

Seasons

Collaborations
Advance the
Care of Older
Adults

Asbury
HEIGHTS



Seasons

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For Your Convenience

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

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



Collaborations Advance the Care of Older Adults

In western Pennsylvania, Asbury Heights is the leader in maximizing function and wellbeing in older adults. It's an achievement that involves ongoing training for staff at all levels and having senior leadership stay abreast of the most current and effective approaches to the care of older adults.

The three primary initiatives underway at Asbury that set it apart from other senior living communities in our region are *Living Well at Asbury*, Teepa Snow's Positive Approach to Care and the Institute for Interventional Gerontology.

Living Well at Asbury

"We have implemented an initiative, *Living Well at Asbury*, that will enable our residents to live life at their best," says Marjie Wilson, MSW, director, Independent Resident Services, Asbury Heights.

Today, people are living longer and living better because of improvements in treating physical, mental and emotional health — the result of years of research and tracking. *Living Well at Asbury* was introduced in 2013 and is designed to help residents stay active and age well to live life at their best with more function and fewer limitations.

The initiative, developed in collaboration with leading researchers at the University of Pittsburgh and professional caregivers, is built on evidence-based care that combines knowledge gained from research outcomes with a closer look at the specific needs of each resident of Asbury. *Living Well at Asbury* is an approach to care that involves enhanced measures of effectiveness that enable Asbury staff to respond to the changing needs of each resident.

The first phase of *Living Well at Asbury* has been completed. During this phase, independent living residents of Asbury underwent an in-depth assessment, the Living Well Profile, that explored critical areas to aging such as mobility, social supports, medications, vision and physical fitness.

“The overall goal of *Living Well at Asbury* is to have our residents stay independent for as long as possible,” Wilson explains. “Once residents complete their Living Well Profile, we prepare a Living Well Plan for each individual and review with them any recommendations that we believe will enhance their well-being.”

Recommendations vary for each resident and can include scheduling an eye exam or dental visit, engaging in physical therapy for a balance issue, or speech therapy to assist with cognitive decline. Participating in SeniorFIT is a leading recommendation. “Exercise has many benefits,” says Wilson. “It can help with cognition, because you’re getting oxygen to your brain, you’re having to remember a class schedule, and you’re socializing with other people, and all of that keeps your brain working. The other benefits, of course, include fall prevention, helping with core balance and bone strength.”

The key to the success of *Living Well at Asbury* is in the ongoing follow up that is provided. “We review each resident’s Living Well Profile and have a care conference with staff to determine our recommendations, and then we put them in writing to the resident,” says Wilson. “We follow up with each resident in three months to see if the recommendations have been followed, or if there are any questions that we can address. Right now, the Living Well Profile of independent living residents is updated annually so that we can readily see any changes and provide the best counsel and recommendations to keep them living at their best.”

All outcomes and trends are documented for each resident with a Living Well Profile. As a resident’s needs change and they progress through the continuum of care that Asbury provides, a detailed health history exists along with more detailed information about their activities and social interests. This information adds enormous value to the continuity of care throughout a resident’s life at Asbury.

(continued on next page)

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.

Dear Friend of Asbury Heights:

It’s no secret that great innovation is the result of strategic collaborations. While Thomas Edison created the light bulb, he would never have been able to launch the Edison Electric Light Company without his collaborators, J. P. Morgan and the Vanderbilts. The songwriting collaboration of John Lennon and Paul McCartney catapulted The Beatles into musical history. And, nearly all of the important medical advancements made to date are the result of collaboration.

Asbury Heights believes strongly in the benefits of collaboration to advance the care and quality of life that we provide to our residents.

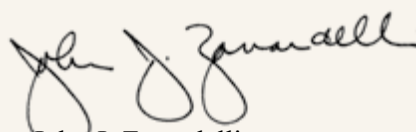
In this issue of *Seasons*, I’m excited to share with you a few new collaborations and to update you on those we have told you about in previous issues. Through these ventures, we’ve developed many new relationships and are becoming recognized as a leading innovator in the lifestyle and care of older adults. Every collaboration leads to new and exciting opportunities that result in more bridges built between Asbury and other organizations and resources.

