

The Asbury News

News and Information for the Residents of Asbury Heights

March 2021

Exciting Changes Coming Soon

By Roger Davis, Executive Director



There are many exciting changes coming to the Asbury campus over the next several months. These changes include giving our common spaces a fresh look and creating new apartments

for future residents.

Sunset/Private Dining Room

The current Sunset Dining Room will receive a refreshed look to become one large user-friendly space.



The Benedum-Driver Lounge is one of the areas due for a makeover this year.

Benedum-Driver Lounge (B-D Lounge)

The B-D Lounge and the hallway leading to Building 2 will receive cosmetic upgrades that will include new flooring, the removal of wall paper, and a fresh coat of paint that will match the color scheme found throughout UPMC Senior Communities.

Asbury Villas

Asbury Villas will also receive cosmetic upgrades that will include the removal of wallpaper, a fresh coat of paint, new flooring, and lights.

See additional upgrades on page 4.

Looking for the Latest COVID-19 Updates on Testing, Treatment, and Visitor Information?

Visit <https://www.upmc.com/coronavirus> for the latest news, alerts, and information regarding COVID-19 testing, safety procedures, and vaccination efforts.

Asbury
HEIGHTS

Part of UPMC Senior Communities

Chairs and Tables Return to Common Areas

As COVID-19 cases continue to fall and CDC and CMS guidelines are changing, we have started to return furniture to common areas around campus. Those who pass through the Mall likely have noticed that several tables and chairs have returned to the Café.

Chairs have also been returned to the Lobby and various other places throughout the buildings. As residents of the greater community receive their vaccines and cases continue to fall, more restrictions will be loosened and more furniture and tables will be returned to common areas.

Please note that physical distancing and masking is still required in all areas.



Changes Coming to Green Zones

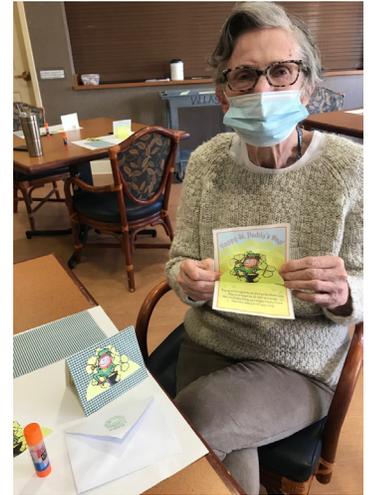
The Centers for Medicare & Medicaid Services along with the Centers for Disease Control and Prevention have recently updated their guidance on indoor visits within skilled nursing, personal care, and independent living communities.

Asbury is in the process of changing its policies to reflect this new guidance. Look for more information from your community's administrator coming soon.

St. Patrick's Day Wednesday, March 17

St. Patrick's Day is this month's campus-wide themed day. Be sure to wear your green.

To prepare for the holiday, the residents of Asbury Villas made cards to send to their family members.



Resident Composer To Debut Song

A section from last month's issue included a story about Dr. Frank Novasack Jr., a resident of the Evergreen community, and how his rendition of "Ave Maria" became a reality when Randy Oliva, activities assistant, recruited a colleague at Tree Lady Studios who helped make it happen.

Now, Frank is ready to share his song with the world - and the residents and staff of Asbury will be some of the first to hear it. Listen for it in the Mall and near the Asbury Villas lobby beginning Monday, March 22.



His song will eventually be shared on Asbury's social media accounts.

Spring Split The Cash 50/50 Raffle

Take a chance to win a CASH PRIZE!

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

Asbury is excited to once again participate in the Celebrating Senior Champions Raffle presented by UPMC Senior Communities which also includes Asbury Heights.

· Drawing to be held on Monday, May 24, 2021 at 12 PM.

· Proceeds will be split evenly between winner and UPMC Senior Communities Benevolent Care Fund.

Tickets may be purchased by contacting Asbury Foundation at 412-571-5106.



Purchase a Pot of Gold Parfait from the Café!

Available through March 21

Shop Amazon?

You can support Asbury Foundation with each purchase you make at NO COST to YOU! When you shop AmazonSmile, they'll donate a portion of the sale to Asbury Foundation. It's easy!

Visit <http://smile.amazon.com/ch/25-1555688> and start shopping. For more information contact Courtney Kartman at 412-571-5106 or kartmanca@upmc.edu.



Upcoming Events Save These Dates!

March 17 - St. Patrick's Day
The Café special will be a Rueben with homemade chips for \$3.

March 19 - Seasonal Plate: Turkey Chili

March 24 - National Cheesesteak Day
Choose between chicken or steak

March 26 - National Spinach Day
Spinach salad special created by our sous chef



In The Works

Updates From the Maintenance Dept.



Work is nearly complete in the Building 5 corridors. Those who live or travel through Building 5 may have noticed things are looking much brighter than before. This is because new light fixtures with LED bulbs have been installed, as well as fresh paint, carpet/ flooring, and handrails.

UPMC WiFi

Over the past several weeks, technicians from AIS (an approved UPMC vendor) pulled cables through the ceilings and installed new wireless access points in various locations throughout the campus. This project was another step towards migrating Asbury's WiFi over to UPMC's system.



Please note that there are areas of the campus where WiFi is not available.

Fireside Fitness Cable Channel 957

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

If the video fails to play on Cable Channel 957, please call the Security desk at ext. 5151.

Still Prefer In-Person Instruction?

The Fitness Center remains open for supervised sessions between 8:00 AM and 4:00 PM Monday through Saturday. Please call Courtney at **412-571-5109** to reserve a time.

Asbury HEIGHTS

Part of UPMC Senior Communities

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