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2013

# Seasons



Asbury  
HEIGHTS

Residents are  
*Living Well at Asbury*



# Seasons

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## Residents are *Living Well at Asbury*

At Asbury Heights, we work each day to meet the needs of our residents and keep pace with the ever-changing health care environment.

**To that end, exciting things are happening at Asbury.**

While we've had a long tradition and a strong reputation for providing quality and compassionate care to seniors, we are introducing a new program, *Living Well at Asbury*, that will enhance that care. Through *Living Well at Asbury*, our goal is to become the touchstone for the care of seniors in our region and even across the country.

### *Living Well at Asbury*

With more than a century of experience, Asbury has developed a legacy of leadership in developing life-engagement programs for seniors across the continuum of independent living, personal care, nursing and memory support.

Through our expanding partnerships with leading researchers and professional caregivers, we are continuing to develop new and improved measures of effectiveness, enabling us to anticipate and respond to the evolving needs of our residents.

Our new *Living Well at Asbury* program is designed to help residents stay active and age well to live life at their best with more function and fewer limitations. The program was developed due to the improvements in physical, mental and emotional health that resulted from many years of research. Today, people are living longer and living better.

## For Your Convenience

Keep this handy directory near your phone for easy access to some of Asbury's frequently called numbers.

Administration .....	412-341-1030
Asbury Place .....	412-571-5660
Asbury Villas .....	412-571-5370
Asbury Foundation .....	412-571-5107
Nursing Care	
Inquiries .....	412-571-5182
Volunteer	
Opportunities .....	412-571-5150
Spring Lane.....	412-571-5153
Admission Inquiries.....	412-341-1030
The Embassy.....	412-894-0999
Independent Living.....	412-571-5188

*United Methodist Services for the Aging is a faith-based organization whose mission is to improve the lives of older adults through high-quality, compassionate care.*

*Living Well at Asbury* consists of a three-pronged approach that includes evidence-based care programs, and activities.

## Evidence-Based Care

Evidence-based practices are used throughout the world in many industries and businesses. To help you understand how *Living Well at Asbury* works, we'd like to explain the concept of evidence-based care in this new program.

The first phase of *Living Well at Asbury* is currently being implemented with our independent living residents. Residents enter the *Living Well at Asbury* program when an in-depth resident questionnaire is completed that enables us to assess each individual.

For example, we assess many areas such as each resident's mobility, social supports, medications, vision and physical fitness efforts, just to name a few. This gives us an overall snapshot of each individual's strengths and areas that may need improvement.

The information gathered is entered into the resident's confidential database and serves as a personal benchmark for each resident into the future. Through our collaboration with the University of Pittsburgh, we are able to take the best of the science and apply it to a resident's individualized needs. We then develop an individual Living Well Plan for each resident. Our staff will work with residents on an ongoing basis to monitor and adjust each personalized Living Well Plan.

*(continued on next page)*

## Dear Friend of Asbury Heights:

Winston Churchill once said, "To improve is to change; to be perfect is to change often."

Change is all around us at Asbury, and while we recognize that nothing is perfect, we are striving to be the best continuum of care organization for older adults in the region.

In this issue, we are pleased to introduce you to a new logo for Asbury Heights that captures the spirit of our residents and their individuality and potential here at Asbury.

You'll also read about our *Living Well at Asbury* program. *Living Well at Asbury* consists of a three-pronged approach that includes evidence-based care, programs and activities. Through *Living Well at Asbury*, we are helping our residents to stay active longer, age well and live life at their best.

We have also completed the renovations to our Nursing Center that included updates to resident rooms from floor to ceiling. With that project completed, we will soon begin construction of a short-term rehabilitation unit.

In addition to these changes, plenty of favorite Asbury Heights traditions remain solidly in place. This year, we welcomed the second speaker in our annual Ruth E. Mickle Lecture series. Stephanie Studenski, MD, MPH, led a discussion about the connection between mobility and health in older age. Other returning traditions include Asbury Week and Family Day, which were a large success this year thanks to our many residents and staff.

Asbury wouldn't be the wonderful organization that it is without our exceptional staff, donors, and volunteers. In this issue, you'll find a listing of all of the 2013 service awardees, our generous donors, as well as a breakdown detailing the efforts of our hard-working volunteers.

As Asbury Heights continues down our path of progress, we thank you for your continued support and hope that you'll visit us during this exciting era of change.



