

# The Asbury News

News and Information for the Residents of Asbury Heights



May 2022

## May is Older Americans Month

What started as a week-long event for employees evolved into full-blown campus celebration fitting for Older Americans Month.

During the week of May 9, several themed days were planned for the campus. This included Country Day, Pittsburgh Day, and Tie Dye Day to name a few. Some of the week's themes were incorporated into the regular activities such as independent living's Luau BINGO (right).



There seems to be a feeling of excitement throughout the campus as we continue to move back toward a more normal, pre-pandemic lifestyle.

## TruView Update

### Emergency Call System

The installation of the new emergency call system has experienced some delays. It is hopeful that the system will be operational by the end of May.

Community leaders will arrange a date and time for you to receive your new Geo pendant that will replace your Spyder pendant. Look for more information soon.

This new system 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.

## Upcoming Specials

**Tuesday, May 17**

Chef Station

Made-to-order pasta in the Café

**Wednesday, May 25**

SoGood!

Arugula Salad in the Café

**Thursday, May 26**

Blueberry Cheesecake Day

Enjoy a slice from the Café

**Asbury**  
HEIGHTS

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## Operations Review

Consultants working with UPMC Senior Communities are conducting an operational review of the Asbury campus to determine the best use of our space and services.

You may see Asbury leaders with these consultants as they tour the campus on Monday, May 16.

## Retirement Plans Offer Way to Support Asbury Heights

By designating all or a portion of your retirement account(s) to Asbury Heights you can take advantage of paying NO taxes on the transfer.

The Pension Protection Act of 2006 permits IRA owners starting at age 70½ to make tax-free charitable gifts totaling up to \$100,000 per year from their IRAs directly to eligible charities, such as Asbury Foundation. Charitable distributions from an IRA may be used to satisfy the annual required minimum distribution (RMD).

Learn more about IRA Giving or to designate your distribution, please contact Courtney Kartman at Asbury Foundation (412-571-5106 or [kartmanca@upmc.edu](mailto:kartmanca@upmc.edu)).

*Information is not intended as legal or tax advice nor should be relied upon as such.*

## Cura's Waste Nothing Program

We celebrated Stop Food Waste Day on April 27 by joining Cura Hospitality's Waste Nothing Program. This program helps us become more aware of the food waste produced in our kitchens and offers guidance on ways to reduce, rescue, and redirect it from the landfill.

## Window Washing

Below is this year's window washing schedule for the Asbury campus. The following start dates are subject to change due to weather and other unforeseen events.

Building 7	May 23
Building 6	May 24
Building 5	May 26
Building 4	May 27
Building 3	May 31
Building 2	June 2
Building 1	June 3
Carriage Homes	June 7-10
Asbury Place	June 13
Asbury Villas	June 14
The Embassy	June 20

## Resident Day Q & A for IL Residents

The inaugural "Resident Day Q&A" will take place on **Wednesday, June 1** at 2:30 pm in the Social Room and will be hosted by Joey Boyles, executive director.

These meetings will occur every other month, between independent living resident council meeting months.

# COVID-19 Reminder

Allegheny County is currently experiencing a High Transmission Rate. We encourage you to mask up and practice physical distancing, not only while walking through the facility, but also once you have reached your destination/common area such as the activity room, social room, and sunset room. This same diligence should be practiced when in the outside community (grocery stores, drug stores, etc.).

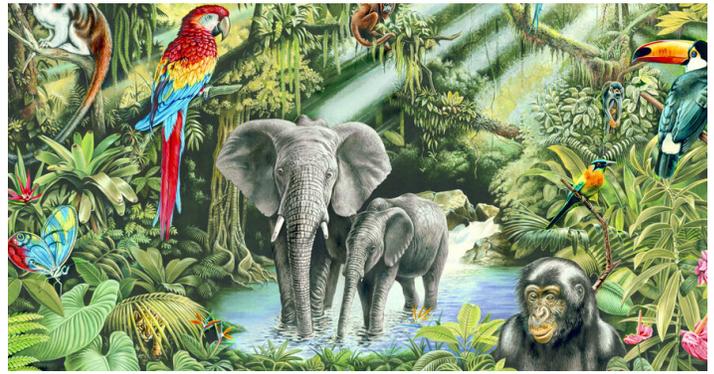
If you are experiencing *any* symptoms such as nasal congestion (stuffy head), sore throat, fever, cough, or just not feeling “right,” please call your community’s administrator/director.

# Mother’s Day

We celebrated moms throughout campus in various ways. All women on campus received a carnation; this has become a Mother’s Day favorite.

Violinist Steven Vance performed for the residents of Asbury Villas. He’s never missed a Mother’s Day in the last five years!

Residents of our skilled nursing facility received a Mother’s Day card with their lunch meal.



# Welcome to the Jungle!

June’s campus-wide theme day is jungle themed. Wear jeans and your favorite animal-print top on **Thursday, June 23**. Residents will receive a special snack.

# Sidewalk Repairs

The sidewalk located alongside Asbury Villas (across from Building 5) was recently repaired. As the weather becomes warmer, this new walkway will provide a safe path for residents who wish to walk around campus for exercise and recreation.



# Billing Questions?

Diana Uzar 412-571-5160  
(Independent Living, Personal Care)

Linda Costa 412-571-5140 (Nursing)

# Resident Council Meetings

Independent Residents  
Monday, July 18 at 1:30 PM  
Hickman Chapel

Asbury Villas Community Meeting  
Wednesday, June 15 at 2:30 PM  
Lifestyle Center

Nursing & Rehabilitation Center  
Monday, June 20  
Staff will meet with residents one-on-one

Laurel Lane  
Wednesday, June 8 at 2:00 PM

Asbury Place  
Monday, June 13 at 2:00 PM  
Living Room

## COVID-19 Vaccine Clinic

A vaccine clinic was held in the Social Room on May 12. This was a chance for anyone immune compromised and/or ages 50+ to receive their *second* COVID-19 vaccine booster. The initial dose of the vaccine, along with the second dose and first booster, were also available.

Vaccine clinics will continue monthly on the first Tuesday of each month. The next clinic will take place **Tuesday, June 7**. Independent residents should contact Patty Fagan in the Health & Wellness Center at ext. 5143 or Marjie Doughton at ext. 5374 if interested in receiving the second booster or any of the other doses available. Nursing Center residents should contact Beth Jacot at ext. 5053 and residents of Personal Care should contact their community leader.

## Embassy's Kentucky Derby Event Returns

After a two-year hiatus, the residents of The Embassy of Asbury Heights held their traditional Kentucky Derby party in the apartment building's Great Room.

Residents watched the much-anticipated race while cheering for their favorite horses.

The real winner of the event was the food and beverage selection which included gourmet meatballs, shrimp, dried beef roll ups, a variety of cheese, and cookies from Potomac Bakery.



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