One such collaboration is with the Stanford Chronic Disease Self-Management Program. Through our relationship, Asbury hosts a series of free six-week workshops titled *Better Choices, Better Health: Managing Chronic Conditions*, where attendees can get tips and ideas to help make life easier for those facing one or several ongoing health issues.

All of our strategic collaborations are designed to help us achieve our goal – to be the leader in maximizing function and wellbeing in older adults.

As always, your feedback is welcome, and I thank you for your ongoing support of all that we do.

Sincerely,



John J. Zanardelli
President and CEO



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(continued from page 3)

Positive Approach to Care

Asbury's focus on wellbeing extends to all of its residents from independent living to personal care, nursing care, rehabilitation and memory support.

In the area of memory support, Asbury has partnered with dementia care expert Teepa Snow to implement and expand on her techniques and teachings known as Positive Approach to Care.

This approach focuses more on physical cues rather than verbal cues when communicating with residents with cognitive impairments and how our brain controls our body and our behaviors. It's an attempt to look at the world from the perspective of an individual with dementia.

"When we use the Positive Approach to Care and approach a resident at Asbury who has cognitive impairment, we are using strategies that are scientific, based on the aging process," explains Cara Todhunter, MA, CCC-SLP/L, senior administrative director, Health Care Services. "While the Positive Approach to Care is tailored for individuals with dementia or other cognitive impairments, it really is a natural progression of how to communicate with anybody."

"For example, instead of just walking into a resident's room, we knock on the door or a table to get their attention. We call them by name. We move slowly. We approach them from the front. We get on their level to talk – sitting, squatting or kneeling," Todhunter continues. "It's really the way any of us would want to be approached."



"While the Positive Approach to Care is tailored for individuals with dementia or other cognitive impairments, it really is a natural progression of how to communicate with anybody."

The Positive Approach to Care may have been designed specifically for individuals with dementia, or other cognitive impairments, but Todhunter believes that all of the methods involved in the training are reflective of excellent overall customer service.

There are four levels of achievement and a coaching level involved in Positive Approach to Care training. All employees at Asbury are required to complete level one of training, and employees working on any memory support community are required to complete level one within the first 90 days of employment and level two within the first year.

Because the Positive Approach to Care represents a culture change, it needs to be reinforced regularly to become habit forming and a standard practice of care, and that's where peer coaches are effective.

"We have four peer coaches who have advanced skill and training. They've completed level three and level four of training," explains Todhunter. "Peer coaches meet with staff for 15-20 minutes each week. They demonstrate techniques and make sure staff is practicing everyday. Our peer coaches are helping us to achieve culture change in a positive way."

Asbury activity assistants have also completed a similar advanced level of training as peer coaches. The services that activity assistants provide to residents are centered around engagement and programming. Their expanded level of training provides them with additional knowledge about dementia and makes it easier for them to identify an individual's abilities for social engagement. By having an expanded base of knowledge, activity assistants can manage the social



Institute for Interventional Gerontology

Part of being a center of excellence in the care of older adults is staying abreast of leading edge therapies and research. Asbury has established the Institute for Interventional Gerontology, in collaboration with the University of Pittsburgh Graduate School of Public Health, Department of Behavior and Community Health Services.

The Institute for Interventional Gerontology will enable Asbury Heights to see more, do more, and know more about the care of older adults. The establishment of the Institute is part of Asbury's Living Well at Asbury initiative, bringing evidence-based methods into practice to address aging-related issues affecting cognition, function, and mood.

"For years, advancements in science have provided resources and therapies to enable individuals to live longer, but not necessarily to live well," says John Zanardelli, President & CEO, Asbury Heights. "Through the Institute, we collaborate with researchers and clinicians on non-pharmacological projects that have a high probability of either helping our residents with physical function, mood, or cognition or reducing life-care expenses for older adults over the long term."

Through the Institute, researchers and clinicians are provided the opportunity to explore various research theories or concepts before securing major funding and turning them into larger projects.

Residents of Asbury are invited to participate in research projects, and close oversight, supervision and support are provided to ensure that projects are matched to residents who can benefit.

All of the projects are non-invasive and non-pharmacological which means that they do not involve any shots, medications or medical treatment. For example, a research project may consist of having a select number of residents walk in a figure eight a certain number of minutes each day to assess whether or not that helps improve balance. Residents who participate may benefit from their involvement.

