

The Asbury News

News and Information for the Residents of Asbury Heights



October 2020

Your Feedback is Essential

By Roger Davis, Executive Director



Your feedback confirms the positives you have about life at Asbury, and it provides crucial information for desired changes or improvements.

By now you (or your representative) have likely received an invitation to participate in our annual resident survey conducted by Holleran, an independent research firm.

There are **two options** to participate in this year's survey.

1) You may complete a paper copy of the survey and return it directly to Holleran using the pre-addressed, postage-paid envelope included with the survey (pictured on the right).

2) You may complete the survey online using the secure web address provided in the paper copy that was distributed.

Please select **only one** of these options and do not complete more than one survey per resident. Your participation is voluntary and all responses will be held in strict confidence by Holleran. A summary of data collected will be shared with Asbury early next year.

The majority of 2020 was spent on keeping residents and staff safe during the pandemic. We know this has not been a "usual" year, and we encourage you to take this into account when completing the survey.



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been known to change frequently and sharing them in a printed publication such as this newsletter could render them outdated in a matter of days.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.

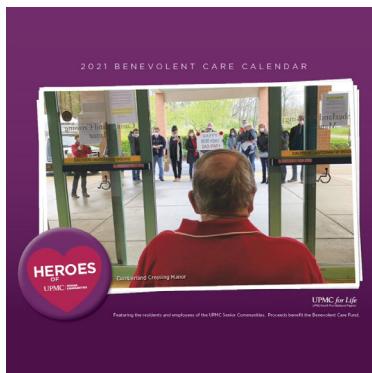
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Part of UPMC Senior Communities

Get Your Free 2021 Calendar

The 2021 UPMC Senior Communities calendar features memorable and moving moments throughout the course of the COVID-19 pandemic.

The calendar is FREE to our residents.



Look for some featured residents and staff in the calendar photos. Calendars will be distributed the week of November 9. Additional calendars are \$10 each. Contact Courtney Kartman at 412-571-5106 for more information.

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.

Halloween Costume Contest

The tradition continues - but things will be a little different than previous years.

Residents are encouraged to wear costumes throughout the day on **Friday, October 30**. To enter the Contest, send a picture of yourself in costume to Teresa Valentino at valentinot@upmc.edu before Saturday, October 31. Contact your community's Activity Professional for assistance.

Resident judges will be appointed from each community.

This year's categories include Scariest, Funniest, Cutest, Most Creative, and Best Group. Five winners will be selected from across the campus (one for each category).



Asbury Café gift certificates will be awarded to the winner of each category.



October is Breast Cancer Awareness Month

This year's Breast Cancer Awareness Month display in Asbury Circle includes a mix of white and pink mums, 140 total! The arrangement honors all who have been impacted by breast cancer in some way. This three-dimensional display was arranged by our grounds crew.

Oktoberfest!

It just wouldn't be fall without an Oktoberfest celebration! The entire Asbury campus celebrated Oktoberfest on October 14 with a special dinner that included Wienerschnitzel w/ onions and gravy, potato pancakes, sautéed sweet and sour cabbage, baked scalloped apples, and German chocolate cake.

Accordionist Kevin Solecki entertained residents across campus throughout the day with performances outdoors. And all residents and staff received a decorated leaf cookie.



Pastoral Care Week

Pastoral Care Week is October 25-31, and this year's theme is "Collaborative Healthcare: Chaplains Complete the Picture."

This is most certainly the case for our campus pastor, Rev. Kim Grueser, who has been providing spiritual support to the residents and staff of Asbury Heights during these difficult months. His words and encouragement have made a difference to many as we struggled with uncertainty of the pandemic.

Be sure to wish Rev. Kim a Happy Pastoral Care Week and thank him for his support as he continues to provide spiritual services for the Asbury campus.

Physician Spotlight: Dr. Gary Reck

Dr. Gary Reck is an optometrist who has been providing comprehensive eye exams for patients residing at Asbury for 20 years. He also monitors and treats eye diseases including cataracts, macular degeneration, glaucoma, and Diabetes.

