

The Asbury News

News and Information for the Residents of Asbury Heights

March 2022

Introducing TruView A New Emergency Call System

In the November 2021 issue, we shared some information about Asbury's new emergency call system - **TruView**. This new product will replace the current Spyder system and pendants and will be used in independent apartments on the Bower Hill campus as well as carriage homes and the personal care areas of Laurel Lane and Asbury Villas.

Many infrared readers have been mounted in the hallways and common areas. This new system is the latest in location technology and will be a major upgrade for the campus.

The system is expected to be fully installed and operational approximately mid April. Before the new system is activated, residents will receive a Geo pendant - the new emergency alert device that will communicate with the TruView system.

The Geo will look and work similar to the current Spyder pendant. The device will feature a large, front-facing button. To activate the device, residents will firmly press the large button until it vibrates. The vibration indicates that the Geo is connected to the system.

There will be a transitional period for residents to turn in their Spyder pendants and receive their new Geo. Look for more information from your community's administrator/director coming soon.



Upcoming Specials

March 18 - Sloppy Joe Day

March 20 - Ravioli Day

March 22 - Chef Action Station

March 24 - Cheesesteak Day

March 26 - Spinach Day

March 31 - Cinnamon Rolls for \$1.50

Asbury
HEIGHTS

Part of UPMC Senior Communities

Asbury Celebrates Johnny Appleseed Day

We celebrated the legend of Johnny Appleseed on March 11 with a Broccoli Apple Salad special in the Café and various apple-inspired activities throughout campus.

The residents of our Asbury Villas community painted custom apple-inspired jars and filled them with candy while enjoying apple cider.



March is National Nutrition Month

Dietitians work with health care professionals to determine your dietary needs and develop a diet plan most beneficial for you.

Asbury is proud to have Courtney Alberts as the campus' registered dietitian. She helps residents follow a proper diet customized to meet their dietary requirements.

In celebration of National Nutrition Month, Courtney offered a few tasty samples to residents and staff visiting the Café during the lunch rush on March 10.



Say Hello to Rebecca Renwick

Please welcome Rebecca Renwick, Asbury's new fitness center assistant. Rebecca earned a B.S. in Exercise Science with a minor in Adapted Physical Activity from Slippery Rock University.

Rebecca completed her internship at Sherwood Oaks, part of UPMC Senior Communities, and is currently working toward an M.S. in exercise science through California University of Pennsylvania.

"I'm excited to work in a senior community again," says Rebecca.

She is developing a campus-wide schedule for classes. Look on your community's activity calendar for dates and times.



Exercise Classes

We are proud to announce that exercise classes are returning to Asbury Heights! Classes will return campus-wide beginning Monday, April 4.

Independent Living

Mondays at 9 am

Tuesdays and Thursdays at 11 am

Wednesdays at 2 pm

Fridays at 10 am

The Embassy of Asbury Heights

Tuesdays and Thursdays at 9 am

Asbury Villas

Mondays, Wednesdays, and Fridays at 11 am

Asbury Place

Tuesdays and Thursdays at 10 am

Laurel Lane

Tuesdays and Thursdays at 2 pm

Redwood Community

Tuesdays and Thursdays at 2:30 pm

Willow Community

Tuesdays and Thursdays at 3 pm

Hickory Community

Tuesdays and Thursdays at 3:30 pm

Also beginning April 4, the Fitness Center will be open to employees. Residents will have priority use of the fitness machines and equipment.



Tree of Love Donor Wall Receives New Leaf

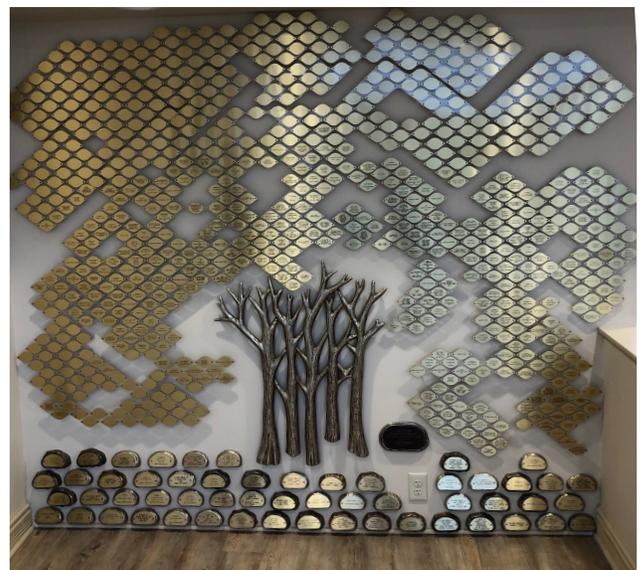
Many are enjoying visiting the newly refreshed Mall. As you stroll through this common area, be sure to stop by the Tree of Love which recently received a new leaf.

On February 1, David Jargiello, took advantage of one of our naming opportunities and dedicated a leaf in memory of his mother, Jennie Wahala. Thanks to his generosity, David is supporting the mission of Asbury Heights and providing a nice way to remember a loved one.

We have a variety of naming opportunities just like this available throughout campus.

Please contact

Courtney Kartman at 412-571-5106 or kartmanca@upmc.edu as she would be more than happy to discuss them with you.



The Tree of Love is located in the Mall, across from the moss wall.

Resident Council Meetings

Independent Residents

Monday, March 21 at 1:30 PM

Hickman Chapel

Asbury Villas Community Meeting

Wednesday, April 20 at 2:30 PM

Lifestyle Center

Nursing & Rehabilitation Center

Monday, March 21

Staff will meet with residents one-on-one

Laurel Lane

Wednesday, April 13 at 2:00 PM

Asbury Place

Monday, April 11 at 2:00 PM

Living Room

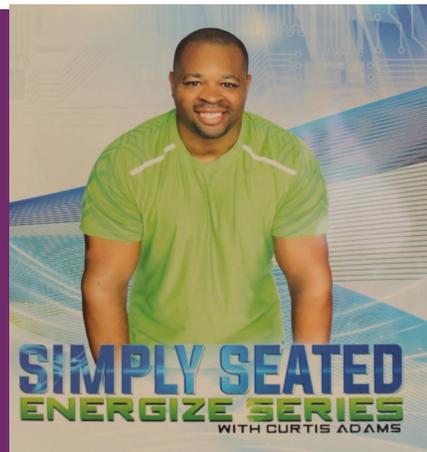
Micki's Music

Micki has been hosting music programs at senior living communities for over 25 years. She's collected over 600 albums and recently donated 200 to a local charity prior to moving to Asbury. Micki started playing and collecting music to cheer up her sick mother. Since then, she has shared her music collection with hundreds of others.

Micki recalls a significant line from a Mahalia



Jackson song: "If I can help someone, my life will not be in vain." She has tried to live her life this way ever since hearing these lyrics.



Fireside Fitness Cable Channel 957

Monday, Wednesday, Friday

10:00 AM and 3:00 PM

Contact Security at ext. 5151
if the video does not play.

Asbury HEIGHTS

Part of UPMC Senior Communities

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