

The Asbury News

News and Information for the Residents of Asbury Heights

January 2024

Universal Strategic Masking UPMC's Systemwide Approach to Mitigate Viral Infections

All UPMC facilities recently adopted Strategic Masking Guidelines that go into effect whenever the greater community is experiencing high volumes of respiratory infections (mainly COVID-19, flu, and RSV). Under these guidelines, everyone who enters a UPMC clinical care facility is required to wear a mask in common areas. Asbury Heights is considered a clinical care facility.

UPMC leaders enacted Strategic Masking on December 20 based on the current community transmission rates. **This is still in effect until further notice.** Please continue to wear a surgical mask while in common areas such as the Mall, lobby, Café, and hallways. This policy applies to all visitors, support persons, students, and volunteers, to name a few.

Once cases of respiratory infection decrease, the universal masking requirement will be lifted until the need arises again.

“Since we began strategic masking, we have had a handful of COVID-19 cases,” said Baily Westfall, infection preventionist. “These cases were likely contracted during the holidays, but not one of those cases has spread to other residents or staff members.”

Masking is important to protect not only the wearer from contracting a respiratory illness, but also to protect those who are immunocompromised and could have severe symptoms if infected.



Questions About Our Upcoming Affiliation?

Please contact your community's administrator if you have questions about our upcoming affiliation with Oakdale Seniors Alliance. If the administrator does not have confirmed information to share, they will get back to you.

Asbury
HEIGHTS

Part of UPMC Senior Communities

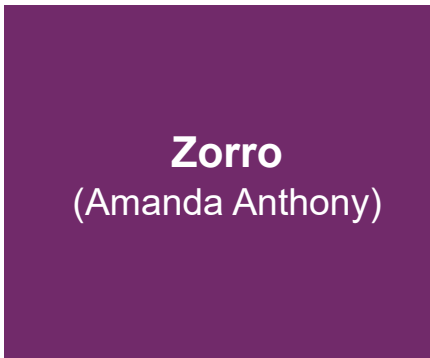
Popular Pets

Hot Dogs & Cool Cats

Thank you to everyone who participated in our Hot Dogs & Cool Cats display over the last few months. During the month of December, residents, families, and staff voted for their favorite pet. The winners' "pet parents" received gift certificates to the Asbury Café.



Thaddeus
(George Dudich)



Zorro
(Amanda Anthony)



Timmy
(Clarissa Spahr)

January is National Blood Donor Month

According to statistics, someone in the US needs blood every two seconds. There are many reasons why someone would need blood, but there's one way you can help.

Taking the time to donate blood results in a whole lot of good. And because one in seven people visiting a hospital will need blood, donations are vital.

While Asbury leadership investigates continuing our campus blood drives, please donate at any site listed on Vitalant's website.

<https://www.vitalant.org/donate/locations>

Donating blood is truly a gift from the heart.

Flannel Fridays!

Flannel Fridays will take place every other Friday throughout winter. Be sure to wear your favorite flannel and jeans on the days listed below.

Friday, January 19

*This Flannel Friday will include
Hot Chocolate Bars
throughout campus between 11
a.m. and 3 p.m.*

Friday, February 2

Friday, February 16





A Successful 2023 for Asbury Foundation

Asbury Heights is so very grateful to our Board of Directors, Leadership Team and our Donors. With these dedicate individuals, we raised over \$500,000 dollars in 2023! Their generosity stays right here at Asbury supporting Benevolent Care, Spiritual Enrichment, and various campus improvements. For that, we are most thankful.

During this past year, we also saw a few donors, members of our 1908 Society, include us in their legacy planning by naming Asbury in their will or as a beneficiary of an insurance policy or charitable gift annuity. These types of arrangements provide our donors with access to their current resources while supporting our organization with future resources.

At this time, we would like to take a moment to remember those whose thoughtful planning resulted in a bequest made to Asbury in 2023:

Estate of Sarah C. Davis
Estate of Dorothy Klauss
Estate of Lucille Liberatore

If you would like to learn more about becoming a 1908 Society Member or find out how to name Asbury as a beneficiary in your estate plan, contact **Courtney Kartman at Asbury Foundation (412-571-5106 or kartmanca@upmc.edu)**.

Already made plans? Let us know! We want to make sure to specifically apply your gift to our campus programs/projects that are important to you.

Doggy December

Thank you to everyone who gathered and made toys and treats for the dogs of Angel Ridge Animal Rescue. Our campus-wide collection yielded 19 homemade tie blankets, seven tug toys, 17 handmade sock ball tugs, 12 homemade bone broth and peanut butter treats, and several other store-bought treats.

Orange You Glad for SoGood! Samples?

SoGood! is a monthly program led by dining services that introduces seasonal foods that are good for both you and the planet. December's promotion featured the benefits of oranges.

An average orange contains three-fourths of your daily recommended allowance of vitamin C; they also have good amounts of fiber and other minerals your body needs to work its best. Citrus groves have a relatively low carbon footprint. Citrus trees take in a tremendous amount of CO₂ and, in turn, release oxygen back into the environment. Good for you and the planet!

Look for an apple-themed SoGood! sampler on **Wednesday, January 17!**



Resident Council/Community Meetings

Independent Residents

Monday, January 22 at 1:30 PM

Social Room

Asbury Villas

Wednesday, February 21 at 2:30 PM

Lifestyle Center

Nursing & Rehabilitation Center

Tuesday, February 20

Hickory Community

Spring Lane and Laurel Lane

Wednesday, February 14 at 2:00 PM

Ramp

Asbury Place

Monday, February 12 at 2:00 PM

Great Room

Snow Removal

A Service from the Maintenance Department

Asbury's grounds keeping staff is also responsible for snow removal on campus. They will clear all roads and sidewalks before clearing other areas. Entrances are a priority, followed by Carriage Home driveways and walkways followed by the walkways behind Asbury Villas and Asbury Place. Once these areas are cleared, they will clear cars and parking spaces.

To have your vehicle cleaned off following a snow-storm, please call 412-571-5000 and give as much notice as possible.



Veteran Wall of Honor

Veterans who reside in Asbury's independent living communities are invited to take part in the Veteran Wall of Honor project.

The Activities department is hoping to refresh the veteran display located across from the Social Room over the next month. We would like to honor all residents who served our country.

If you're an independent resident with a photo of yourself during your service and would like to participate, please contact Noah Al-Shemmari at 412-571-5172.

Asbury HEIGHTS

Part of UPMC Senior Communities

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