

The Asbury News

News and Information for the Residents of Asbury Heights

October 2023

Introducing the Ace Lock System

A series of steps have been taken to improve the safety and security of the Asbury Heights campus. In 2022, we upgraded the wandering prevention system to Elpas. An update to the emergency call system was made with the TruView system and new state-of-the-art Geo pendants were issued to Asbury Heights independent living and Carriage Home residents, and to personal care residents. More recently, we further improved the security of all four the skilled nursing communities with the installation of keypads, requiring visitors to enter a code to enter and exit.

Asbury Heights recently activated another new safety feature that allows the Security Office to instantly lock all entrance doors of the seven connected buildings on the Main Campus and to summon assistance from the police and fire departments. This new system is called Ace Lock and is designed to keep external threats from entering the buildings (other than the police/fire force). Ace Lock enables Security to initiate an immediate lockdown to keep any outside threats from entering the buildings. Once the lockdown is initiated, those already inside the building would still be able to exit, when directed.

If an external threat should occur in the vicinity of Asbury Heights, staying indoors provides the most safety. The Ace Lock system will prevent anyone from entering the building. During such a lockdown, opening



ACE LOCK
The Security People

the doors to let someone into the building is strictly prohibited (other than when directed by the police/fire departments).

Lockdowns are impossible to predict. If one should go into effect when you are expecting a visitor, please make every attempt to notify your visitor of the lockdown before they arrive to Asbury. Suspicion is enough to initiate a lockdown.

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Asbury
HEIGHTS

Part of UPMC Senior Communities

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Acting on a false alarm will not cause harm to the facility, residents, visitors, or staff. Keys and door fobs will not be operational. If a resident, visitor, or staff member is outside when the lockdown begins, they should shelter elsewhere.

Updates from the Security Department will be provide telephones and/or public announcement system until and “all clear” is given from local law enforcement.

The Ace Lock system is not available at Asbury Villas, Asbury Place, the Carriage Homes, and The Embassy. These communities have far fewer doors that lead inside; therefore, residents and staff can readily lock all the doors on the ground level to prevent any bad actors from entering.



Farmer's Market

The dining services team hosted a Farmers Market in the Mall on October 17. During the special event, residents had the opportunity to purchase fresh produce, baked goods, and more. Free samples were also available.

Halloween Parade and Contest

The Halloween Parade is returning to Asbury Heights! This year's parade route will begin in the area formerly known as the Baum Chapel, continue into the Social Room, through the B-D Lounge, and end in the Mall. If you are dressing up and would like to participate in the parade, please arrive to the Baum Chapel by 1:45 p.m. as the parade will begin at 2 p.m.

Employee Pumpkin Decorating Contest

Be on the lookout for this year's pumpkins decorated by employees. They will make their way to the main lobby beginning Monday, October 23.

Vote for your favorite beginning Tuesday, October 24.



Pittsburgh's Plastic Bag Ban

On Saturday, October 14, the plastic bag ban within the City of Pittsburgh limits went into effect. This means that retailers throughout the city are prohibited from distributing plastic carry-out bags to customers.

The ban will eventually go beyond the city limits and apply to all of Allegheny County. When this happens, Asbury Heights, specifically the Asbury Cafe, will be subject to comply.

Begin planning for this upcoming change by utilizing reusable bags made of nylon, cotton, polyester, or another material suitable for multiple reuses.



Service of Remembrance

Sunday, November 5, 2023

1:00 p.m.

Hickman Memorial Chapel

A service memorializing residents that passed from Oct. 31, 2022 through Oct.31, 2023.

Celebrating 115 Years Asbury's Anniversary

Asbury Heights celebrated its 115th anniversary on September 26. This “home on the hill,” as it was once known, has been home to generations of older adults from Pittsburgh’s south hills and beyond.

Our name may have changed a few times over the years, but we have always been a trusted source for senior living. Many in the area know someone who has either lived or worked here at some point in their lives. We are a staple of the Mt. Lebanon community and home to more than 300 older adults.

The celebration featured an extensive buffet of “Flavors Around the World” which included favorites from near and far. Additionally, Asbury memorabilia (some of which dating back to 1908) was on display in the Mall for all to see.



Back By Popular Demand Daily Basket Raffle!

1 Ticket = 30 Chances to Win!

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

Visit **2023CC.givesmart.com** to view baskets and descriptions.

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

To Purchase Tickets - stop by our Reception Desk or Foundation Office (2403).

For more details - call **412-571-5106** or email **kartmanca@upmc.edu**.

One winner drawn each day in November. Winners do not need to be present to win.

Proceeds benefit two great causes - UPMC Senior Communities Benevolent Care Fund and UPMC Western Behavioral Health Making Minds Matter Fund.



October 2023

Resident Council/Community Meetings

Independent Residents

Monday, November 20 at 1:30 PM
Hickman Chapel

Asbury Villas

Wednesday, November 15 at 2:30 PM
Lifestyle Center

Nursing & Rehabilitation Center

Monday, November 20
Staff will meet with residents one-on-one

Laurel Lane

Wednesday, November 8 at 2:00 PM
Ramp

Asbury Place

Monday, November 13 at 2:00 PM
Great Room

Upcoming Meals and Special Events

Farmers Market

Tuesday, October 17

Apple Day

Saturday, October 21

Oktoberfest

Tuesday, October 24

Pumpkin Day

Thursday, October 26

Chocolate Day

Saturday, October 28



New Cushions at Asbury Villas

The residents of Asbury Villas received new custom-made upholstered cushions for their porch furniture. These cushions were produced by East Suburban Interiors, a vendor headquartered in Murrysville, Pennsylvania.

Realizing the standard cushions from the big chain stores provided a less than ideal fit, Asbury leadership decided to get customized cushions that better fit the rocking chairs.

The patio furniture was also rearranged in a more efficient manner in order to make the most of the space.

Asbury HEIGHTS

Part of UPMC Senior Communities

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