An Advisory Committee consisting of Asbury residents and staff from both the Graduate School of Public Health and Asbury Heights will review projects for consideration and approval. A limited number of projects will take place each year.

"Advances in care are made as a result of research," says Zanardelli. "The Institute will help Asbury to stay on the leading edge in the care that we provide to our residents. Not only can residents benefit from their involvement, but the overall population of older adults also may benefit from a research project that started at Asbury through the Institute. It's exciting to be a part of a collaborative effort that will ultimately help us in our mission to be the leader in maximizing function and wellbeing in older adults." 🍀

setting and develop opportunities for all residents to be active and involved.

"For example," Todhunter says, "some residents are able to play bingo, but there are some who can't but would still like to be involved. By understanding the abilities of each resident, we can have everyone involved. Some may play bingo, one may stack the cards in a neat pile and another may have another task. We want everyone to be engaged socially, and through Positive Approach to Care, our staff is being given the training so that can happen."

Asbury will soon be the site of a Positive Approach to Care College where individuals from around the country will come to learn these innovative techniques. Teepa Snow and Asbury staff members will train and demonstrate elements of the Positive Approach to Care so that professionals caring for individuals with dementia can meet their needs through a more caring, thoughtful approach.

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With thanks

"My father, Clare B. McDermott, died on Tuesday, May 9 at Asbury. He had been a resident of Spring Lane for a year. He was then on Redwood for a few weeks. He spent his last week on Willow in a private room.

The care he received in each of those three places was very good. I would like to commend Doris, Kathy, and Jerry on Spring Lane and Dee on Redwood.

In his three and a half years at Asbury, my father lived in five different units. He (and we) was impressed with the care he received from your staff in each place.

Thank you."

- Maggie McDermott

Asbury Seen and Heard

Steven M. Albert, PhD

Author and Asbury Board Member

Steven M. Albert, PhD, board member, Asbury Heights Board of Directors, and professor and chair, Department of Behavioral and Community Health Sciences, University of Pittsburgh Graduate School of Public Health, recently co-authored a book, "*Methods for Community Public Health Research: Integrated and Engaged Approaches.*"



The book highlights new technologies and methodologies to address complex health issues, translate research into action and engage the community and relevant stakeholders. It is written for graduate students of public health and practicing researchers and is published by Springer Publishing Company.

Peg Chabala

Rollin Wright, MD, MS

Bringing Common Sense Dementia Care to Medical Conference

The American Medical Directors Association (AMDA) held its national annual meeting in February in Nashville, TN, and Asbury staff were on hand to present an innovative, common sense approach to dementia care.

Peg Chabala, dementia education specialist at Asbury and Rollin Wright, MD, MS, geriatrician at Asbury and assistant professor of medicine, University of Pittsburgh, were joined by Beth Nolan, PhD, behavioral health scientist, University of Pittsburgh, and Teepa Snow, MS, OTR, dementia care and education expert, when they presented a workshop titled "*Demystifying 'Challenging Behaviors' by Using a Common Sense Approach to Dementia Care.*"

The AMDA is dedicated to excellence in patient care and provides education, advocacy, information and professional development to promote the delivery of quality post-acute and long-term care medicine.



George Cohen

Kudos

"The families that participated in last week's support group were all very happy with the programming and care that their loved ones receive on Willow.

Several of the families mentioned that they had tried several different facilities, hospitals, and services and that the staff on Willow has been able to help and figure out what works the best for their loved one. Just wanted to say good job!"

- Julie Haley,

Resident & Family Support Service Coordinator



David Nace, MD, MPH
*Medical Director
 Exemplifying Quality Care at
 Asbury Heights*

With low hospital readmission rates and 5-star overall ratings for its Nursing and Rehabilitation Center from both *U.S. News & World Report* and the Centers for Medicare & Medicaid Services (CMS), Asbury Heights has been nationally recognized for providing quality care to older adults.

Dr. David Nace, currently the Medical Director at Asbury Heights, exemplifies this level of quality care. Recognized for the last three consecutive years by *Pittsburgh Magazine* in their annual list of Best Doctors in Pittsburgh, Dr. Nace sets the standard for the region's geriatric care.

In addition to his work at Asbury Heights, Dr. Nace also works at the Benedum Geriatric Center, a division of Geriatric Medicine for UPMC Senior Care, and at Magee-Womens Hospital of UPMC. He also teaches at the University of Pittsburgh School of Medicine, educating the next generation of geriatric caregivers and ensuring that Pittsburgh's older adults will be in good hands for years to come.

