

# The Asbury News

News and Information for the Residents of Asbury Heights

November 2020

## Keeping the Distance and Staying Vigilant

By Roger Davis, Executive Director



As you may have heard, pharmaceutical companies are making great progress in developing a vaccine for COVID-19. You may have also heard that coronavirus cases are rising across the country. While we are still months away from receiving a vaccine, it's imperative that we all

do our part to help mitigate the spread of this new virus.

As case numbers rise, we remind employees to continue practicing responsible behaviors during their time outside of Asbury. This means masking in public areas and keeping a distance of at least six feet between themselves and others.

We ask that you also do your part to keep COVID at bay. Please continue using masks in common areas and keep at least six feet between yourself and others. It's up to all of us to curtail this pandemic

### *Looking for the Latest COVID Guidelines?*

When it comes to COVID-19 mitigation efforts, Asbury follows the guidelines and suggestions set forth by the CDC and the Pennsylvania Department of Health as well as state and local government. These guidelines have been known to change frequently and sharing them in a printed publication such as this newsletter could render them outdated in a matter of days.

For the latest COVID-related information, mitigation efforts, and guidelines, contact your community's administrator/director, dial 412-354-3202, or visit [asburyheights.org/news/covid-19](https://asburyheights.org/news/covid-19).



which has already affected millions of people across the country. Also, please know that if you have been exposed to someone who tested positive for COVID-19, you may be asked to quarantine for up to 14 days. You will continue to receive assistance with meals, regular visits from a nurse, and your daily mail.

And as we look toward the upcoming winter months, we must continue to look out for one another. Keep in touch with your neighbors. Give them a call. Maybe take a walk around the indoor walking trail (with masks on, of course). It would be good to have a "Pandemic Pal" or two to keep yourself socially active during this time. We don't want to be "socially distant," just physically distant.

As part of UPMC Senior Communities, Asbury has access to resources and national experts to assist us in our mitigation efforts - but it's up to us to follow through on their recommendations and continue what we are doing.

**Asbury**  
HEIGHTS

Part of UPMC Senior Communities

# Costumed Neighbors

This year's Halloween was like one we've never seen. Because of continued COVID-19 mitigation efforts, we were unable to hold our traditional parade and costume contest in the Mall. Instead, residents and employees were encouraged to wear their costumes throughout the day. Those who wished to participate in the campus-wide contest could send a picture of themselves in costume to Teresa Valentino, Activities Director, to be considered for one of the five categories.



Independent Living residents held their own costume contest during dinner in the Main Dining Room. Only two residents wore costumes to dinner - and they each received a prize from the judges!



It's been a challenging year, but there is still much to be thankful for at this time - like having access to a world-class health care system dedicated to keeping you and your neighbors as safe as possible during this pandemic.

We hope you will enjoy a hot Thanksgiving dinner prepared by our dining service team, and take some time to reflect on all the blessings in your life.

The menu will include:

Roasted Turkey w/ Cranberry Sauce  
Baked Ham with Raisin Sauce for (Nursing and Villas)  
Lamb Chops (for Independent Living)  
Stuffing  
Mashed Potato w/ Turkey Gravy  
Candied Sweet Potato  
Green Beans w/ Sautéed Mushrooms  
Peas & Carrots  
Pumpkin Pie

Independent Living residents will have the opportunity to receive take out meals for themselves and their guest. Pies will also be available for purchase.

## Modified Café Hours

Less families and guests visiting the campus has resulted in less customers in the Asbury Café. Because of this, the Café is temporarily reducing its hours of operation.

Monday - Friday  
8:00 AM - 5:00 PM

Saturday - Sunday  
8:00 AM - 4:30 PM

## Giving Back

'Tis the season for service projects! Giving back to the community is what the residents of Asbury have done for decades, and given this year's circumstances, we have all the more reason to continue the tradition this holiday season.

Independent Living residents donated a variety of candies, cookies, and chocolates to fill several dozen stockings for active military personnel.



# “Look for the Helpers. You Will Always Find People Who Are Helping.” - Fred Rogers

The COVID-19 pandemic has certainly impacted the lives of so many, from the uncertainty as financial resources have become limited and to the required need to creatively find ways to stay connected to family and friends from a distance.

It's times like these when the “helpers” step in. Asbury Heights, a part of UPMC Senior Communities, is fortunate to have many “helpers,” especially, our Frances Hamilton Society members, who have provided financial resources supporting a variety of programs and projects - particularly our Benevolent Care Program.

The Benevolent Care Program cares for our most vulnerable residents who have outlived their resources and can no longer pay privately for their care and accommodations.

**If you have been considering a gift to Asbury, now is the time before 2020 comes to an end! Please join our “Helpers” by making a contribution today.**

With your gift this holiday season, you will have the opportunity to place an Angel Ornament on our Angel Tree, located in the Asbury Heights Mall. This is a nice way to remember a loved one, or to let someone know how special they are all while helping others.

**The Angel Ornaments will be arriving to your mailbox the week of November 23.** Every gift, large or small, makes a difference to our residents, your fellow neighbors, who rely on Benevolent Care, making gifts to this program so important!

## November Specials

### Thursday, November 19

Seasonal Plate: Harvest Apple Salad

### Wednesday, November 25

National Parfait Day

## Resident Council

Resident Council meetings have resumed across campus. See below for the date, time, and location of your community's next Resident Council meeting.

### Asbury Villas

The Villas' next Community Meeting will take place Monday, November 16 at 2:00 PM in the Lifestyle Center. No more than 10 residents may attend.

### Skilled Nursing Center

The Activity staff have been meeting with residents one-on-one to discuss concerns.

If you do not see your community listed above, please contact your administrator or Activity professional for the date and time of your next modified Resident Council meeting.

## Independent Living Residents Start Your Day With a Screening

Temperature checks are no longer required when exiting the buildings, which implies that everyone may EXIT from any door leading outside. This change in policy occurred as researchers learned more about the new coronavirus.

All residents, visitors, and staff ENTERING the buildings must still enter through the Screening Centers. This includes visitors of Independent Living residents.

**Independent Living residents may always exit from any door. They may RE-ENTER from any door as long as they've had a screening and temperature check earlier in the day.** To freely come and go throughout the day, consider starting your day with a screening. Such a daily screening is also beneficial in making sure you're healthy, which is the primary concern.

# Asbury Aglow - A Holiday Celebration!

**Wednesday, December 9**

Time TBA

Campus-wide

Asbury's Activity professionals are planning to go forward with a modified version of our annual Asbury Aglow holiday celebration.

This year's celebration will likely be extended throughout the day rather than a couple hours during the evening. There will not be any live entertainment, but we will be playing festive music to bring the holiday spirit to life.

Let's end the year on a high note with some familiar holiday cheer across the campus. It may not be like previous Asbury Aglows, but hopefully it will help make the season a little brighter. Look for more information coming soon!



## National Ugly Christmas Sweater Day

**Friday, December 18**

It's time to get festive and wear your over-the-top Christmas sweater! Dubbed as "ugly Christmas sweaters," these decorative holiday outfits have grown in popularity over the years with people striving to have the most gaudy attire.



Amazon Smile donates to Asbury Foundation when you shop online.



Contact Courtney Kartman at 412-571-5106 to find out how you can get started at no cost to you.

## Asbury HEIGHTS

Part of UPMC Senior Communities

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