

# The Asbury News

News and Information for the Residents of Asbury Heights



November 2022

## Employee Pumpkin Decorating Contest Winners

This year's entries caught everyone's attention as they passed through the lobby of Asbury Heights' main building. There were a dozen very clever creations, but three pumpkins received the most votes. Congratulations to the following:

1<sup>st</sup> Place: Dining Services - Giraffe

2<sup>nd</sup> Place: Clarissa Spahr (Activities) - Teapot and Cups

3<sup>rd</sup> Place: Asbury Villas Activities - Elvis

1<sup>st</sup>



2<sup>nd</sup>



3<sup>rd</sup>



## Veterans Day

We thank our veterans for their service and honor them for their sacrifices. To show our appreciation, veterans received certificates on Veterans Day. Each community celebrated the day with treats and other surprises.

Asbury Villas residents recognized their veteran neighbors with homemade cards that were delivered during the afternoon party. Residents and staff also worked together on a luminaria display in which each lantern displayed a veteran's name.

Independent resident veterans received handmade cards from their neighbor Marilyn Albitz along with a certificate from UPMC acknowledging their service. Residents also enjoyed a luncheon with an extensive menu prepared by Cura. Ken Enscoe and Bob Mundell led the group in singing several patriotic songs.



To all the veterans who live and work at Asbury Heights: Thank you for your service.

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# Creative Corner

## Time Flies

by Ruth Einhorn

Stop the clock! Stop the clock!  
The days go by too fast,  
I still have many things to do, and  
Who know, tomorrow may be my last

Stop the clock! Stop the clock!  
My dog awaits his daily walk,  
He is my true and trusty friend,  
And soon it will be dark.

Stop, stop the clock!  
I need more time to muse upon  
The sights I've seen and people met,  
And hope one day to see again.

Do you have a poem, piece of artwork, or something you'd like to share about yourself? If so, this new section is for you!

Please contact Jon Ebel, communications specialist, at 412-571-5030 if you would like to share your creative content or personal milestones/accomplishments/projects in future editions of this newsletter.

# Chaplain's Office Relocated



Rev. Kim Grueser's office is being relocated to **Room 1418**. It is still to be determined whether or not this will be the new permanent location. Please see next month's issue for more information.

# Traditions Are What Make the Holidays So Special

At Asbury Heights, our annual Angel Appeal is a much-anticipated tradition that supports our benevolent care program; a program that provides for our most vulnerable residents who have outlived their resources and can no longer pay full cost for their care.

Our Frances Hamilton Society members carry on this tradition year after year, helping those who rely on this program to age with dignity while keeping confidentiality for those enrolled in the program.

With our members' kindness, they can place an Angel Ornament on our Angel Tree, located in the main lobby. This is a nice way to remember a loved one, or to let someone know they are special, while also helping others.

Check your mailbox the week of November 28 for more details and the Angel Ornament. Every gift, large or small, makes a difference to those in need.



## Upcoming Events and Special Treats

- November 18 - "Arby's" Special
- November 23 - Espresso Day
- November 28 - Texas Themed Meal
- November 30 - Asbury Villas Omelet Bar
- December 6 - IL Holiday Party
- December 7 - Asbury Villas Holiday Party
- December 13 - Embassy Holiday Party
- December 15 - SNF and Laurel Lane Party

# Now Serving Starbucks Coffee

A new premier coffee option is now available from the Café - Asbury is now serving Starbucks coffee! You can order a grande size Pike Roast for \$2.25.

If coffee isn't your "cup of tea," you can order a hot cup of Teavana tea for \$1.50. Flavors include Harmonic Mint, Chamomile Blush, Hibiscus Spice, Radiant Green, Classic Chai, Modern Earl Grey, and English Breakfast.

Residents and staff had an opportunity to try some of these new flavors during a tasting event on November 10.



# Thankful Tree

Independent residents created a Thankful Tree during a recent Tuesday night art class.

Participants used paper leaves to write three things for which they are thankful and adhere them to the tree. They created the tree bark by twisting paper bags and shaping them into branches.



What are you most thankful for?

# Asbury Villas Second Floor Renovation

Asbury Villas' second floor is getting a new look to match the appearance of the recently refreshed first floor. Updates will include a fresh coat of paint, new carpet, handrails, and lighting.

This project started the week of November 7 with the removal of wall paper. Maintenance is expecting to complete the project by the end of the year.



# COVID-19 Bivalent Booster Clinic

**Wednesday, December 7**

Residents should make their vaccine needs known to their community leaders a week in advance. Doses will be given to residents within their community (with the exception of The Embassy).

## Resident Council/Community Meetings

### Independent Residents

Monday, November 21 at 1:30 PM  
Hickman Chapel

### Asbury Villas

Wednesday, December 21 at 2:30 PM  
Lifestyle Center

### Nursing & Rehabilitation Center

Monday, December 19  
Staff will meet with residents one-on-one

### Laurel Lane

Wednesday, December 14 at 2:00 PM  
Ramp

### Asbury Place

Monday, December 12 at 2:00 PM  
Living Room

## Campus-wide Thanksgiving Menu

Turkey w/gravy  
Maple Glazed Salmon  
Homemade Stuffing  
Mashed Potatoes  
Mashed Sweet Potatoes  
Asparagus  
Charles Blend Vegetables  
Pumpkin Pie

### Café Closed

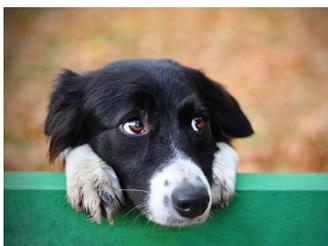
The Café will be closed on Thanksgiving and Black Friday, but there will be complimentary donuts and coffee available outside of the Café.

## Need a Flu Vaccine?

Visit your community's Wellness Center or nurse's station to receive your flu vaccine.

## Doggy December

We are once again collecting treats, tie blankets, and toys for the dogs currently staying at Angel Ridge Animal Rescue in Washington county.



This is a campus-wide service project. To participate, contact your community's Activity professionals.

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