Martin Seifering

Board Member

Cara Todhunter, MA, CCC-SLP/L

*Senior Administrative Director
 Sharing Knowledge at National Conference*

Asbury board member Martin Seifering, principal, Perkins Eastman Architects, and Cara Todhunter, MA, CCC-SLP/L, senior administrative director, Health Care Services at Asbury presented *Beyond Outcomes: How to Maximize the Benefits of Short-Term Rehab* at the Leading Age PA Annual Conference in Hershey.

Seifering and Todhunter were joined by Brian Gabriel, principal, ParenteBeard of Philadelphia. Together, the trio discussed key steps and financial benefits to building and growing a successful short-term rehab program, the benefits beyond Medicare revenues that a short-term rehab program can provide (including access to a younger consumer market) and ways to reach beyond positive outcomes to influence short-term rehab patients to consider your organization when making decisions about future housing, services or care.

LeadingAge is the largest association of non-profit organizations and members striving to expand the world of possibilities for aging. 🌱

George Cohen

*Asbury Resident and
 World War II Hero*

In June 2014, Asbury resident George Cohen and his daughter Louise attended the Mid-Atlantic Air Museum's 24th Anniversary World War II Weekend at the Reading Regional Airport.

Cohen had served as a first lieutenant in the U.S. Army Air Force's 509th Composite Group and was a flight engineer on Top Secret, a B-29 "Superfortress" modified to carry the atomic bomb. Top Secret was Enola Gay's backup plane for the first atomic mission at Hiroshima and the weather plane for the second mission at Nagasaki.

At the event, described as a "gathering of war birds," Cohen signed auto-graphs in a book about the 509th. Asbury Heights is grateful to Cohen for his service and his role in this nation's history.



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Family Day

Asbury Heights was bustling on Sunday, June 29 as family and friends came together for Asbury's annual Family Day. Keeping with this year's Arabian theme, belly dancers and fire eaters entertained guests who also had the opportunity to lay on a bed of nails or receive a fun henna tattoo. Asbury's youngest guests also enjoyed a bouncy house.

The celebration lasted from noon until 3:00 p.m. 🌿



Asbury Week: The Great Outdoors

After this year's long and cold winter, Asbury Heights residents and staff celebrated the warm weather and the spirit of this year's Asbury Week theme, The Great Outdoors!

Employees, residents, families, and volunteers all came together to kick off Asbury Week on Monday, May 19 for Bird Watching Day, enjoying an afternoon bird show courtesy of That Guy With The Birds.

The next day, Tuesday, May 20, offered all the perks of camping without having to leave campus! On Camping Day, residents and staff enjoyed outdoor games in Asbury's beautiful Linden Garden.

On Wednesday, May 21, everyone donned their finest clothes for a Garden Party in the Linden Garden following the Employee Service Awards. A string band provided entertainment as attendees planted flowers and played games such as bocce ball and croquet.

Everyone traded in their garden party attire for dancing shoes on Thursday, May 22 for Hoedown Day! The nonprofit organization Yes, You Can Dance returned to Asbury Heights for a fun afternoon of dancing.

Asbury Week wrapped up on Friday, May 23 with Sports Day. From playing on the field to cheering from the sidelines, everyone had a blast with their friends and co-workers. 🌿

Recognition of Employee Excellence

The dedication and compassion of more than 470 employees helps to create a caring, safe, and inviting environment for those who call Asbury Heights home.

“Each day, I am inspired by the skill and kindness shown by every employee at Asbury Heights,” says John Zanardelli, President and CEO. “They are truly the backbone of our organization, and we are lucky to have such talent at every level.”

On Wednesday, May 21, Asbury hosted a luncheon and award ceremony to honor those employees who celebrated milestone anniversaries during the past year. The honorees received a service award bonus and a gift.