If new glasses are needed following an eye exam, Dr. Reck can order them to be delivered to Asbury. Staff will contact him when the glasses arrive so that he can come back on site to make any necessary adjustments to ensure you have the best fit.

To make an appointment, Independent Living residents may call the Health & Wellness Center at 412-571-5050 or ext. 5050 if dialing from an Asbury phone.

Personal Care and Skilled Nursing residents may schedule an appointment through their community's nurse.



NEW ISSUE *Community Connections*

The Fall/Winter issue of *Community Connections* (UPMC Senior Communities' biannual magazine) is now available and features stories surrounding the pandemic. Read about the challenges and triumphs that residents and staff faced throughout UPMC Senior Communities.

Copies of this issue are available in the Post Office and common areas throughout Asbury's campus.



More Options Coming Soon to Asbury Café!

Dining Services is working on an expanded menu for the Asbury Café. The menu will feature several new items including Veggie Wrap, Turkey Reuben, and Meatball Hoagie to name a few.

"Don't forget to check out all the new additional grab and go items," says Amanda Anthony, Dining Services General Manager. "We would love to hear your request for daily specials!"

Breakfast	
Omlette - Have to Order \$5.40	Choice of Bacon, Ham, Bacon, Sausage, Peppers, Onions, Tomatoes, Mushrooms, Cheddar Cheese, Mozzarella Cheese, Serviced with Hash Browns
Asbury Army \$4.09	Two eggs made to order, four bacon strips or a sausage patty, homefries and toast
Eye Opener \$3.59	Choice of bacon, sausage, a fried egg and cheese or a bagel or an English muffin
Breakfast Burrito \$3.59	Grilled chicken strips, french fries and hash browns, choice of bacon or vegetables
Tortilla Filled with your choice of bacon or sausage, a fried egg and cheese	Steak Salad \$5.99 Grilled steak, french fries and cheese choice of bacon or vegetables
Bagel w/ Cream Cheese \$1.99	Dressings French, Italian, Raspberry Vinaigrette, Ranch, Bleu Cheese (extra dressing \$0.50 each)
English Muffin \$1.79	Soup Cup \$2.29 Bowl \$2.99 Garden \$4.49 Garden Salad \$4.79 Email \$2.79 Lunch \$4.09 Crispy Chicken Salad \$5.99 Crispy chicken tenders, french fries, and choice of bacon or vegetables
Bacon Patty \$1.69	Grilled Chicken Salad \$5.99 Grilled chicken strips, french fries and choice of bacon or vegetables
Bacon \$1.49	Steak Steak \$5.99 Grilled steak, french fries and cheese choice of bacon or vegetables
Home Fries \$1.25	Dressings French, Italian, Raspberry Vinaigrette, Ranch, Bleu Cheese (extra dressing \$0.50 each)
Total \$1.25	Hot Chocolate \$1.00 Coffee \$1.00 Regular, Decaf, Flavor of the Day Hot Tea \$1.00 Iced Tea, Lemonade, Green Fountain \$1.00 Diet Pepsi, Cherry Pepsi, Mountain Dew, Diet Coke, Dr. Pepper, Vanssery, Pomegranate, Lypton Unsweetened Tea, Tropicana Pine Lemonade Flavors subject to change
Personal Pizza with one topping \$5.29	Milk \$1.00 Fruit Juice \$1.59 Tomato Juice \$1.49 V-8 \$1.75 Smoothie/Frappe \$3.50 Bottled Water \$1.00
Crustless Topping: Pepperoni, Sausage, Chicken, Cheddar Cheese, Bacon, Green Peppers, Onion, Tomato, Mushrooms	
Wings	
Plain, Buffalo, Garlic, Parmesan, Sriracha, Ranch	
4pc - \$3.99	
6pc - \$5.29	

Donut Day Thursday, November 5

Mark your calendar for Donut Day! This will be an opportunity to celebrate (and sample) America's favorite fried dough confection.

Each venue and community will celebrate with donuts being distributed to residents.



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.

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