

www.asburyheights.org

2016

Seasons



When
Serendipity
Strikes

Seasons

When Serendipity Strikes

Serendipity doesn't occur with great frequency, but when it does, a little bit of magic happens. That was the case when 16-year-old Will Jozwiak was introduced to Asbury Place in February 2016.

The team at Asbury Place was looking for partnerships with area schools when Jennifer Sloan reached out to tell Erica Gevaudan, administrator, Asbury Place & Spring and Laurel Lane, that Mt. Lebanon High School's special education program was looking to develop a skilled worker curriculum for students with special needs.

Jennifer knew Asbury Place well because her mom, Bonnie Gould,

called Asbury Place home for nearly three years until she passed away in January 2016. Jennifer was also one of Will's teachers and knew that he would benefit from a skilled worker curriculum. She recommended Will to be the first student to complete the program.

Will is on the autism spectrum and worked at Asbury Place two mornings a week from February to May.

"We are so thankful to Jennifer Sloan and to the Mt. Lebanon School District for making it work," says Will's mom, Debbie Jozwiak. "Will made strides both behaviorally and academically because he

was working here. That was truly wonderful."

Like most new employees, Will started out learning the basics and his responsibilities in task execution gradually increased. Within a short period of time, he was able to call residents by name, and Jennifer worked closely with him around staffing hierarchy – educating him about who is a nurse, who oversees Asbury Place, who do you go to if you need to report changes.

Will's favorite task was "cooking breakfast for the residents. They needed me." His specialty? Eggs and French toast.

The biggest lesson that Will learned was compassion. "When the residents are feeling down, I can care for them," he explains.

He also learned some coping skills. Remembering a resident outburst following a game of Wii™ bowling, Will said "Now I know what people feel like when I yell."

Working at Asbury Place among older adults was an easy adjustment for Will. "He knew right away how to work with older adults even with his own sensory issues and dealing with individuals who have dementia issues," says Debbie, "because his great grandparents, while they don't have dementia, are in their 90s."

The biggest change for Will was his academic performance. "Academically, taking Will out of the classroom helped to break up the

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Will Jozwiak

monotony of the day-to-day school structure and to work harder,” Debbie explains. “There is a fine balance between the importance of structure and his brain racing to think of something else while trying to deal with the structure that is in place. Once he started coming to Asbury Place, his focus and participation in the classroom improved, and Will has shown more responsibility at home.”

Will’s two sisters, Angelena, 14, and Rebecca, 12, were so inspired by Will that they began volunteering at St. Clair Hospital and St. Bernard’s CCD Office respectively.

Asbury Place will be continuing its partnership with Mt. Lebanon High School’s skilled worker curriculum in the Fall, and Will’s leadership skills will be put to the test when he returns and teaches the new students.

As Debbie says, “Will’s role at Asbury is a mesh of hope of two parties with extra challenges working together to make each day brighter.”

A little serendipity goes a long way. 🌱

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Dear Friend of Asbury Heights:

As a life plan community, everyone at Asbury Heights works diligently to provide the best care and programs possible.

After decades of developing new projects and programs, we recently took a deep breath to analyze our efforts and how they relate to the changing healthcare industry. The changes in the healthcare industry include new guidelines set forth by Medicare. Over the last few months, Medicare has begun shifting its focus from reimbursement for fee-for-services to an increased focus on quality. With this new focus, Asbury and other communities must re-evaluate their programs to meet new standards for quality while also measuring effectiveness. We are also working more closely with individual partners and organizations to ensure that our long-term and short-term residents receive the highest quality care possible.

This issue of *Seasons* showcases collaboration, highlights activities and demonstrates quality of care at Asbury. You’ll read about a partnership between Asbury Place and Mt. Lebanon High

School that is benefitting residents and has improved the academic performance of a young man on the autism spectrum. We also share news of the dedication of the James M. Golding Café and the Jean L. Taylor Activities Center thanks to the generosity of thoughtful donors. No issue of *Seasons* would be complete without highlighting some of the many activities that our staff coordinate throughout the year for our residents that demonstrate our vibrant community. And, you’ll read about a few of the countless accolades that we receive about the care we provide our residents.

I thank you for your ongoing support as we continue on our mission of providing quality, compassionate care to older adults, and I invite you to visit our new website to keep abreast of all that is happening at Asbury Heights. 🌱

Sincerely,



John J. Zanardelli
John J. Zanardelli
President and CEO

Seasons



Jean L. Taylor Activities Center

The Jean L. Taylor Activities Center was named on September 22, 2015, thanks to a generous contribution from Marta Taylor Riordan in memory of her mother and a former Asbury Heights resident, Jean L. Taylor.