The following employees celebrated milestone anniversaries in 2013 and have provided more than 400 combined years of service to Asbury Heights and its residents:



Retiree

Linda Thurner

Semi-Retirees

Anita Callough
Grace Snyder

40 Years

Cindy Bruno

20 years

Sue Poland
Kathy Symsek
Ginny Thuransky
Mark Tkach
Dorothy Tucker
John Zanardelli

15 years

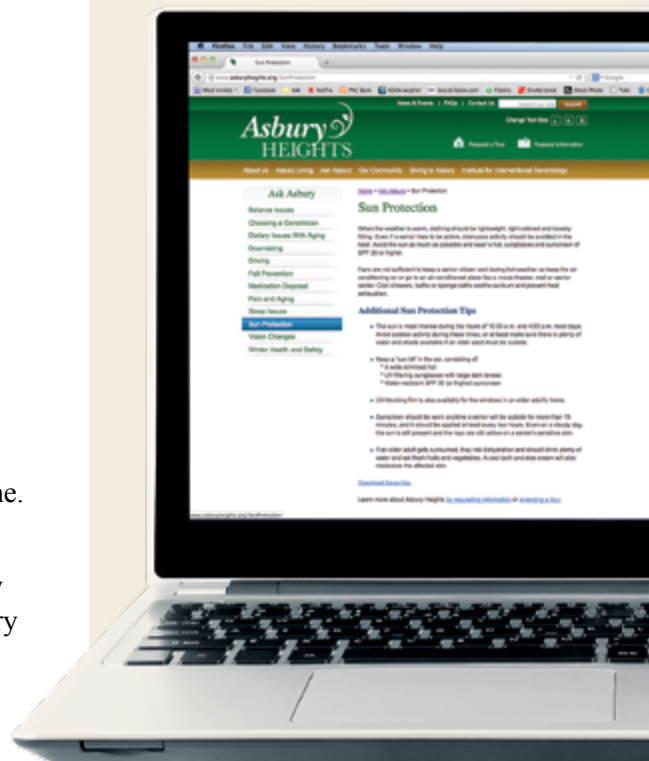
Heather Dietz
Paula Folino
Jean Lee

10 years

Trudi Butler
DonnaLee
Christiano
Mike Delano
Kaaren Kusturis
Gary Moore
Melissa Morris
Akin Olugabade
Marci Thomas
Kathleen Wilhelm

5 years

Michael Allen
Tim Bannon
Jack Bolton
Eleanor Freeman-Ward
Rose Girdany
David Glatch
Ashley Gromek
Elizabeth Karras
Dee Kulak
Matthew
McConnell
Raysa Periu
Eleanor Shaul
Tiffany Spina



Ask Asbury

Asbury Heights' dedicated and knowledgeable team of specialists is often consulted for advice based on its years of expertise.

Asbury has compiled a list of popular questions and provided detailed responses for its new online feature Ask Asbury. Covering a range of topics from balance and dietary issues to sleeping and sun protection, Ask Asbury ensures that you will receive accurate, trustworthy answers for all of your important questions.

Ask Asbury is featured on both the Asbury Heights website (www.asburyheights.org) and the Asbury Heights Facebook page. If you have a suggestion for Ask Asbury, please email Jon Ebel at jebel@asburyheights.org.

The name says it all... if you have a question, feel free to Ask Asbury! 🍃

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Asbury Heights Welcomes World Class Speakers

Asbury Heights' tradition of offering lectures and presentations from first-rate speakers continued in 2014 as Dr. Paul M. Paris, Melanie Linn Gutowski, and Elyse Luray joined the Asbury Heights roster of fascinating and entertaining events.

Ruth E. Mickle Lecture Series

On Thursday, May 8, Paul M. Paris, MD, FACEP, LLD (Hon), presented "Engineering Better Mobility in Old Age," the third installment in the annual Ruth E. Mickle Lecture series. Dr. Paris, an internationally recognized leader in emergency medicine, is currently a professor at the University of Pittsburgh School of Medicine's Department of Emergency Medicine.

Following opening remarks from President and CEO John Zanardelli, Dr. Paris shared his renowned teaching and innovations in acute pain management to shed light on the subject of understanding and managing pain.

Dr. Paris' lecture was followed by a reception, sponsored by UPMC Health Plan, in the Benedum-Driver Lounge with refreshments. The Mickle lecture series was made possible by the generous support and kindness of Marlin H. Mickle, PhD, and his wife, Nancy Coleman. 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 7, 2015.