  
John J. Zanardelli  
President and CEO 



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*(continued from page 3)*

We then begin to track our residents' trends and document results. Emerging trends help inform us of which interventions are most effective. The care, therapies and recommendations that we provide are drawn from what research tells us works best combined with what we learn from what our residents tell us. We use these results to develop the very best and most individualized care for our residents. This is evidence-based care.

We keep our residents connected and involved in all that we do so that they can continue to age well and be as happy and independent as they are able. While we continue to refine *Living Well at Asbury* in independent living, we will then begin to introduce the concept to all of our levels of care.

## **Independent Living, Personal Care, and Nursing and Rehabilitation**

Like a pebble that hits the water, change often has ripples.

To provide a focus on care rather than environment and amenities and to better communicate who we are and why we are different from others, Asbury is redefining our three primary service areas: Independent Living, Personal Care, and Nursing and Rehabilitation.

Independent Living offers a variety of carefree living options that include carriage homes, apartments and The Embassy, an off-site apartment building. Residents in independent living have access to programs like REACH and STAY. Our REACH (Resources, Education and Caregiver Help) program is specially designed for couples living independently when one member has dementia. We help to provide memory support care for as long as possible while the resident is living independently with a spouse.







Our STAY (Support and Timely Attention for You) program provides limited care and assistance for individuals living independently. Services such as blood pressure checks, lab work coordination and medication ordering are part of the STAY program, while additional home health care services are available through various home health agencies.

Personal Care living at Asbury is for residents with chronic medical conditions, physical limitations or mild to moderate memory disorders. In Personal Care, residents receive assistance with personal hygiene – bathing, grooming, incontinence, and medication and medical management. Asbury is a leader in the care of individuals with memory disorders.

The recently renovated Nursing and Rehabilitation Center at Asbury Heights offers high quality care in a special community designed to meet specific physical, social, emotional, spiritual, and intellectual needs of both short-term and long-term patients. Nursing care is provided with compassion and dignity, giving family members comfort and peace of mind.

On-site rehabilitation is available for individuals recovering from surgery or an illness requiring either a long- or short-term stay. Soon, we will be constructing a new area specifically for short-term rehabilitation.

Our Nursing and Rehabilitation Center also provides memory support nursing care in a safe, secure environment. Our staff members receive ongoing training to stay current on the most innovative and effective treatments for individuals with memory impairments.

## Our New Look

A tree has been associated with the logo since the organization's inception. With so much energy and excitement about *Living Well at Asbury*, a new logo for Asbury Heights has been introduced.




The logo features an embellishment, which is a seeding, and represents a new beginning. And the seeding contains a single leaf to represent the personalized care that every resident receives at Asbury. Our new logo was selected with input from our residents, staff, volunteers and family members and is being received with enthusiasm. It's the first time Asbury has changed its logo in 15 years.

With our new advertising campaign, you've probably been seeing the logo in many places — on our brochures, newsletters, signs, web site and print and television ads.

## A Bright Future

So many exciting changes are underway at Asbury to ensure a bright future and the continuation of the highest quality and compassionate care for our residents.

As we say in our ads, *Living Well at Asbury* is not just a slogan; it's our commitment to our residents. 



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## Summer Celebrations at Asbury!



### Asbury Week – Varsity Days

This year's Asbury Week had residents and staff heading to their cedar chests to dust off yearbooks, gather photos and pull out class rings. With a Varsity Days theme, the Asbury Week festivities gave Asbury residents and staff the opportunity to reminisce about high school accomplishments and share stories.

The week's events kicked off on Monday, June 10 with Homecoming Day. Residents and staff were serenaded by The Donnybrooks as the Pittsburgh Voltage football team ran through an obstacle course, cheered on by Asbury cheerleaders. Following the excitement, Miss Pittsburgh visited to announce the Prom court.

Tuesday was Drama Club Day when residents and staff performed Holka Polka in the social room. All of the rehearsing by the play's actors and crew in the weeks leading up to Varsity Days was evident and appreciated by all in attendance.

A science and art fair was held on Wednesday. Asbury residents demonstrated their talent with an art display, and representatives from the Carnegie Science Center made ice cream from liquid nitrogen.

Residents and staff donned their finest suits and dresses for the "Enchantment Under the Sea" prom on Thursday. A DJ played music that spanned the decades until the prom king and queen were crowned with flowers donated by Gallagher Home Health Services.

Varsity Days came to a close with a Graduation Celebration of Generations on Friday. Staff dressed in their graduation regalia, and the Asbury Hillbilly Rhythm Band played as residents showed off their high school yearbooks, photos and class rings. Finally, all were honored by the surprise keynote speaker, "Pittsburgh's favorite sportscaster" John Fedko, who addressed the attendees.





