

The Asbury News

News and Information for the Residents of Asbury Heights



May 2021

Welcome Back, Family and Friends!

As various COVID-19 restrictions are beginning to change across the state, Asbury and UPMC Senior Communities have been adapting protocols to welcome friends and family to visit their loved ones.

Because of the Centers for Medicare & Medicaid Services regulations, and since we are a healthcare organization, visitors must still wear a mask upon entering our facilities and in common areas.

In a private resident unit, the resident can choose whether their visitors remain masked, and whether they are comfortable with physical contact.

We appreciate your ongoing patience as we slowly move forward from this pandemic. It has been a challenging time for all of us, but with several approved vaccines and various treatments now available, we are making progress.

As the year progresses, we hope to further adapt our protocols for a more open and connected community.



Margaret Fredericks visits with her daughter Lynn Ziter.

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

Embassy Library *Check it Out!*

Residents of The Embassy are excited about the new look of their first floor reading area. Resident **Sara Scales**, who holds a Masters degree in Library Science, implemented a system for the orderly return and donation of books while also organizing the collection by genre. A specific shelf for new arrivals makes it easy for residents to see what's new at a glance.



Sara spent her professional career as a university librarian. This just goes to show you can take the librarian out of the library, but she will make a library of her own!

In The Works

Updates From the Maintenance Dept.

Asbury Villas first opened its doors 20 years ago. Most of the 77 individual units have been upgraded to the UPMC Senior Communities standards, but many of the common areas have not received a new look since opening day in 2001.

This is all about to change as the common areas will receive a refreshed look over the next few months, starting with the first floor and moving to the second and third.



Curio Collections Hobbies on Display

This month's curio cabinet displays at Asbury Villas and the main lobby of Asbury Heights present two very different displays. One features a collection while the other showcases creations.

The display at Asbury Villas features **Dottie Wagner's** collection of frog items. She has been collecting these items for 15 years. Her first item was a plush Kermit the Frog in a trench coat. Because of his philosophy on life, Kermit will always be her favorite.



The display is only a fraction of what her collection used to be. Prior to moving to Asbury Villas, she gave much of her collection away.

The display in the main lobby of Asbury Heights features a variety of woodwork created by the late **Charles Schardong** of the Carriage Homes. His interest in woodworking began with building furniture; his very first piece was a rocking swan for his newborn.



for his newborn.

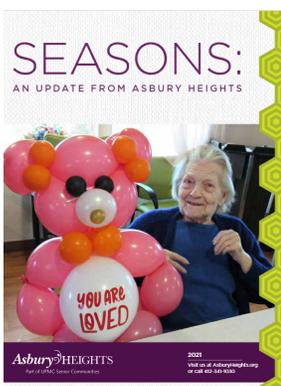
"It was a hobby and release from the daily grind," says his wife, Karen Schardong. "Altogether he enjoyed the hobby for 50 years."

Magazines Now Available



The latest issues of *Community Connections* and *Seasons* were recently published.

Community Connections features stories from across the UPMC Senior Communities network and recognizes those who have donated specifically to Senior Communities.



Seasons is an Asbury-specific publication that highlights a few of the major projects around campus over the last year. This magazine also recognizes all donors who contributed

directly to Asbury Heights.

Copies of these magazines are currently available in several of the common areas around campus.

Vehicle Parade

The South Hills Senior Healthcare Alliance is hosting a vehicle parade across the campus on **Friday, June 11**. Start time has yet to be determined. Your community's activities professional will provide you with details.



Asbury Artists Featured in Virtual Auction

The works of over 70 talented resident artists were up for auction during UPMC Senior Communities' inaugural virtual art auction earlier this month.

For the next couple months, we are going to highlight the seven Asbury artists who donated artwork to the virtual auction. This month, we are recognizing **Rose Frac** and **Katheryn Pitcairn**.

Rose discovered her artistic abilities after joining her community's art class. Her "Lovely Lavender" painting (right) was inspired by another piece she saw from Pinterest. She painted the flowers using purple and white paint applied with a cotton swab.



Katheryn taught herself how to quilt at the age of 87 after her husband passed away. Since then, she has made 24 quilts by hand and by machine. She has given several quilts to family members and taught her daughter how to create her own. The quilt pictured measures 51" x 53".



Be sure to look for next month's *Asbury News* featuring our next set of artists.

Need the COVID-19 Vaccine?

Asbury holds a COVID-19 vaccine clinic in the social room on the first Tuesday of every month beginning at 12:00 pm. Call Roxanne McWreath at 412-571-5053 to coordinate your vaccine.

If you're unable to make the next vaccine clinic on June 1, please visit Pennsylvania's website at <https://www.pa.gov/guides/get-vaccinated/#Step1FindaVaccineProvider>.

Strawberry Shortcake Day Campus-wide Themed Day

Strawberry Shortcake Day is **Monday, June 14**. This is our next campus-wide themed day. Wear pink or red to celebrate the dessert.



Residents will receive a strawberry snack in the afternoon. Independent residents will have a featured strawberry dessert.

Star Wars Day

Asbury celebrated Star Wars Day on May 4. The Star Wars films have been part of popular culture for over 40 years, connecting generations of fans all over the world.



Residents and staff were encouraged to pose with props and take photos in front of a backdrop next to the Café.

Upcoming Events Save These Dates!

May 17-21 - Seasonal Plate Quinoa Pafait for \$2.99

May 21 - Memorial Day Special
\$3.00 Chili Cheese Dog with French Fries

May 27 - Throwback Salad
“Goodness Salad” returns!

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