

The Asbury News

News and Information for the Residents of Asbury Heights



October 2021

Holleran Survey Now Available

You are invited to participate in a resident survey being conducted on behalf of Asbury Heights by Holleran, an independent research firm. This study is critical to our continuous improvement process and will provide a “benchmark” for future studies.

Paper surveys were distributed to resident mailboxes or sent to their Responsible Parties by mail or email on Monday, October 11. For any apartment or unit with more than one resident, you will receive a copy of the survey for each person to complete.

You will have two options to participate in the survey:

1. You may complete a paper copy of survey and mail it directly to Holleran using the pre-addressed, postage-paid envelope that your survey comes in. Please do not throw away this envelope!
2. You may complete the survey online, using the secure, simple web address that will be provided by Holleran. If you choose to complete the survey online, simply discard the paper copy. Please do not complete more than one survey per resident.

We are asking for you to complete and return any paper surveys to Holleran by October 25. Online surveys will be open until November 1.

Halloween Costume Contest A Campus-wide Celebration

In accordance with our current COVID mitigation efforts, we cannot host a campus-wide Halloween parade this year - but the contest will continue!

The contest is open to residents and employees (including contracted service staff). Here's how to participate:

1. Wear your costume on **Friday, October 29**.
2. Send a picture of you in costume to Teresa Valentino at valentinot@upmc.edu. Your community's activity professional can assist you with this.

This year's categories include:

Scariest • Funniest • Cutest • Most Creative • Best Group

Five winners will be selected from across the campus (one for each category).

Your participation is voluntary and your responses will be held in strict confidence by Holleran. A summary of the data will be returned in a report format for each Asbury Community to review. While individual surveys will never be shared with anyone at Asbury, all comments will be included in the reports. Therefore, we encourage constructive feedback,

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Asbury
HEIGHTS

Part of UPMC Senior Communities



Holleran Survey

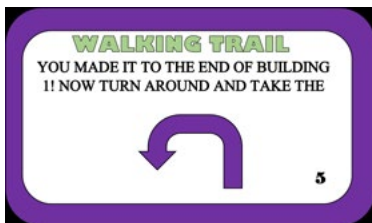
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but suggest that you refrain from including any identifying information in your comments if you wish to remain anonymous.

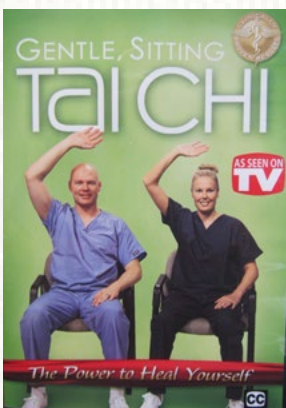
Our goal is to provide our residents with an opportunity to voice their opinions and ideas. You will soon receive more information on the process. Thank you in advance for taking the time to complete this survey.

Indoor Walking Trail

As fall progresses and winter draws near, it's going to get colder outside. Stay active by using Asbury's indoor walking trail. New, easier-to-read signs are currently being designed and will soon be posted throughout the path.



So lace up your sneakers and look for these signs coming soon.



Fireside Fitness Cable Channel 957

Stay active from the comfort of home while we recruit a new exercise specialist!

Exercise videos have returned to cable channel 957 every Monday, Wednesday, and Friday at 10:00 am and 3:00 pm.

Visit to Angel Ridge Animal Rescue

September was Happy, Healthy Cat Month and residents throughout campus celebrated by making toys, treats, and blankets for our feline friends. A few residents delivered these items to Angel Ridge Animal Rescue toward the end of the month. During their visit, they received a tour of the facility and got to meet a few furry friends in need of a home.



Corn Husking Competitions

Residents throughout campus challenged each other in corn husking contests on October 8. A total of 400 ears of corn were husked and sent to Dining Services to cook and serve.



A Simple Way to Make a Significant Gift

By Courtney Kartman, Development Coordinator

We would like to take a moment to remember longtime Asbury friend and donor, Eleanora Thomas. She was passionate about our mission and was a member of our Frances Hamilton Society beginning in 1989. We were saddened to learn of her passing on August 25, 2020.



This summer, we received notice that with thoughtful planning, Miss Thomas (left) had bequeathed a percentage of

her estate to Asbury resulting in a gift of \$100,000 for our Benevolent Care Program!

Over the years, many individuals, like Eleanora, have remembered Asbury through their estate by naming our organization as a beneficiary of their will – traditionally known as a bequest.

It's a simple way to make a significant impact to our mission all while remaining in control of your assets during your lifetime. Bequests, large or small, are easy to establish and ensure that we can continue to provide funding for Benevolent Care, Spiritual Life and environmental and programmatic improvements right here at Asbury for years to come.

To learn more about bequests or discuss sample language for your will please contact Courtney Kartman at Asbury Foundation (412-571-5106 or kartmanca@upmc.edu). Already made plans? Let us know! It enables us to specifically apply your gift to our campus programs/projects that are near and dear to you.

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

Billing Questions?

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

Linda Costa 412-571-5140 (Nursing)

Mall Update

The trusses for the Mall ceiling arrived earlier this month and were installed over a period of three days (October 13-15).

The next steps include relocating a vent through the roof and installing the sheeting. The photo to the right was taken from the roof, where the majority of construction is currently taking place.



Resident Council Meetings

Independent Residents
Monday, November 15 at 1:30 PM
Hickman Chapel

Asbury Villas Community Meeting
Wednesday, November 17 at 2:30 PM

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

Laurel Lane
Wednesday, November 17 at 3:00 PM
Near the ramp

Asbury Place
Tuesday, November 9 at 2:00 PM
Living Room



Voting Information

The last day to apply for a mail-in or absentee ballot is **Tuesday, October 26**. Contact Marlaina Wolfe at 412-571-5189 or visit the Asbury Post Office to receive the application for mail-in ballot. Be sure to check the box in line 7 if you would like to receive annual mail-in ballots each year going forward.

Election Day is **Tuesday, November 2**.

13th Annual
CELEBRATING SENIOR CHAMPIONS

DAILY BASKET RAFFLE

1 Ticket = 30 Chances to win!
One winner drawn each day in November!

TICKET PRICES:
1 ticket for \$10 • 3 tickets for \$25 • 6 tickets for \$40

Visit [2021CSGC.givesmart.com](https://e.givesmart.com) to view baskets and descriptions.
Proceeds benefit UPMC Senior Communities Benevolent Care Fund.
Winners do not have to be present to win.

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GUMSBERRY
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By November 1, take a chance and support our seniors! 1 ticket = 30 chances to win!

Raffle Baskets include **cash, gift cards, designer handbags, and more!**

Ticket Prices: 1 for \$10 • 3 for \$25 • 6 for \$40

To purchase tickets, visit <https://e.givesmart.com/events/kaz/page/order-form-1/>.

One winner drawn each day in November.

Asbury HEIGHTS
Part of UPMC Senior Communities

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