

The Asbury News

News and Information for the Residents of Asbury Heights



November 2021

Let's Give Thanks

As we approach Thanksgiving, let's reflect on all we are thankful to have.

We as a community, country, and world are still trying to navigate through this challenging time, but there is still much to be grateful for in our lives.

A year ago, aside from washing our hands and keeping our distance, we were nearly defenseless against COVID-19. Now we have a vaccine, treatments, and less serious illness as a result. This has allowed us to open our doors more and connect with those we love once again.

The future is much brighter and we can be thankful for this - and thankful for each other and what we've done to get to this point.

As we look forward to this holiday season, let's reflect on what we have, remember where we've been, and realize that tomorrow is another day full of potential. Let's give thanks for the good in our lives.

Thanksgiving Dinner Menu (November 25)

Main:

Roasted Turkey w/ Cranberry Sauce
Stuffing (w/o onions and celery)
Mashed Potato w/ Turkey Gravy
Asparagus
Pumpkin Pie

Alternate:

Salmon
Dinner Roll w/ Butter
Candied Sweet Potato or Sweet Potato Casserole
Green Bean Casserole

NOTE: The Asbury Café will be closed on Thanksgiving.

Mickey Mouse Day

We're celebrating Mickey Mouse's 1928 debut on **Thursday, November 18** as part of this month's campus-wide themed day! Everyone is encouraged to wear Mickey attire and jeans!

And what does a mouse like better than cheese? The Café special for the day is a Mac & Cheese bar for \$3.



"Mickey sundaes" will also be available for \$1.99.

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TruView Preview

A new real time wireless emergency call system is being installed throughout the buildings of the Asbury campus. This will replace the current Spyder system.

This new system is called **TruView**, and you may have seen the new infrared readers mounted in the hallways and common areas.



This is the latest in location technology and will be a major upgrade to the current system.

The goal is to have the system up and running by the end of the year. Once

the system is fully installed and operational, there will be a transition period for residents to turn in their Spyder pendants and receive their new TruView pendants. Look for more information coming soon.

Indoor Walking Trail

Stay active by using Asbury's indoor walking trail. New, easier-to-read signs are now on display. Start your walk in the Mall outside of the library. Then follow the prompts on each sign until you end where you began.

The complete walking trail is one mile. Gather your friends or invite a group of neighbors to walk with you along this trail.



Day of Caring A United Way Project

Independent living residents volunteered to help with a service project led by United Way. The goal of the project was to get young children excited about reading by putting together colorful lesson plan kits that could be used by teachers and librarians to support a lesson around a book titled "Giraffes Can't Dance." The kits included a copy of the book, a coloring page, and materials for students to create a giraffe puppet.



The independent living Activities team also helped decorate a wooden crate (right) that will be used to store books as a classroom library.

Did You Miss the Town Hall?

Did you miss the UPMC Senior Communities Town Hall on November 3?

If so, you can listen to the recording by entering the address below into your web browser.
<https://wdrv.it/b323b7be5/feed/presentation/18114789>

This recording will only be available until 12am on Friday, November 26.

Contact Jon Ebel at 412-571-5030 if you would prefer to have the link sent to your email address for easier access.

Halloween in Pictures

Residents enjoyed tricks and treats on Halloween! Below are a few residents in costume.



Bobbie Bitters



Betty Chrise



Barb Bachman



Fran Linkesh

'Tis the Season for Decorating Our Angel Tree!

By Courtney Kartman, Development Coordinator

An annual tradition made possible by a special group of individuals - our Frances Hamilton Society members. For over 30 years, this group has provided support to our Benevolent Care Program. A program which cares for our most vulnerable residents who have outlived their resources and can no longer pay privately for their care and accommodations.

Each gift made to Asbury Foundation this holiday season, is an opportunity to have an Angel Ornament displayed on our Angel Tree located in the main lobby. This is a wonderful way to remember a loved one or to let someone know how special they are all while helping others.

More information on our Frances Hamilton Society, Angel Ornaments and how to participate will be arriving to your mailbox the week of November 22!

Mall Update

The soffit (the exterior portion of the roof) is now complete. Spray foam insulation has been applied to the rafters and the sprinkler system has been installed. The next step is to cover the exterior walls with a superior stucco material produced by Dryvit for moisture protection. Following this, windows will be installed. The project is estimated to be complete late December or early January.



The exterior as seen from the roof



View from the rafters with spray foam insulation applied

Resident Council Meetings

Independent Residents
January 2022 - Exact date TBD
Hickman Chapel

Asbury Villas Community Meeting
Date TBD

Nursing & Rehabilitation Center
Monday, November 22
Staff will meet with residents one-on-one

Laurel Lane
Date TBD

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



Doggy December

As a follow-up to Happy, Healthy Cat Month (September), we're devoting December to the dogs! This will be another campus-wide service project with the goal of creating blankets and treats for dogs residing at Angel Ridge Animal Rescue in Washington county.

Look for more information from your community's Activities department soon!

A Ribbon of Mums

The groundskeeping department's pink-ribbon mum display could be seen as motorists entered through the main entrance. This arrangement was installed in October during Breast Cancer Awareness Month.



Once October was over, the mums were planted throughout campus.

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