

The Asbury News

News and Information for the Residents of Asbury Heights

March 2020

COVID-19 Precautions & Frequently Asked Questions

As part of UPMC Senior Communities, Asbury Heights is also part of a world-class health system. We have many resources and supplies at a local and system level available. Although no COVID-19 cases have been identified in the Pittsburgh area, a multi-dimensional UPMC Team has been specifically designated to be involved in all aspects of the COVID-19 situation.

We have direct access to expert advice from Dr. David Nace, our Medical Director, who has been working closely with the CDC. And we have already begun adding to our on-hand supplies, providing additional staff education and awareness training, reviewed and enhanced our cleaning protocols, and provided additional staff screenings for those who have traveled internationally.

Q: What are the symptoms that I might have if I get COVID-19?

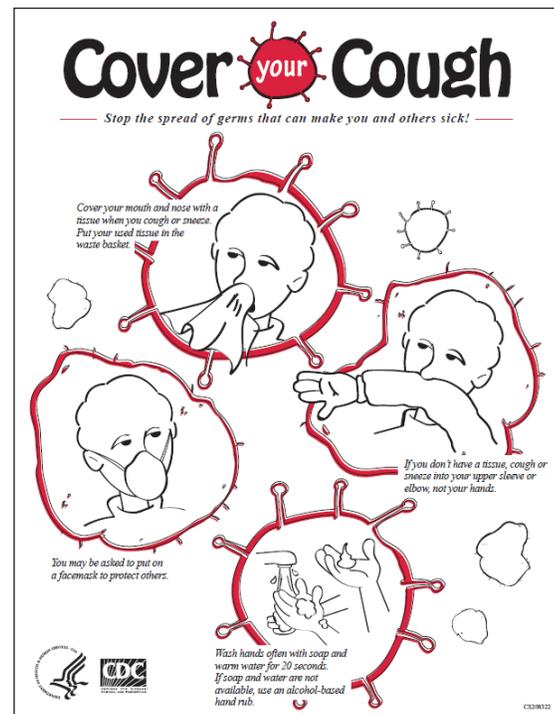
About 2 to 14 days after you are exposed to COVID-19, you may get:

- a fever
- a cough and/or shortness of breath

Q: How can I avoid getting the virus?

To prevent the spread of this virus:

- Stay home if you are sick.
- Cough or sneeze into your elbow.
- After using a tissue, discard it.
- Frequently wash your hands with soap and water (or use alcohol-based hand sanitizer).



Q: I think I have been exposed to someone who has COVID-19. What should I do?

Call your doctor if you develop a fever and symptoms of respiratory illness, such as cough or difficulty breathing, and have been in close contact with a person exposed to COVID-19 or if you have recently traveled to an area with ongoing spread.

Learn more by visiting the Centers for Disease Control and Prevention website at [CDC.gov](https://www.cdc.gov) and search "COVID-19." You can also visit the UPMC HealthBeat blog at share.upmc.com.

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

Asbury
HEIGHTS

Part of UPMC Senior Communities

Communications Survey

During the week of March 16, you will receive a short survey regarding Asbury's efforts to keep you informed. Please complete it by Friday, March 27 and return it to the Asbury Post Office c/o Jon Ebel.

Your responses will be considered as we reevaluate our communications strategy.

St. Patrick's Day

Our campus-wide themed day for March is St. Patrick's Day. This theme will be incorporated throughout the day with special decor, suggested attire, activities, and meals. We will celebrate Tuesday, March 17.

Here's some of what to expect:

- Corned beef and cabbage will be served.
- Receive a chance to win a FREE milkshake when you purchase a fountain drink from the Café (March 17 only).
- Entertainment is scheduled for all communities. See your March activity calendar for more information.
- And of course, start searching your closet for green attire!

National Babe Ruth Day

Monday, April 27

- Wear baseball T-shirts, jerseys, and hats
- Baseball park food as the Café lunch special

A Planning Committee comprised of Asbury staff is developing these campus-wide celebrations. These dedicated days and functions will be available for everyone (residents, staff, volunteers, and guests) to enjoy. If you would like to serve on this planning committee, please contact Audrey Burgoon at 412-571-5121.

