

SEASONS

AN UPDATE FROM ASBURY HEIGHTS



Asbury HEIGHTS
Part of UPMC Senior Communities

2022

Visit us at AsburyHeights.org
or call 412-341-1030

Welcome



Dear Friends:

In June, I will celebrate my first anniversary as executive director of Asbury Heights. I want to take a moment to thank everyone for their warm welcome as I transitioned into this new role. Asbury is a wonderful place and it's the people who make it that way! I have enjoyed working with the Asbury Heights of UPMC Board of Directors, our Leadership Team and staff, and most importantly, our residents and their families.

Last year was certainly another challenging one as we continued to mitigate the spread of COVID-19 within our community. We have turned a bend in this pandemic, with tools we didn't have a year ago, such as effective vaccines and treatments. One thing that has been a constant in such an uncertain time has been our Asbury Donors! With their support, we continue to carry on our rich history of caring for older adults.

I hope you enjoy this issue of *Seasons*, as we feature various campus upgrades and improvements, acknowledge the generosity of our donors, and share ways you can support our mission by considering Asbury in your 2022 charitable plans.

Sincerely,

A handwritten signature in black ink, reading "Joey L. Boyles".

Joey L. Boyles, MHA, NHA
Executive Director



Centers for Rehab Services Joins Asbury Heights

Asbury Heights recently welcomed UPMC Centers for Rehab Services to its campus. We are proud to collaborate with one of the largest networks of community-based, comprehensive rehabilitation services in western Pennsylvania.

UPMC Centers for Rehab Services provides an extensive rehabilitation inpatient/outpatient program that includes physical, occupational, and speech therapy. Therapists conduct evaluations, develop and implement specific treatment plans, and provide ongoing

assessments based on individual needs. Through Asbury's affiliation with UPMC Senior Communities and UPMC Centers for Rehab Services, we're able to offer substantial benefits in terms of resources for our residents.

Therapists can help adapt home environments to fit a resident's needs and work with restorative nurses to create goals that will allow residents to continue functioning at their highest level. Neurological-based programs are also available for those living with Parkinson's and other neurodegenerative brain disorders.

Dollars at Work

Asbury's affiliation with UPMC Senior Communities and having a strong network of donors, provided for many improvements to our campus.



New Sunset Room

Independent Living residents were introduced to an improved Sunset Room during the Grand Opening on January 11. The refurbished multi-purpose room features an 85" television, game tables, countertop, cabinets, refrigerator, and relocated grand piano. Additional improvements include new light fixtures, carpeting, window shades, and a fresh coat of paint.

Bench Tribute

Last summer, an anonymous donor took advantage of one of our naming opportunities by dedicating a bench in memory of their parents. Thanks to this generosity, the donor is supporting the mission of Asbury Heights while also providing our residents and their families with a relaxing and beautiful area to visit with one another.



Mall Ceiling

The Mall skylight received a new ceiling late last year. The new design still allows for natural light to fill the space through new windows but also includes additional recessed lighting that shines overhead. The new design enables better regulation of temperature.

New plant life, including a moss wall, has also been added to the common area.

Virtual Reality Program

While life as we knew it was essentially on hiatus, many of us relied on video call technology to connect with our loved ones. At Asbury, we took things a step further and introduced virtual reality (VR) to residents across our campus.

When participants wore the headset, they were transported into a virtual world. Using intuitive controllers, they could interact within the virtual world whether by playing a game, simply exploring the environment, or learning something new. Residents who tried the equipment were instantly captivated and continued to use the equipment as often as they could.

"Virtual reality is extremely beneficial to our residents," said Teresa Valentino, activities director. "They are essentially able to transport to places they always wanted to go or return to some of their favorite destinations."

It wasn't long before we developed an official VR program on the Asbury campus. With support from PNC Charitable Trust, Asbury was able to purchase 12 headsets, special controllers, games, charging stations, cleaning supplies, and other accessories essential for the full VR experience.



"Residents can go fishing, golf, hunt, or even go into a famous painting. The experiences are endless!" said Teresa. "This immersive technology has been shown to reduce loneliness and improve mental health. It's certainly having a positive impact on the residents at Asbury Heights."

Those who prefer to be spectators to the virtual experience can watch the action as it unfolds on television thanks to a Google Chromecast device.



Asbury Villas

Our Asbury Villas community was given a fresh look that included removal of wallpaper, new paint, flooring, and lighting on the first floor. This is the first major makeover since the building opened its doors in 2001. Renovations have begun on the second- and third-floor common areas.



Patio Enhancement at Asbury Place

Throughout our campus, we have a variety of beautiful gardens and patios for our residents and visitors to enjoy the outdoors especially during the spring, summer, and fall seasons. Last August, thanks to the generosity of the family of the late Rev. Susan Davies Buell, the outdoor courtyards of Asbury Place received a refresh.

The main patio now has new tables, chairs, cabana umbrellas, and beautiful flower and vegetable gardens which surround the freshly painted gazebo. The interior courtyard has several new sitting areas, a cabana umbrella, hostas, and two beautiful planters. We are most appreciative of Rev. Buell's family for providing support of this project and creating a space that is warm and welcoming for residents and their families.



