

# The Asbury News

News and Information for the Residents of Asbury Heights

June 2023

## Purrfect Situations

Research suggests emotion persists after cognition deteriorates. An individual living with dementia retains certain abilities throughout the disease including the ability to experience and express human emotions, access memories of long ago, and love, feel, respond, sense, and have relationships.

Those living with mid-to-late stages of Alzheimer's often have a strong need to nurture and care. Doing so stimulates positive emotions such as deep comfort and security.

Last month, with the support of a community foundation and an individual donor, Asbury purchased four interactive robotic dogs, four robotic cats, and four lifelike baby dolls for our cognitive therapy program. Residents have been receptive to these new companions and enjoy taking care of them.



The Ageless Innovations' **Joy for All Companion Pets** are designed with soft fur that feels real and include sensors that respond to motion, touch, and sound, allowing them to react and interact.

Asbury leaders are hoping to collect data in the coming months to help determine the effectiveness of these therapeutic tools.

Meanwhile, June's campus-wide purposeful service project also has a pet focus. Residents across Asbury's communities are creating toys and blankets for the cats of Angel Ridge Animal Rescue shelter in Washington County.

The Activities staff is also collecting cat food, treats, litter boxes, store-bought toys for the shelter. Donations are now being accepted in your community's activity center.

Save the date for these upcoming Cat Month activities:

### June 19

Asbury Place residents will make cat blankets

### June 21

Independent residents will make handmade cat toys

**Asbury**  
HEIGHTS

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# Ageless Art and Timeless Treasures

LeadingAge Pennsylvania, a nonprofit organization devoted to facilitating positive change in the field of aging services in Pennsylvania, is celebrating artists who reside in senior living communities throughout the state with a chance to have their work featured in an exhibition later this year.

The **Ageless Art and Timeless Treasures** exhibition and gala will take place September 14, 2023. This art competition is open to LeadingAge PA member's resident artists. As a resident of Asbury Heights and UPMC Senior Communities, you are invited to participate.

If selected, your artwork will be showcased during the gala at LeadingAge PA headquarters in Mechanicsburg, PA. Every piece entered will be featured in a coffee table book published by LeadingAge PA, and each artist will receive a free copy!

**Submissions are due June 30, 2023.** Contact your community's activities professional for additional details, entry requirements, and assistance.

**AGELESS Art**  
**AND**  
**TIMELESS Treasures**  
**EXHIBITION**

*Displaying the power of art, creativity, and community to enhance the journey of aging.*

Sponsored by:  
**Symbria**

## Hawaiian Shirt Day

Our next campus-wide themed day is Hawaiian Shirt Day on **Thursday, July 6**. Shorts and grass skirts are encouraged, and virgin piña coladas will be served.



## Keypads to be Installed Throughout Skilled Nursing

Over the next few weeks, keypads will be installed at the exits of all communities within the skilled nursing facility. Although visitors can enter the units by simply pressing a green button at the door, they will need to enter a 4-digit pin in order to exit the community. This pin will be changed monthly.



If you are a frequent visitor to Evergreen, Redwood, or Hickory, please talk with the unit manager about the exit code.

## Sleep Tips for Older Adults

It's a common misconception that older adults require less sleep than younger individuals. Many older adults have a hard time getting the sleep they need, but that does not mean they need less sleep. In general, adults should aim to get at least **seven hours of sleep** each night.

Research has shown that older people can take steps to improve their sleep. These steps often involve focusing on improving sleep hygiene and developing habits that encourage quality sleep.

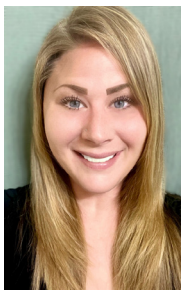
- **Exercise:** Older people who exercise regularly fall asleep faster, sleep longer, and report better quality of sleep. Exercise is one of the best things they can do for their health.
- **Reduce Bedroom Distractions:** Televisions, smartphones, and bright lights can make it more challenging to fall asleep. Keep the television in another room and try not to fall asleep with it turned on. Move electronics out of the bedroom and reserve the bedroom for only sleeping and intimacy.

Source: [www.sleepfoundation.org/aging-and-sleep](http://www.sleepfoundation.org/aging-and-sleep)

# Please Welcome Lauren Eichler

Please welcome Lauren Eichler to the Asbury team! Lauren is the new director of residential services for the independent living resident community.

Lauren is a graduate of Seton Hill University with a degree in Education and is currently pursuing her Master of Science in Organizational Leadership from Robert Morris University.



She has several years of management/leadership experience in the non-profit sector as an assistant director of residential services for Verland in Sewickley and various other roles in long-term care settings.

Lauren was first introduced to Asbury several years ago when her grandma stayed at the nursing center on two separate occasions following hip replacement surgery.

Born and raised in the South Hills of Pittsburgh, Lauren currently resides in Monroeville with her boyfriend and two spoiled cats named Sophie and Trink. She loves traveling and being outdoors. Her hobbies include hiking, kayaking, fishing, Jeeping, photography, and collecting anything that involves owls.

Be sure to give her a warm Asbury welcome if you see her in the halls!

**Meet Lauren!**  
**Tuesday, June 20**  
**12 p.m.**  
**Social Room**

Sweet treats and beverages will be served

# Miniature Horse Visits Campus

Ruby from Lovebug Therapeutic Horses, LLC stopped by our campus on June 15 to visit several of our communities. Both residents and staff were thrilled to see and pet the blue-eyed miniature horse. It was the highlight of the week!



## Need a Ride?

Call  
**412-571-5161**

# Reserved Parking Spaces for Tours

As a reminder, please do not park in reserved spaces, including those reserved for the Sales department. These spaces often include a bright green or pink paper affixed to the sign associated with the space.

Please remind guests and other visitors to park in the designated Visitor spaces around Asbury Circle, along the sidewalk near the main entrance, and Asbury Villas' front parking lot.

## Resident Council/Community Meetings

### Independent Residents

Monday, July 17 at 1:30 PM  
Hickman Chapel

### Asbury Villas

Wednesday, May 17 at 2:30 PM  
Lifestyle Center

### Nursing & Rehabilitation Center

Monday, June 19  
Staff will meet with residents one-on-one

### Laurel Lane

Wednesday, June 14 at 2:00 PM  
Ramp

### Asbury Place

Monday, June 12 at 2:00 PM  
Great Room

## New Housekeeping Manager Devin Owens

Devin Owens was recently promoted from day porter to manager in training. Devin has been with Metz for over a year now, but he has 16 years of experience in housekeeping/environmental services.

“He’s a great asset to the team,” said Katie Gorgarty, assistant director of environmental services.

Devin looks forward to this opportunity. Over the next 12 weeks, he will be working throughout campus to become better familiar with the areas that will be under his supervision.



## Save the Date Resident Community Days

Summer is here and with it comes our annual Resident Community Days! These summer celebrations are open to residents and their family members and include an evening of food and entertainment. No need to RSVP.

**The Embassy** of Asbury Heights  
Tuesday, August 15 from 6 to 8 p.m.

**Asbury Place**  
Wednesday, August 16 from 6 to 8 p.m.

**Skilled Nursing, Spring Lane, and Laurel Lane**  
Monday, August 21 from 6 to 8 p.m.

**Independent Living** at Asbury Heights  
Tuesday, August 22 from 6 to 8 p.m.

**Asbury Villas**  
Thursday, August 24 from 6 to 8 p.m.

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