

# The Asbury News

News and Information for the Residents of Asbury Heights

July 2020

## Coping During COVID Self-care Tips for Living Through a Pandemic

These last several months have been a challenge for most of us as we've altered many aspects of our lives during the pandemic. These changes to our daily routines were the result of aggressive mitigation efforts. The face coverings in common areas, the physical distancing between us, and the reminders to wash or sanitize our hands have helped save an untold number of lives. We have done well as a community so far.

The hard truth to face is that the end of this pandemic will not occur until there is a tested vaccine that is proven effective and a percentage of the population receives that vaccine. We simply do not know when this will occur, but one thing we can do is practice good self-care. It's important to take care of our physical, mental, and emotional health - now more than ever.

Below are a few ways\* you can help take better care of yourself and those around you.

- Fear and uncertainty are common during a pandemic. Be aware of what you watch, listen to, and believe. Verify any information through trusted sources, such as state and federal government websites. Take breaks from the news (and social media) and make time for things you enjoy.
- Take care of yourself by making sure you get enough rest, eat healthy meals, exercise, and



spend time outdoors while still avoiding crowds. Avoid unhealthy coping strategies such as excessive sleep or alcohol.

- Stay engaged - even if it's through video chat. Keep connected to your family, friends, and community. Don't allow "social distancing" to grow into emotional distancing.

These are trying times, but it's possible to lessen the stress by taking care of your total self - your physical, mental, emotional, and spiritual well being. Also talk to your doctor if you are experiencing anxiety or depression.

\*This information was originally published by LifeSolutions.

For the latest information, please visit [asburyheights.org/news/covid-19](https://asburyheights.org/news/covid-19) or listen to the recorded message by dialing **412-354-3202**.

**Asbury**  
**HEIGHTS**

Part of UPMC Senior Communities



## New Video Class!

Courtney Aquilante and Trey Teufel of SeniorFITness continue their cable channel exercise video series with a **NEW** workout - **Joint Mobility**. This new video debuted on Monday, July 6.

Continue to tune in every Monday, Wednesday, and Friday at 10:00 AM and 3:00 PM for a 30-minute exercise routine you can do from the comfort of your home.

This opportunity is available campus-wide to those with access to channel 957.

## 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. Appointments are preferred but not necessary. Please call Courtney and Trey at **412-571-5109** if you have questions or want to schedule a supervised session.

## Luau Day Friday, July 24

Let's have some summer fun! Dress in your tropical attire for this campus-wide themed day.

The special in the Café will be Hawaiian Ham & Cheese Sliders with Sweet Potato Fries & Aloha Slaw.

The evening's dinner menu for all residents will include:

- Blackened Mahi Mahi
- Pineapple Chutney
- Chicken
- Tropical Rice
- Baked Sweet Potato
- Aloha Slaw
- Sugar Snap Peas
- Coconut Cake



## Sanitizing for Safety

Our Housekeepers have been making an extra effort to more frequently clean and sanitize commonly touched surfaces such as elevator buttons, railings, and door handles.

You can do your part by continuing to wash your hands for at least 20 seconds after touching such items in common areas. If you are out and about the campus and unable to wash your hands, utilize one of the hand sanitizer dispensers mounted to the walls.

## Our Frances Hamilton Society Members Are the BEST!

We are most appreciative of the many donors who are a part of our 2020 Frances Hamilton Society. In just a few short weeks, these individuals have helped to raise over \$30,000! Their generosity stays right here at Asbury to support one of the following funds:

- **Asbury Heights COVID-19 Resident Support Fund** - has been established to assist in providing programs and resources to address unique, emergent needs as it pertains to the physical and social well-being of Asbury residents. Your contribution makes possible the purchase of such things as iPads for virtual visits with children and grandchildren near and far.

Asbury Heights Resident Mary G. is a new user of iPad technology. Recently celebrating her 100th birthday, she was able to video chat with her son, Gary. There were lots of "I love you's," air kisses, and a few tears. Gary and his family were able to sing Happy Birthday to her during their chat.

- **Asbury Heights Benevolent Care Fund** - the economic impact the virus has made across the country is enormous, and our seniors are not immune. With the instability of the stock market, financial resources for this population are uncertain. Asbury Heights is committed to carrying on our 111-year tradition of caring of our residents who have outlived their resources and can no longer pay privately for their care and accommodations.

If you would like more information on becoming a 2020 Frances Hamilton Society Member or would like to make a gift, **please contact Asbury Foundation at 412-571-5106.**

Every gift, large or small will make a difference! Thank you for your consideration.

A contribution to Asbury Foundation by a Resident, Resident Family/Friend, Employee, and/or Vendor is not a condition of admission, continued stay, employment, and/or continued business relationship.

## Visitor Stations

### Staying Connected During COVID

Family visits continue in the temporary Visitor Stations that have been created throughout campus. If you would like to schedule a visit with your family, please have them call the number associated with your community below.

Independent Living  
412-571-5374

Asbury Villas  
412-571-5370

Asbury Place  
412-571-5664

Spring/Laurel Lane  
412-571-5044

Skilled Nursing  
412-571-5189



## Home at Hickory

Several Evergreen and Redwood residents have moved to the new Hickory Community. With the addition of Hickory, Asbury is now able to offer many more private rooms between the three communities mentioned above - a total of 50, to be exact. To put this in perspective, there were only two private rooms between Evergreen and Redwood prior to Hickory.

These private rooms (with private bathrooms) were added to meet the consumer's demand. Additional features of Hickory include piped-in oxygen, large separate dining and activity spaces, and an expansive nurses station that allows for better collaboration between doctors, nurses, and caregivers.



# Let's Go Camping!

When many of us think of summertime, we recall images of campfires, tents, and the great outdoors. There's no doubt that camping is one of America's favorite pastimes, and we hope to rekindle some of that "desire for campfire" during next month's campus-wide themed day on **Monday, August 10**.

Our Activity professionals are planning the details for a memorable day that pays homage to the joys of camping. Look for more information soon.



# Wearing Your Mask

While wearing your mask in common areas, please make sure it completely covers your nose, mouth, and chin.

If your mask is not fitting properly, please see a staff member for assistance

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.

# Resident Council Meetings

Resident Council meetings have been postponed until further notice. Please refer to Channel 957 for updates.

## Are You Looking for Some Company?

Are you lonely or feeling down? These are natural feelings during this especially difficult time. Our staff is here to help you through the global pandemic. Contact your community's Activities department. Whether it's just a one-on-one chat or a brief game of cards, the Activities staff can help brighten your day.

You can also contact Pastor Kim Grueser at 412-571-5124 if you would like him to visit with you.

*Asbury* HEIGHTS

Part of UPMC Senior Communities

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