## Family Day

Families and friends of residents, volunteers and staff gathered on Sunday, June 30 for this year's Family Day. The celebration was safari themed, with African drums, dancers, and exotic animals which included a wildebeest, a camel, and a zebra! Many attendees took the theme a step further by wearing safari attire, including cargo shorts and safari shirts. 🌿

# Renovation Projects

Last spring, Asbury Heights' Nursing Center began a series of renovations to create a safer, homelike environment for our residents which also complied with new fire safety regulations. The renovations included new flooring, updated bathrooms, new privacy curtains, a soothing color scheme, and armoires. After 18 months, the updated residents' rooms are ready for move-in, and another Asbury improvement is complete.

## Short-Term Rehabilitation Unit

Asbury's next renovation project will begin soon and involves the creation of a short-term rehabilitation unit. The renovation includes new carpeting, paint and lighting, as well as the addition of a second rehabilitation gym specifically for short-term rehabilitation residents. There will also be a multipurpose lounge where residents can relax and visit with family members, watch favorite programs on the wall-mounted flat-screen television or maintain online connections with Asbury's Wi-Fi access. In addition, there will be a beverage and snack station and a private, newly constructed conference room where the interdisciplinary team can meet to discuss the plan to get the resident back to their home as quickly as possible.

The short-term rehabilitation gym will be constructed in the current resident library. The resident library will be relocated to the Mall where all residents can make social connections in the comfortable seating areas while reading and using the library technology.

The architectural firm Perkins Eastman designed the new layout for the short-term rehabilitation unit, and construction is estimated to take seven to nine months to complete.

## Dining Rooms

Resident dining areas within the Asbury communities at the Nursing Center and personal care are also scheduled for renovation with new finishes and multiple access points from the hallway. Dining rooms will also be newly equipped with steam tables, fresh coffee stations, dessert stations, and made-to-order meals. This eliminates tray service, increases the quality of food, and enhances the dining experience for residents. 🌿



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## The 2013 Ruth E. Mickle Lecture: Engineering Better Mobility in Old Age

On Thursday, May 9, Asbury Heights welcomed Stephanie A. Studenski, MD, MPH, of the Claude D. Pepper Older American Independence Center to address the community for the 2nd annual Ruth E. Mickle Lecture, "Engineering Better Mobility in Old Age."

After opening remarks from President and CEO John Zanardelli, Dr. Studenski shared her research on the evaluation, causes, prevention, and treatment of walking problems later in life.

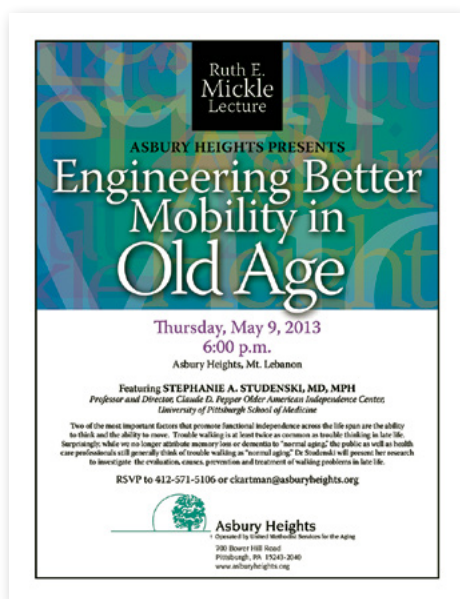
According to Dr. Studenski, trouble walking later in life is at least twice as common as trouble thinking. While many public and health care professionals no longer attribute memory loss and dementia to normal aging, the same cannot be said for trouble walking.

Dr. Studenski's research proves that trouble walking is not associated with

normal aging. Rather, a gait that is slowing down with age typically indicates another health issue that requires treatment, and Dr. Studenski recommends seeking medical attention.

The lecture was followed by a reception, sponsored by UPMC Health Plan and UPMC Mercy, in the Benedum-Driver Lounge.

The Mickle lecture series was made possible by the generous support and kindness of a dear friend, Marlin H. Mickle, Ph.D., and his wife, Nancy Coleman. Mickle is a Professor of Electrical and Computer Engineering at the University of Pittsburgh. Through his contribution to the Asbury Foundation, Dr. Mickle has committed to continuing this lecture series, named to honor his mother. The next lecture will be held on May 8, 2014. 🌿





# Recognition of Employee Excellence

The dedication and compassion of more than 440 employees help to create a caring, safe, and inviting environment for those who call Asbury Heights home.

