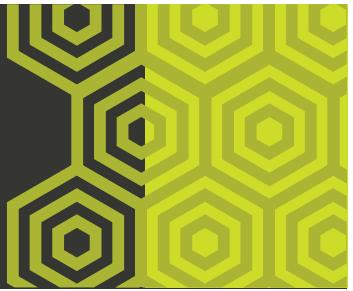


The Asbury News

News and Information for the Residents of Asbury Heights



June 2020

New Guidelines and Visitor Stations

By Roger Davis, Executive Director



Allegheny County officially entered the green phase of Governor Wolf's plan to reopen the state on Friday, June 5. Unfortunately, green doesn't mean "go" for Asbury. Since we care for a more vulnerable population at higher risk for infection, we have been advised by the Pennsylvania Department of Health that these restrictions will remain in place for at least 28 days after entering the green phase (July 3), and even then, senior living facilities will have more restrictions than the community.



Asbury Villas' Visitor Station is located in the Lifestyle Center.

Independent Living (IL) residents may have one visitor per day in their apartment. The visitor guidelines will be distributed to all IL residents.

For our personal care communities, we have created several Visitor Stations around campus.



Asbury Place's Visitor Station is located on the patio outside of the Great Room.



For the latest information, please visit asburyheights.org/news/covid-19.



The Visitor Station for Spring Lane and Laurel Lane residents is located outside of Baum Chapel on the Benedum-Driver porch.

These temporary stations allow you to safely see your loved ones through a window or partition.

The Visitor Station for our skilled nursing communities is now available in the Breezeway/Linden Garden (pictured below).

We appreciate your patience during this difficult season. It's a consolation knowing that our aggressive mitigation efforts have been successful thus far. Thank you for your continued support.



The Visitor Station for residents/families of our skilled nursing center

Asbury HEIGHTS
Part of UPMC Senior Communities



Family Day Postponed

Our annual Family Day celebration has been postponed as we continue to take efforts to help mitigate the potential spread of COVID-19.

Alternative dates are being considered for a family-themed day later this year. This will depend on restrictions.

Continue reading *The Asbury News* for developments.

Fireside Fitness with SeniorFITness

Cable Channel 957

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

In response to the current restrictions on gatherings within skilled nursing facilities, residents of our Nursing Center have been participating in Hallway Exercises from the doorways of their rooms. This has allowed residents to stay active during this time.

Now, Courtney Aquilante and Trey Teufel of SeniorFITness are coming into your home with a new exercise video series on Cable Channel 957. 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 room.

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

**Save the Date!
Luau Day - July 24**



Dining Room Re-Opening for Independent Living

We are pleased to announce that the Horizon Dining Room will re-open for Independent Living residents on Monday, June 29. In order to meet the new regulations, it was necessary to partition the dining room into two areas.

A memo with more details will soon be distributed to IL residents.

Retirement IRA Giving

Did you know - you can designate all or a portion of your retirement account(s) to Asbury Heights and pay NO taxes on the transfer.

The Pension Protection Act of 2006 permits IRA owners starting at age 70½ to make tax-free charitable gifts totaling up to \$100,000 per year from their IRAs directly to eligible charities, such as Asbury Foundation. Charitable distributions from an IRA may be used to satisfy the annual required minimum distribution (RMD).

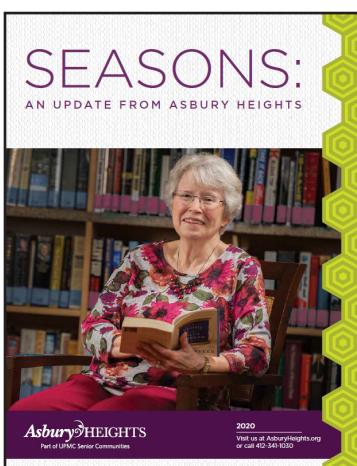
To learn more about IRA Giving or to designate your distribution, please call our office at 412-571-5106.

Information is not intended as legal or tax advice nor should be relied upon as such.

Arriving Soon To a Mailbox Near You... *Seasons*: An Update from Asbury Heights

Please enjoy this issue of *Seasons*; a publication that highlights our 2019 donors, celebrates campus upgrades and

improvements, and shares ways that you can continue to help Asbury's mission.



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.



Father's Day Menu



BBQ Ribs

Jerk Chicken

Broccoli Salad

Corn on the Cob

Baked Beans

Macaroni Salad

Blueberry Pie

Takeout Only

Going On Vacation?

Please let your community's administrator know if you are going away for vacation this summer. Also, please leave a phone number where you can be reached. Twenty-four hours before you're scheduled to return, someone from Asbury will call and conduct a screening over the phone. You will also be encouraged to self-quarantine for seven days when you return. These safety precautions are in place to help ensure the health of you and your neighbors.



Get Out and Garden!

Gardening can provide a variety of benefits that range from therapeutic to emotional. The Independent Living and Spring Lane residents maintain a shared vegetable garden in front of Hamilton Hall (Building 1).

Contact your community's Activity professional to ask about gardening opportunities in your area.



Creative Mask Designs

A group of Independent Living residents participated in a Mask Decorating Contest earlier this month. Residents and staff were encouraged to vote for their favorite design. After a week of voting, **Barb Bachman's** patchwork design was decided as the favorite.



Home at Hickory

Final touches are being made to Asbury's Hickory Community. The new unit is a skilled nursing area with a mixture of private and semi-private rooms.

The space also features a bathing spa, dining room, and activity center. Residents and their families will be able to have private conversations with caregivers and managers in the unit's conference room.

Hickory will begin admitting residents on Monday, June 22.

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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