

# The Asbury News

News and Information for the Residents of Asbury Heights



July 2022

## A Message from Asbury Leadership

Summer is in full session, and there are several exciting things planned for our campus.

For the first time ever, we will have a food truck on site. We're excited to present this opportunity to residents, their guests, and staff. See below for more information.

We are again hosting Resident Community Days in place of our traditional campus-wide Family Day. More information can be found below.

We hope you take advantage of these and other opportunities presented in this issue.

## Food Truck Friday

South Side BBQ Company is parking their food truck outside the main entrance of Asbury Heights on **Friday, August 5**.

The Asbury van will provide transportation for Asbury Place/Villas residents and staff to and from the food truck.

You may purchase a meal from the truck's sizable menu. Please contact your community's activity professional if you wish to see the menu beforehand.



## Resident Community Days

Due to the continued uncertainty of COVID-19 infections in our area, we will once again hold Resident Community Days in place of our campus-wide Family Day.

**Asbury Villas**  
Friday, August 19  
5-7pm

**Skilled Nursing**  
Tuesday, August 9  
6-8pm

**Independent Living**  
Tuesday, August 23  
6-8pm

**The Embassy**  
Wed., August 17  
6-8pm

**Asbury Place**  
Tuesday, August 16  
5:30-7:30pm

**Asbury**  
HEIGHTS

Part of UPMC Senior Communities



# Pirates Themed Day

Baseball season is the reason we're celebrating on **Tuesday, July 19**. Wear your Pittsburgh Pirates gear, baseball attire, or black & gold on this campus-wide themed day. The Café will offer a \$3 baseball-themed special.



## Daily Basket Raffle Going On Now!

1 Ticket = 30 Chances to Win!

Raffle Baskets include CASH, GIFT CARDS, DESIGNER HANDBAGS, AND MORE!  
Visit [2022CSC.givesmart.com](http://2022CSC.givesmart.com) to view baskets and descriptions.

Ticket Prices: 1 for \$10 • 3 for \$25 • 6 for \$40

To purchase tickets, stop by our Reception Desk or Foundation Office (2403).

For more details - call 412-571-5106 or email [kartmanca@upmc.edu](mailto:kartmanca@upmc.edu).

One winner drawn each day in November. Proceeds support UPMC Senior Communities Benevolent Care Fund.

# Meet Dr. Assadzandi

Dr. Shauna Assadzandi recently joined Asbury's team of physicians. Dr. Assadzandi completed her undergraduate degree in biochemistry at Mercyhurst University. She attended medical school at West Virginia University with a focus on rural health.



She completed her Family Medicine residency at West Virginia University and recently completed her

Geriatric Medicine Fellowship at UPMC. She currently resides in Morgantown, WV with her husband and two spoiled dogs named Bernie and Oakley. She also likes to play disc golf and is a huge Pittsburgh sports fan.

## New Wandering Prevention System

The Willow community recently upgraded its wandering prevention system to a product called Elpas.

This system includes new software as well as new hardware installed on the community's ceiling. This is one of several measures in place to keep residents safe.

Those living with dementia are at a greater risk of wandering and getting lost. Families choose communities like Willow to ensure their loved one's safety 24/7.



## Girl Scout Collects Game and Puzzle Donations

For her Bronze Award project, local Girl Scout Chloe Ebel collected puzzle and game donations to benefit the residents of Asbury Heights. Chloe, who has a passion for puzzles, was eager to deliver the items herself.

“What a fantastic service project that will be enjoyed by so many of our residents,” said Courtney Kartman, development coordinator. “Congratulations on your Bronze Award!”

We thank Chloe and her supporters for these dozens of items that will provide countless hours of entertainment for residents.



## Book Donations

Marilyn Albitz’s nieces and nephews traveled from different points of the country to celebrate her 90<sup>th</sup> birthday at a nearby restaurant earlier this year. Because they know of her involvement in the Ruth E. Mickle Library committee, they each gave her a book to help fill the shelves. Those who frequent the Library are sure to have seen them.

“If you have any large-print books you no longer need, please consider donating them to the library,” said Marilyn.

# Introducing HearCARE

**HearCARE = Hearing and Communication Assistance for Resident Engagement**

HearCARE is a model of delivering audiology services and communication assistance to residents in UPMC skilled nursing, assisted living, personal care, and independent living facilities.

Available services include:

- Hearing evaluations (an order from a physician is required)
- Development of communication plans
- Assistance with TV, phone, and group listening situations
- Selection & fitting of cost-effective hearing aids & hearing assistive devices
- Maintenance & repair of hearing aids & hearing assistive devices (this is a **free** service regardless of where devices were purchased)
- Cerumen (earwax) removal

Dr. Amanda Cassidy will be available at Asbury on the 4<sup>th</sup> Monday of each month to help with your hearing needs.

Please call the Health and Wellness Clinic to schedule an appointment (412-571-5050).

Dr. Cassidy can be contacted at 724-940-5751 if you have any questions.



Amanda Cassidy, AuD  
Licensed Audiologist

# Resident Council/Community Meetings

## Independent Residents

Monday, July 18 at 1:30 PM  
Hickman Chapel

## Asbury Villas

Wednesday, August 17 at 2:30 PM  
Lifestyle Center

## Nursing & Rehabilitation Center

Monday, August 15  
Staff will meet with residents one-on-one

## Laurel Lane

Wednesday, August 10 at 2:00 PM  
Ramp

## Asbury Place

Monday, August 8 at 2:00 PM  
Living Room

# COVID-19 Vaccine Clinic

Vaccine clinics will continue monthly on the first Tuesday of each month. The next clinic will take place **Tuesday, August 2**. Independent residents should contact Patty Fagan in the Health & Wellness Center at ext. 5143 or Marjie Doughton at ext. 5374 if interested in receiving the second booster or any of the other doses available.

Nursing Center residents should contact Beth Jacot at ext. 5053 and residents of Personal Care should contact their community leader.



Thank you for helping our neighbors in need!

This certificate has been awarded to

**UPMC Asbury Heights**

for donating

**565 lbs of Food & Resources**

that will help provide our neighbors with up to

**470 meals**

With your support, we can ensure all our neighbors across the three rivers region has enough to eat.

On behalf of the Food Bank and the people we serve, thank you!

[pittsburghfoodbank.org](http://pittsburghfoodbank.org)

# Food Bank Thanks

Thank you to everyone who contributed non-perishable, non-expired food during our Scouting for Food campaign earlier this year. Thanks to your help, we donated 565 pounds of food and resources to Greater Pittsburgh Community Food Bank. This will provide up to 470 meals for those in our community.

# Asbury HEIGHTS

Part of UPMC Senior Communities

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