Amazon Smile

When you shop at AmazonSmile, Amazon will donate to Asbury Foundation. Support us every time you shop. <http://smile.amazon.com/ch/25-1555688>

A Simple Way to Make a Significant Gift

We are fortunate to have donors who remember Asbury Heights in their legacy planning by naming our organization in their will, or as a beneficiary of an insurance policy or a charitable gift annuity.

By making these arrangements, these individuals are a part of our 1908 Society and provide funding for Benevolent Care, Spiritual Life, and environmental and programmatic improvements right here at Asbury all without using current resources.

It's an easy way to give, and your gift, large or small, is greatly appreciated! To learn more about becoming a 1908 Society Member or find out how to name Asbury as a beneficiary in your estate plans, 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.



Please join us in taking a moment to remember the following whose thoughtful planning resulted in a bequest to Asbury Foundation in 2021:

Rev. Donald Baird
Harriet Dick
Shirley Mixson
Centa Swat
Eleanora Thomas



Resident Community Days

Last summer's Resident Community Days were developed in place of our traditional campus-wide Family Day event. Because of continued efforts to mitigate the spread of the coronavirus, separate community events allowed residents and their limited guests an opportunity to come together for food, live entertainment, and fellowship in smaller groups.

And because of the need to continue to keep residents safe, Community Days will replace Family Day again this year. Look for more information soon.

"We were so happy to be able to host these Resident Community Days while still keeping attendees safe. Residents and families need fun days like these every so often."

Joey Boyles
Executive Director



Support for First Responders

Residents throughout campus prepared care packages for the Mt. Lebanon Fire and Police Departments as a “thank you” for everything our firemen and police do.

“I appreciate the kindness shown by our Asbury ladies who thought this would be a good and delicious way to thank the firemen,” said resident Diane Shaw. “I’m fortunate to be a happy resident at Asbury Heights and glad we’re able to help our community through the special projects we do.”

The care packages for these first responders included homemade cookies as well as store-bought treats.

The residents followed up with a similar service project for the staff of a nearby hospital. Five large baskets full of various treats were sent to different areas of the local hospital. Residents wanted to show their appreciation to the doctors, nurses, and other personnel for the work they’ve done, and continue to do, during the pandemic.

Dan Belisario’s Door Décor

Dan Belisario moved into his apartment at Asbury Heights last year. Asbury’s location is just a short distance from Scott Township — a community he called home for over five decades.

The move was prompted by the passing of his wife Pat, to whom he was married to for nearly 60 years. Home didn’t feel like home anymore without Pat — and the house was too much for Dan to maintain at this point. His daughter, Kathy, helped him find a new home at Asbury.

While Dan adjusted to his new apartment, Kathy frequently returned to his former home to sort through her parents’ personal belongings. She eventually came across an old pair of Pat’s ice skates in the attic.

During a conversation with her father, Kathy hinted that she was going to make a special door ornament for him. Dan didn’t think much of the idea at first as he would always decorate their home for the holidays, but when Kathy presented one of his wife’s old skates in the form of a door ornament, he was overwhelmed with joy.



“It reminds me of when we used to go ice skating when we were first married,” said Dan. He specifically recalled a time when the two of them skated at the Civic Arena shortly after it first opened. He was a teacher at nearby Fifth Avenue High School and brought his students along to a public skating session.

Dan very much adores his new door ornament as it brings him a sense of joy that Pat is with him in his new home for the holidays.

United Way

Is your employer hosting a United Way campaign this year? If so, consider directing your support to Asbury Foundation. It's easy to do! Simply, specify our **Contributor Choice Code 308** when filling out your United Way pledge form. This will direct all or a portion of your United Way contribution to Asbury Foundation.



Employee Match

You can make your gift go farther...many employers offer Matching Gift programs. Please contact your personnel or human resource office to see if your employer will match your gift. If they do, they will provide you with a matching gift form. Please send the completed form with your donation made payable to Asbury Foundation.



Angel Ridge Animal Rescue

Residents throughout campus worked toward a common goal in providing treats, toys, and other essentials for the homeless animals of Angel Ridge Animal Rescue in Washington, Pa. This service project was conducted in two parts: the first with a focus on felines, and the other with a dedication to dogs.



Over 100 treats were baked, and 20 tie blankets made for the homeless pets. This service project helped provide necessary items for over 20 dogs and cats.

Save the Date

Celebrating Senior Champions

Dinner & Silent Auction
Thursday, October 27
The Westin Pittsburgh

For more information or to purchase tickets, call Courtney Kartman at **412-571-5106**.

Donor Listings

We can't say **THANK YOU** enough to our Board of Directors, Residents, Families, Friends and Staff for their kindness and generosity throughout 2021. Many of our donors focused their outright and estate planning gifts in support of our Benevolent Care Program - a program that secures resources to assist Asbury Residents who can no longer pay full charges for their care and accommodations. For this kindness, we are most grateful.

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It is an enormous undertaking to list all the tribute gifts made to Asbury Foundation. We apologize in advance for any errors in the above listings, which contain gifts from January 1 through December 31, 2021.

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