Through the 10 years Jean called Asbury home, she was involved in multiple activities including art class, dart ball, Scrabble® and outings to the River City Brass Band. Given all that, Jean's family felt it was only fitting to name the Activities Center after her! The funds donated will support our dementia training and community outreach programs.

Donations like these help ensure the mission and vision of Asbury are fulfilled every day! If you're interested in learning more about current naming opportunities, please contact the Foundation at (412) 571-5106. 🌿

Floral Frenzy Craft Show & Sale

The common expression, "April showers bring May flowers," rang true this spring at Asbury, but with an artistic twist.

Equipped with glue guns, paint brushes, canvases, stencils, scissors and other craft supplies, independent living residents put their artistic talents to work creating items for the Floral Frenzy Craft Show & Sale. The event took place on May 24 in the Asbury Heights Social Room.

The floral-themed event featured a variety of unique pieces created by our residents including greeting cards, paintings, magnets, decorative paper flowers, dahlia wreaths and much more.

Proceeds from the sale benefitted Asbury's benevolent care fund. 🌿





The Golden Mile

Residents, employees, volunteers, family members and the community all gathered on September 8 for the 5th Annual Golden Mile Race on Asbury's campus. Participants completed the one-mile course, and

the top three overall male and female winners received gift cards and the first-place male and female winners of each age division were awarded medals. The event is designed to promote good health and well being

for people of all ages and fitness levels. Even those who weren't able to participate in the race were able to enjoy the health benefits of socializing and soaking up a dose of vitamin D! 🌿

Asbury Geriatricians

As our country's population ages, there is a greater need for geriatricians—medical doctors who are specially trained to meet the unique healthcare needs of older adults. Asbury is fortunate to have three board-certified, fellowship-trained geriatricians on staff. Geriatricians are experts in the biology of aging including cancer, dementia, depression, falls, frailty, heart disease, incontinence, infections, mobility issues, osteoporosis and pain management.

Asbury also takes part in the University of Pittsburgh's Geriatric Teaching Program, allowing medical students to visit Asbury's campus and work side-by-side with our geriatricians. 🌿



The James M. Golding Café

On April 22nd, the Asbury Way Café became the James M. Golding Café during a celebratory dedication ceremony. The café honors the generosity of Mr. Golding who is a former chair of the Board of Directors, President's Medallion recipient and longtime friend and supporter of Asbury Heights.

The café is a favorite Asbury destination for residents and visitors alike to enjoy a meal, grab a cup of coffee, or to indulge in an ice cream cone or milkshake.

Mr. Golding's generous gift provides support to Asbury's current needs and is just one of many naming opportunities available to donors. If you'd like to learn more about naming opportunities at Asbury, contact Asbury Foundation at 412-571-5106. 🌿

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Asbury Accolades

When you are a resident of Asbury Heights or have a family member who is, you expect care and service that is sensitive and compassionate. The Asbury staff doesn't disappoint, and as the following excerpts from emails and letters show, they exceed expectations.



Beautiful Grounds

"I want to thank and praise the Grounds Crew for all their hard work to make Asbury Heights the beautiful place that it is. Especially in the summer (since I rise early) I notice that they are working steadily from first light until dusk and many times after dark. The grass and yard around my place always looks perfect, and I have had many visitors tell me how lovely my yard and gardens look."

—Fran Linkesh,
Asbury Resident



Helpful & Kind

"It means so much to have someone who listens and follows up on any questions or concerns I may have. It is rare that I need assistance since your staff is the best – extremely helpful, responsive and kind to my mom. You have such a wonderful group."

—Kathleen Kennedy,
daughter of an Asbury
Villas resident



Peace & Comfort

"Your policy of helping residents remain in their own apartments at the Villas meant the world to Mom and to my brother and me. She felt safe and loved and did not have to endure a move to skilled nursing or hospice or a hospital in her last days. Thank you for the years of peace and comfort your oversight has given my mother and all of us."

—Ann McStay, *family member of former Asbury Villas resident*



Smooth Transition

"So far, this transition from a very difficult situation has been a lot smoother than I thought it would be thanks to your staff. I cannot say enough. The place we came from was just not good at all and left my mom in some sad conditions. I am not used to all the kindness we have been given and just had to let you know."

