year is upon us! We are excited and hopeful as 2022 begins and we add another chapter to Asbury's rich history! Each chapter we write includes the many donors who support our organization each day.

We can't say THANK YOU enough to our Board of Directors, Residents, Families, Friends, and Staff for their kindness and generosity.

With their assistance, in 2021, we raised over \$210,000 in support of our Benevolent Care Program through both outright and estate planning gifts. We look forward to sharing with you a recap of last year and upcoming fundraising initiatives in our latest issue of *Seasons* – arriving this spring!

Mall Update

The Mall ceiling project was completed during the last few days of 2021. The new design still allows for natural light to fill the space but also includes additional recessed lighting that shines overhead. This will prove ideal during evening events and celebrations.

The benches have been returned to the Mall as well. Plants and a "moss wall" are coming soon, along with new signage.



Resident Referral Program

Do you have a friend, relative, 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.

A New Year, A New Hope

Continued from Page 1

More people are getting sick and staying home until they recover. When this happens, deliveries may be delayed and services may be slower. We appreciate your patience during this time as we strive to become more efficient given the circumstances.

Above all else, we must continue to provide a safe environment for everyone living and working at Asbury. We can achieve this by getting vaccinated, washing our hands, and masking while we travel the hallways. A safe environment is a healthy environment, and we should all want this as we enter 2022.

Wishing you and your loved ones a happy, healthy New Year.



Improved Sunset Room

Independent Living residents were introduced to an improved Sunset Room during the Grand Opening on January 11. The refurbished space features an 85" television, game tables, refrigerator, and a bar cabinet. Residents were excited to see all that the space has to offer.

Additional improvements include new light fixtures, a new carpet, and a fresh coat of paint.

The Holiday Hound Has a Name!

While staff decked the halls for the holidays, they also placed this festive dog statue in the lobby. Residents, staff, and visitors immediately took a liking to the dog statue which was frequently included in selfies taken by visitors.

Residents suggested we give the dog a name, and so everyone was invited to submit their ideas. After some deliberation by Asbury leadership, the name **Jingles** was selected. We look forward to seeing Jingles next holiday season.

Thanks to everyone who participated in this fun endeavor!



Resident Council Meetings

Independent Residents
January 24 at 1:30 PM
Hickman Chapel

Asbury Villas Community Meeting
Date TBD

Nursing & Rehabilitation Center
Monday, February 21
Staff will meet with residents one-on-one

Laurel Lane
Wednesday, February 16

Asbury Place
Monday, February 7 at 2:00 PM
Living Room

Rudolph Video

Residents and staff teamed up to create a video montage featuring the song “Rudolph the Red-Nosed Reindeer.” This is the second such video to be created at Asbury.

To see the video, visit [facebook.com/AsburyHeights](https://www.facebook.com/AsburyHeights) and scroll to the post dated December 23, 2021.

Has this become a new holiday tradition for Asbury? Time will tell!



Navigating Asbury

Asbury is a large campus, and it can be a challenge to navigate - especially if you're new to the neighborhood.

The main building is actually seven buildings connected together. If you're ever unsure as to where you are, look at the room numbers.

The *first* digit represents the building you are in. The *second* digit indicates what level you are on.

The last two digits are specific to the individual room.



Look for additional signage at, and inside, elevators soon.

This laundry room is located in Building 2, Level 3.

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](https://www.asburyheights.org)

 www.facebook.com/AsburyHeights

 www.twitter.com/@AsburyHeights