“Our employees are the backbone of Asbury Heights,” says John Zanardelli, President and CEO. “I am inspired by the caring, skill and compassion that they provide at all levels throughout the organization.”

“Our employees  
are the backbone of  
Asbury Heights.”

— John Zanardelli

On Monday, January 16, Asbury held a luncheon and award ceremony to honor those employees who celebrated milestone anniversaries during the past year. Employees were recognized with a gift and a service award bonus.

The following employees provided more than 375 combined years of service to Asbury and its residents:



## Retiree

Mary Beardmore  
Maggie Ferricks  
Debbie Flaherty  
Gloria Harper  
Rosemarie Lakus  
Karen McKain  
Beverly  
Podlesnik  
Charlotte Ritchey  
Joyce Snyder

## 25 Years

Robin Kemmler

## 20 Years

Dina Boyle  
Lorraine Corey  
John Karloski  
Karen Lockhart  
Grace Snyder

## 15 Years

James Fleisner  
Stan Muldrow  
Katie Simcox  
Rita Turner

## 10 Years

Bethany  
Cummins  
Patricia Evans  
Susan Gayda  
Lusandris Harris  
Sheril Hischar  
Ann Metzger  
Courtney Patter  
Rosemary Smith

## 5 Years

George Adamson  
Linda Atkins  
Larry Cavill  
Ben Clark  
David Clark  
Hope Davies  
Sharon Davis  
Jackie Deco  
Maria Doody  
Jean Fleissner  
Shana Fisher  
Paula Galeta

Jeanne Hamilton  
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Martin Maroni  
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Margie Pine  
Joann Pruszenski  
Patricia Saunders  
Linda Wheeler  
Tom Zadinski





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## News from Asbury Foundation: A Celebration of Giving



On June 25, the Asbury Foundation held a ribbon-cutting ceremony to honor the donors and foundations that helped fund Asbury's new wireless network (WiFi). The wireless network has enabled the Nursing & Rehabilitation Center to introduce a paperless system for medication distribution. Wireless connectivity is also available to residents and families in common areas such as the mall, social room and lobby.



### **Dedication: KISSLING AVIARY**

The Kissling family celebrates the unveiling of the Kissling Aviary in loving memory of their mother, Mary Kissling.



### **Dedication: EVANS TREE**

The Evans family and Asbury's Resident Council celebrate the unveiling of the Evans Tree in loving memory of Ned Evans.

### **Dedication: TALMAGE BENCH**

Jane Talmage, daughter of former resident Bonnie Greene, was surprised by friend, H. Robert Spicher (*standing r to l*) and her daughters, Emily Antoline and Genelle Davis (*seated l to r*) with a bench in her honor.



# Our Donors and Supporters

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## Volunteer Recognition

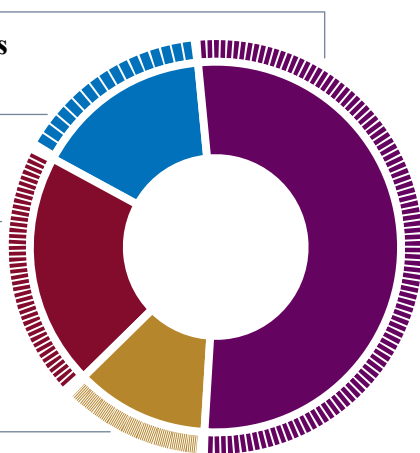
From January through December 2012...

**94** Community Adults  
volunteered **7,841 hours**

**17** Groups volunteered  
**2,349.75 hours**

**38** Residents  
volunteered  
**2,941.25 hours**

**71** Community  
Teens volunteered  
**1,697.75 hours**



This is a total of **220 people** working **14,829.75 hours**.

By multiplying the total hours by Asbury's lowest employee wage, the volunteers provided services to our residents valued at more than **\$120,800**.



# Seasons

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Mrs. Dora Beards

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### Mary Jane Hoffman

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\* Deceased

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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 listing which contains gifts from January 1 through December 31, 2012.



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SAVE THE DATE

## Asbury Aglow:

The 18th annual Asbury Aglow will be held this year on **Wednesday, December 11** from **5:30 p.m. until 7:30 p.m.**

Attendees can expect great live entertainment, pictures with Santa, a kids' Winter Wonderland, and favorite holiday foods. A horse-drawn carriage will lead guests through the campus. 🌿