—Patty Marks,
daughter of an Asbury
Nursing Center resident

New website

Have you visited our new website yet? The new, responsive design makes it easier to view our website from all mobile devices and offers new features to make it more user-friendly, including the ability to access frequently visited pages directly from the home page. The new website also focuses on showing visitors what life at Asbury is like with virtual tours, videos and pictures.

Check it out for yourself at
www.asburyheights.org.

Asbury also has a very strong social media presence with more than 800 active followers on its Facebook page. Frequent postings of resident photos, employee events or information related to older adults engage many replies. 🌿





Honoring Employee Service

On Wednesday, May 25, 2016, Asbury Heights President and CEO John Zanardelli recognized employees who have achieved five or more years of services.

"We are so fortunate to have such an extraordinary staff at Asbury," says Zanardelli. "Staff at every level within our organization play a key role in achieving the quality and excellence in care and service that we provide to our residents."

The following staff members were honored at the May event:

RETIREES

Arlene Lawson,
Nursing
Diane Mountain,
Nursing

45 YEARS

Lou Cammisa,
Asbury Villas

20 YEARS

Erica Gevaudan,
Asbury Place &
Spring/Laurel Lane
William Miller,
Maintenance
LaNiece Butler,
Nursing

15 YEARS

Steven Sion,
Security
David Kwolek,
Nursing
Kathleen Strahler,
Nursing
Karen Cameron,
Asbury Place
Janet Torregrosso,
Asbury Villas

10 YEARS

Sandra Williams,
Spring/Laurel Lane
Lisa Morris, Nursing
Jonathan Ebel,
Administration
Beth Skreptach,
Maintenance

5 YEARS

Patricia Jones,
Asbury Place
Kathleen Collier,
Asbury Villas
Kristina Hauge,
Activities IL
Julianna Haley,
Admissions
Deborah Tarrant,
Asbury Villas
Rosario Periu,
Asbury Villas
Marilyn Solomon,
Activities
John Murawski,
Security



Volunteers Recognized at Annual Luncheon

A Garden of Thanks for All You Do was the theme of the Volunteer Recognition Luncheon held on July 15, 2015. It was fitting considering that Asbury volunteers are a bouquet of goodness and generosity. In 2015, 179 Asbury volunteers provided 18,100 hours of service. The following honorees were recognized for their service milestones:

35 YEARS

Bette Lou Reichard

20 YEARS

Grace Hulsberg

15 YEARS

Newt Blair
Pat Matvey
Maude McDowell
Ruth Parker

10 YEARS

Pam Feinberg
Dennis Habowski
Patricia Hansen
Dorothy Matthewson
(deceased)
Janet Thomas

5 YEARS

Joan Kress
Doris Tole

Seasons

Around Asbury



New Program: Senior FITNESS Tx⁵ Designed for Faster Results

Asbury's Rehabilitation Center has added a new regimen to accelerate rehabilitation and recovery for patients. This new program is called Tx⁵ and offers therapy and exercise to the fifth power! Through Tx⁵, patients receive therapy followed by a series of five intermittent exercise sessions throughout the day. The results include better strength, flexibility, endurance, balance and function than those seen in traditional rehabilitation programs. Our SeniorFITness staff and our therapy staff work collaboratively, and patients experience better outcomes and a decrease risk of hospital readmission. 🌱

Asbury Residents Embracing Modern Communication

Email. Text messages. Video chat. The cloud. These are a few of the many topics being addressed at Asbury's Modern Communication class. The class meets every Monday at 2:30, and independent living residents gather to listen, learn and watch demonstrations that include a wide variety of technology-based communication tools. While they may not yet be able to keep pace with the technology and apps used by their grandchildren, they are discovering other ways to stay connected with them. 🌱

Asbury Angels

The Asbury Angels, a group of independent resident volunteers, have had a busy year! From visiting residents, to knitting, baking and crafting, the Asbury Angels have helped provide comfort and companionship to members of the community. A few of the projects they have worked on this year include: sending Christmas cards to our troops, collecting empty prescription bottles for The Malawi Project, and creating lap blankets, shawls, chemo and preemie caps, and pet beds for the adoptable animals at Animal Friends. 🌱



Family Day

On June 26, both the young and the young at heart gathered together for Family Day. This year's theme was Toon-A-Palooza – a celebration of cartoons. Many of us were introduced to cartoons early in our lives, and it's something we all have in common and can enjoy together.