Holy Week Spiritual Services Schedule

April 5, Palm Sunday: Palms Distributed at Regular Services and Nursing Center (chaplain)

April 6, Palm Monday: Catholic Mass at 2:00 PM in the Social Room (Fr. Gilbert)

April 9, Holy Thursday: Ecumenical Tenebrae Service at 7:00 PM, Hickman Chapel (Rev. Kim)

April 10, Good Friday: Catholic Service, 7:00 PM, Social Room (Fr. Gilbert)

April 12, Easter Sunday: Regular Services Schedule (chaplain)

* These are added to the regularly scheduled services and Bible studies at Asbury Place, Willow, Embassy and Hickman

Upcoming Catholic Services

April 20, Fr. Gilbert at Place 2:00 PM

May 11, Catholic Mass in the Social Room 2:00 PM

May 18, Fr. Gilbert at Place 2:00 PM

May 26, Fr. Gilbert at Villas 2:00 PM



Upcoming Marketing Events

To mitigate the spread of COVID-19, all upcoming marketing events have been cancelled until further notice.

Scouting for Food/ Chow Wagon

The term “food insecurity” is a term used to describe the lack of access to enough food for an active, healthy life. Food insecurity is a problem that plagues many cities across the United States and that includes Pittsburgh.

Please join Asbury Heights, part of UPMC Senior Communities, the Greater Pittsburgh Food Bank, and Animal Friends to help combat food insecurity this April by picking up some extra non-perishable items the next time you shop. Drop boxes for donated items will be placed throughout the campus. Monetary gifts will also be accepted.

The Scouting for Food/Chow Wagon Campaign begins **April 1** and continues through April 30. Look for more information coming soon.

Resident Referral Bonus Program

We are glad to have you with us at Asbury Heights, and we encourage you to tell your friends about your new home.

As a special incentive, you will receive a one-time \$1,000 rent reduction for each person you refer who moves into an available apartment and remains at Asbury for at least three months.

The \$1,000 bonus will be credited to your rent when the new resident completes their third month with us.

Please contact John Komisary at 412-571-5133 with the name and contact information of your referral to verify eligibility for the bonus.



Aging Research Presentation

Researchers from the University of Pittsburgh held a presentation in the Social Room on March 11 to discuss their various projects and invite residents to participate in upcoming studies.

If you are interested in participating in research studies, you can enroll in the Platinum Senior-Living Research Registry coordinated by Maddie Rigatti by calling 412-692-2843. This registry requires researchers to either visit participants at Asbury or provide transportation to study visit. No need to worry about arranging your own transportation into Oakland!

Blood Work Charge

If your doctor requires blood work during your appointment, there may be a stat charge of \$54.00 for Quest Diagnostics to pick it up the same day. The charge will be applied to your Asbury statement. Other options include taking the CAR to the Quest site on Washington Road, driving yourself, or asking a family member to take you.

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.



Satisfaction Survey Results

Thank you to those who completed last year's Satisfaction/Holleran Survey. Your responses allow Asbury leadership to address concerns you may have regarding your care and life on campus.

The results and follow up actions will be discussed during your community's next Resident Council meeting. The date, time, and location of all Council meetings are listed on the right.

Willow Nurse Receives ACES Honor

Congratulations to **Christina Spinelli**, Willow Community LPN, for receiving the Award for Commitment and Excellence in Service (ACES). This award honors staff who exemplify UPMC's five core values:

- Quality & Safety
- Dignity & Respect
- Caring & Listening
- Responsibility & Integrity
- Excellence & Innovation

Christina was nominated by nearly a dozen co-workers and resident family members with one stating that she "embodies the knowledge, compassion, patience, and willingness to promptly attend to resident medical and care needs with reliable consistency and dependability."

This was the first ACES award to be received by an Asbury employee! Do you know an employee who exemplifies these values? If so, nominate them for Values in Action - Asbury's employee recognition program (formerly Asbury Hearts).

Resident Council Meetings

Independent Residents
Monday, March 16 at 1:30 PM
Hickman Chapel

Asbury Villas Community Meeting
Tuesday, March 17 at 2:00 PM

Nursing & Rehabilitation Center
Monday, March 16 at 2:00 PM
Evergreen Solarium

Spring Lane & Laurel Lane
Wednesday, April 1 at 3:45 PM
5th Floor Dining Room

Asbury Place
Monday, April 13 at 1:30 PM

The Embassy of Asbury Heights
Monday, March 16 at 4:00 PM
Regency Room

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