

The Asbury News

News and Information for the Residents of Asbury Heights

June 2021

Asbury's New Executive Director

Joey Boyles, MHA, NHA, has been selected to be Asbury's Executive Director. Joey has been with UPMC Senior Communities for four years. Previously, she was a nursing home administrator for a for-profit community.

Joey is a mother of three and lives on a local homestead with her husband, children, and pet Beagle. She enjoys traveling, interior design, homesteading, and volunteers at the humane society, Penn State Women's Leadership Initiative, and her local church.

Joey has a reputation for improving the star ratings in skilled nursing facilities through quality improvement measures. Her initial focus will be on the health center for several months before being fully integrated to all of Asbury.

As part of her transition, Joey will receive a detailed orientation of the campus by Roger Davis and Audrey Burgoon. During this time, she will meet many of our residents - including you! Please extend her a warm welcome.



CHEF
vs.
CHEF
Wednesday,
June 30
Asbury Café
\$5 Special



Discover how Cura's new BeWell Wellness Experience Framework and recipes can offer a behavior-based approach that can help you achieve your personal health and wellness goals.

Stop by the Mall on **Thursday, July 1** between 11:00 AM and 12:30 PM to learn more with Courtney Alberts, dietician, and Amanda Anthony, general manager.

Asbury
HEIGHTS

Part of UPMC Senior Communities

Resident Council Meetings

Independent Residents
Monday, July 19 at 1:30 PM
Hickman Chapel

Asbury Villas Community Meeting
Wednesday, June 30 at 2:00 PM

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

Laurel Lane
Wednesday, July 14 at 3:00 PM
Near the ramp

Asbury Place
Monday, July 12 at 1:30 PM
Living Room

The Embassy of Asbury Heights
Monday, July 19 at 4:00 PM
Regency Room

Moon Landing Day Tuesday, July 20

Next month's campus-wide themed day will focus on the historic moon landing that took place on July 20, 1969. Where were you when astronauts first landed on the moon? Did you watch the landing on TV?

We'll be celebrating all things moon related. Residents will receive Moon Pies in the afternoon as we reminisce about the historic moon landing and talk about the current status of space exploration.



Resident Reflections

Asbury is working to refresh its website with new images and content throughout 2021. As part of this, we are hoping to include a few resident testimonials that would appear on the Asbury Living page.

If you would like to participate in a photo or share your experiences as a resident of Asbury Heights, please contact Jon Ebel at 412-571-5030.

Upcoming Projects

There are construction projects planned to begin this year. They include:

1. Asbury Mall roof replacement (see artist conception below). Repairs cannot be made to the current structure. And to have more consistent temperature year round, the atrium glass ceiling has to be changed.
2. Social Room conversion into three Independent Living apartments. A new space is being created in Building 5 for activities and meetings.

Look for more details on these projects in upcoming issues of *The Asbury News*.





The Embassy's Herb Garden

Gardening season is now underway, and the residents of The Embassy are working together to maintain the herb and vegetable gardens growing in various areas around the property.

For the past six years, a group of residents have worked together to grow fresh oregano, basil, parsley, rosemary, and chives. This year, by the end of May, several of these herbs were already being incorporated into many homemade recipes.

Strawberry Shortcake Day

We celebrated all things Strawberry Shortcake on June 14 during this month's campus-wide themed day.



Over 20 Café customers ordered the refreshing Strawberry Spinach Special for lunch!

Asbury Artists Featured in Virtual Auction

The works of over 70 talented resident artists were up for auction during UPMC Senior Communities' inaugural virtual art auction earlier this month.

For the next couple months, we are going to highlight the seven Asbury artists who donated artwork to the virtual auction. This month, we are recognizing **Mary Ann Lopata**, **Nancy Gianoutsos**, and **Pat Jennings**.

Mary Ann donated a piece that was painted by her late husband, Don Lopata. She says Don's interest in art started with sketches he drew as a teenager, but didn't start painting until he was in his 30s. Much of his work can be found on display in the skilled nursing center.

Nancy began drawing as a child, often with her mother while on vacation. As an adult, she joined different art leagues and took classes to improve her skills. Today, Nancy utilizes detailed adult coloring pages as a relaxation method.

The piece donated by Pat reflects the love for her family. Pat is a proud native of Greenfield, Pennsylvania where she and her husband



Mary Ann Lopata



Nancy Gianoutsos



Pat Jennings

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Asbury Artists

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also raised their seven children. Her husband played professional baseball in the minor league while she worked in bridal sales at Kaufmann's in downtown Pittsburgh. Her favorite vacation spot is Florida where she gets to visit her son. Be sure to look for next month's *Asbury News* featuring our next set of artists.

Upcoming Events Save These Dates!

June 21 - National Smoothie Day
Create your own smoothie for \$2.99

June 30 - CHEF vs. CHEF
Enjoy the daily special of TWO sample meals and then vote which one is better to finally declare which chef is better (Sam vs. Chad)



Get Out and About! Outings Have Returned

You may have noticed that outings have returned and are listed on this month's activity calendar. Here are a few to look forward to:

The Embassy - Sarris Candies (June 22)
Asbury Villas - Touring the Burgh (June 25)
Redwood - Country Ride (June 30)

There are sure to be more outings added to the calendar as the summer progresses. Look for July's calendar during the last week of June!

Asbury HEIGHTS

Part of UPMC Senior Communities

EDITOR:

Audrey Burgoon, Senior Director,
Business Development and Resident Relations

WRITER/DESIGNER:

Jon Ebel, Lead Communications Specialist

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