

The Asbury News

News and Information for the Residents of Asbury Heights

March 2023

Skilled Nursing Team Receives Patient Safety Award

Lisa Osborne, director of nursing, Erica Sorg, director of rehab services, and Monica Joyce, registered nurse assessment coordinator, worked together to improve resident safety within Asbury's skilled nursing communities in 2022.

The effort began when Lisa established Risk Management rounds in the second quarter of the year. This focused on the resident's environment rather than their condition (a separate form of rounding done by nurses and CNAs).

As part of the Risk Management rounds, staff ensured the medical record orders matched the specific interventions listed in each residents' care plan. Additionally, the rounding allowed staff to be certain that all required safety equipment remained in residents' rooms.

Erica and Monica supported the initiative from the start and began a hands-on approach, ultimately rounding twice a week in every resident room within the SNF. The team reviewed incident reports and ensured additional safety interventions were implemented each time an incident occurred - usually a fall.

The team worked collaboratively with the nursing and interdisciplinary teams to reduce falls with major injuries by 2%. Although the team was shy of their goal, they still saw a **45% reduction in overall incidents** (falls, skin tears, medication



L to R: Erica Sorg, Lisa Osborne, Monica Joyce

errors, etc.) before the end of the year. Holly Vilella, administrator, nominated the team for their efforts.

“Lisa, Erica, and Monica made a commitment to improve care at Asbury,” says Holly. “[They] are truly role models for resident safety.”

The team will be honored for their efforts during a virtual ceremony on March 29.

Asbury
HEIGHTS

Part of UPMC Senior Communities



Exterior window washing is scheduled to take place **between April 10 and April 18.**

The materials management, Embassy, and housekeeping staff will work together to coordinate the removal and cleaning of the window screens. The screens will be removed during the week of April 3.

Asbury has hired American National Skyline, Inc. (ANSI) to clean all exterior windows (and Embassy interior windows). Workers will begin at Building 1 and work their way to Building 7. Once the main building is complete, crews will move to Asbury Villas, Asbury Place, and the Carriage Homes. The Embassy will have their windows cleaned on Monday, April 17.

Tentative schedule:

Asbury Heights (Buildings 1-7)
Monday and Tuesday (April 10-11)
Exterior done from outside

Asbury Villas
Tuesday and Wednesday (April 11-12)
Exterior done from outside

Asbury Place
Thursday (April 13)
Exterior done from outside

Carriage Homes
Thursday and Friday (April 13-14)
Exterior done from the outside

Embassy of Asbury Heights
Monday and Tuesday (April 17-18)
Interior and exterior done from the inside

Screens will be replaced by materials management and housekeeping staff once window washing is completed across campus.

If you have any questions or would prefer to not have your screens removed, call Mike Mulvihill at 412-571-5007. If you must leave a message, please include your name and unit number.

Campus-wide Themed Days

Mark your calendar for these upcoming campus-wide themed days!

Monday, March 20
First Day of Spring/
Crazy Hat Day



Wednesday, April 12
Pittsburgh Day (4/12)

Infection Control Join in the Effort!

We look forward to spring and the conclusion of cold and flu season. But as you're likely aware, we are not in the clear just yet!

Please remember to wash your hands often, use sanitizer as needed, and continue to wear a mask in common areas. If you become sick with a contagious virus, please stay home.

Asbury's clinical and infection control staff encourage everyone to stay at home for **48 hours** after symptoms subside from any contagious illness.



Spring Split The Cash 50/50 Raffle

Tickets On Sale Now!

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

We are excited to participate in the Celebrating Champions Raffle presented by UPMC Senior Communities which includes Asbury Heights.

- Drawing to be held on **Thursday, May 25 at noon**. Winner need not be present to win and will be contacted by phone/email.
- Proceeds will be split evenly between winner and Celebrating Champions.

Tickets may be purchased at the Reception Desk or Asbury Foundation.

For more information phone 412-571-5106.

Virtual Reality An Experience for Residents

After a brief hiatus, Asbury's virtual reality (VR) program will resume April 2023.

“This is a great opportunity to get active and experience some amazing technology,” says George Dudich, fitness center assistant, who has been testing the equipment and its functionality.

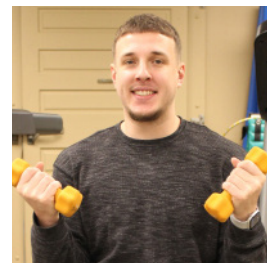
Details are being finalized. Look for more information soon.

National Stress Awareness Month

By: George Dudich, fitness center assistant

April is National Stress Awareness Month. We can all surely relate to this topic as we experience stress in many forms throughout our daily lives.

Stress can affect us both physically (headaches, heart palpitations) and emotionally (crying, and feeling on edge). Sometimes poor concentration and indecisiveness can be a reaction to stress.



Occasional stress is okay, but if we become chronically stressed, our overall health can suffer in the long run.

Exercise is one of several evidence-based methods to relieve stress. If you're feeling more stress than usual, I encourage you to participate in one of my fitness classes this month. Check your community's activity calendar for class dates and times.

Let's work together to shed any excess stress you may have.

Review your activities calendar for fitness sessions in your area.

Good Friday Services Friday, April 7

Asbury Villas

Lifestyle Center at 2:00 p.m.

Asbury Heights

Hickman Chapel at 3:00 p.m.

The Hickman Chapel service will be broadcast on Channel 957.

Resident Council/Community Meetings

Independent Residents

Monday, March 20 at 1:30 PM
Hickman Chapel

Asbury Villas

Wednesday, April 12 at 2:30 PM
Lifestyle Center

Nursing & Rehabilitation Center

Monday, April 17
Staff will meet with residents one-on-one

Laurel Lane

Wednesday, April 12 at 2:00 PM
Ramp

Asbury Place

Monday, April 10 at 2:00 PM
Great Room

Transportation Services

One of Asbury's vans requires extensive and costly repairs. Due to the sourcing of the parts needed, repair time is estimated to be between three to four months. In the meantime, this leaves us with one van and the CAR.

Since we are down one van, transportation to churches and non-medical personal destinations will be postponed beginning Saturday, April 1. We recommend reaching out to local family, friends, or other residents for such trips. Access, Uber, zTrip, and the St. Clair Hospital courtesy van are other options.

We apologize for the inconvenience. For transportation to medical appointments, please call 412-571-5161.

PACE/PACENET Eligibility Requirements

The income eligibility requirements for Pennsylvania's prescription assistance programs for older adults (PACE/PACENET) have changed.

According to the Pennsylvania Department of Aging's website, income limits have increased by \$6,000. Those who were not eligible in the past may now qualify with this new income limit. PACE and PACENET eligibility is determined by your previous calendar year's income.

PACE Income Limits

- For a single person, total income must be \$14,500 or less.
- For a married couple, combined total income must be \$17,700 or less.

PACENET Income Limits

- For a single person, total income can be between \$14,500 and \$33,500
- For a married couple, combined total income can be between \$17,700 and \$41,500

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