Hand in Hand Lecture Series

The annual Hand in Hand lecture series commenced on Friday, April 11 with a presentation from author Melanie Linn Gutowski. Ms. Gutowski led a discussion on her first book, *Pittsburgh's Mansions*, a pictorial history exploring the stately homes of prominent Pittsburgh residents from the 1830s through the 1920s. During her presentation, Ms. Gutowski highlighted several mansions from the book and answered questions. Many attendees also enjoyed the privilege of Ms. Gutowski personally signing their copies of *Pittsburgh's Mansions*.

On Thursday, June 12, Asbury welcomed Elyse Luray of PBS' *History Detectives* to present "Be Your Own Detective: How to Determine the Value of an Item." Prior to hosting *History Detectives*, Ms. Luray spent 11 years as an auctioneer at Christie's auction house and served as vice president of the Popular Arts Department. Ms. Luray brought her expertise as an appraiser and auctioneer to Asbury, helping residents and attendees determine the value of family heirlooms ranging from a beautiful piece of stoneware passed down through five generations to an exquisite 90-year old vase given to the parents of a resident on their wedding day. 🍀

News from Asbury Foundation: A Celebration of Giving



Jenny Wahala Bench Dedication

On Friday, July 11, many gathered in the Asbury Mall as a bench was dedicated in memory of former resident Jenny Wahala and as a “thank you” to Asbury Heights for the warm and gracious care provided to her.

Following the dedication, three of Jennie’s five children gathered around the bench for a picture. Shown below, l-r: Pat Jarrett, Fran Eskra, & David Jargiello.



Gridion Giving

Asbury Heights’ Gridiron Giving campaign wrapped up on December 3, 2013, with a Super Bowl party in the Asbury Mall. More than \$25,000 was contributed by the employees in support of Asbury’s mission.

“It is heartwarming to see so much employee dedication for this campaign,” said John Zanardelli, President and CEO. “This is a powerful demonstration of your love of and commitment to Asbury.”



1908 Society - Gerda Reyersbach

Residents and family members are often deeply appreciative of life at Asbury for themselves or their loved ones, and many choose to remember Asbury in their wills or make gifts in memory or honor of an individual.

One example is Gerda Reyersbach who lived at Asbury for nearly 10 years. Prior to moving to Asbury, her husband Henry lived at Asbury Place for three years. After Henry passed away, Gerda made Asbury her home.

Because of her love of Asbury and her deep appreciation for the care she received, Gerda remembered Asbury in her will. Additionally, through a contribution, her friends, Charles and Mia Hitson, unveiled a plaque in her memory that was placed on the wall near the area she sat in the Asbury mall.

If you’d like more information about remembering Asbury in your will or making a gift in memory or in honor of a loved one, contact Courtney Kartman at 412-571-5106 or ckartman@asburyheights.org. 🍂



Seasons

Our Donors and Supporters

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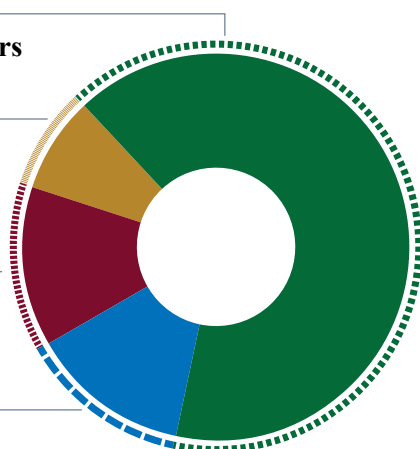
From January through December 2013...

94 Community Adults
volunteered **10,695** hours

76 Community
Teens volunteered
1,277 hours

33 Residents
volunteered
2,197 hours

8 Groups volunteered
2,179 hours



This is a total of **211** people working **16,349** hours.

Multiplying the total hours by our lowest wage, this means the volunteers saved Asbury Heights a total of **\$130,792** in 2013.

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* Deceased
† Posthumous Inductee

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Save the Date!

► Tuesday, September 9: **GOLDEN MILE RACE**

Asbury Heights' 3rd annual Golden Mile Race will be Tuesday, September 9 at 3:30 p.m.! This free event is open to all residents, employees, and guests. Whether you run, jog, walk, or lollygag, this is a race for you! Call 412-571-5030 to register.

► Wednesday, December 10: **ASBURY AGLOW**

The 19th annual Asbury Aglow will be held this year on Wednesday, December 10 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. 🍂