Unlike previous Family Days, the rain held off – but the heat was relentless! Thankfully, there were lemonade stands and air-conditioned havens that allowed everyone to stay cool. In short, it was a wonderful day for everyone to be drawn together.

A few of the most popular attractions included the petting zoo, photo booths (in the Mall and at Asbury Villas) and a handful of traveling characters. There also were many positive comments about the food. 🍃

Ruth E. Mickle Lecture Focuses on Memory

Memory loss is a significant concern as we age. Maintaining a strong brain is achievable through several practical strategies according to Dr. Juleen Rodakowski, assistant professor, Department of Occupational Therapy, School of Health and Rehabilitation Sciences, University of Pittsburgh. Dr. Rodakowski was the featured speaker at the fifth annual Ruth E. Mickle Lecture on May 5, 2016.

More than 130 individuals attended the Mickle Lecture to hear from Dr. Rodakowski. Among the many tips and strategies she provided to maintain thinking and memory are:

- Stay active cognitively, physically and socially.
- Eat balanced meals.
- Sleep.

You can obtain a copy of Dr. Rodakowski's presentation on the Asbury Heights website, www.asburyheights.org, under Resources. 🍃



Asbury Out and About

Meet Me at the Movies

This year, the Meet Me at the Movies and Make Memories program from Artz (Artists for Alzheimer's) and the Denis Theatre Foundation decided to go in a new direction: instead of driving to the library, the program made it possible to bring the movies directly to our residents with dementia diagnoses here at Asbury Heights! Volunteers show a variety of different movie clips from classic movies, such as *Meet Me in St. Louis* and *It's a Wonderful Life* to encourage discussion and help residents recall positive memories. They also provide popcorn, candy and drinks.

Walk to End Alzheimer's

More than 20 employees and friends joined Team Asbury Heights at the Walk to End Alzheimer's on October 24, 2015, at Heinz Field. Asbury is committed to caring for those with Alzheimer's and other types of dementia, as well as supporting efforts to create a world without dementia. This year's walk is on Oct. 15. 🍃



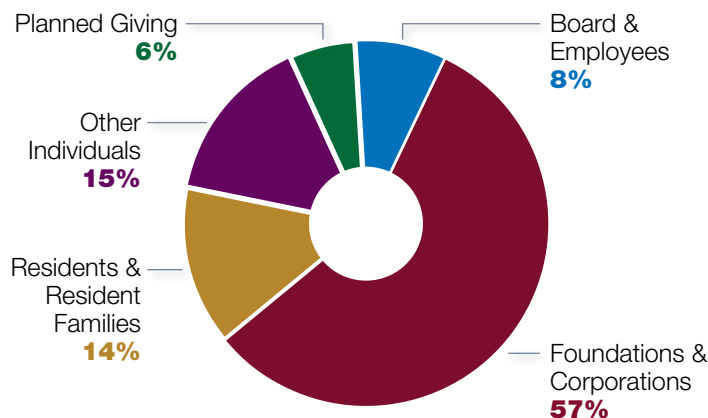


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2015 Gifts

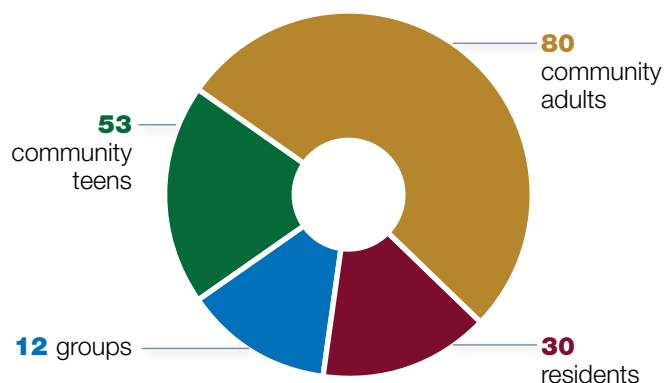
In 2015, more than 400 donors provided support to our Foundation. With their assistance, we were able to provide our residents with:

- benevolent care support for those who cannot pay privately for full charges of their care,
- opportunities for socialization with access to activities and outings,
- ecumenical worship opportunities within our chapels and bible study programs,
- new equipment for our Nursing and Rehabilitation department,
- community outreach programs on topics of cognition, mobility, and emotions,
- And much more!



Volunteer Recognition

In 2015, a total of 179 people worked 18,100 hours. Multiplying the total hours by our lowest wage, the **volunteers saved Asbury Heights a total of \$149,317 in 2015**. We are grateful to our volunteers for their time and talents that benefit our residents.



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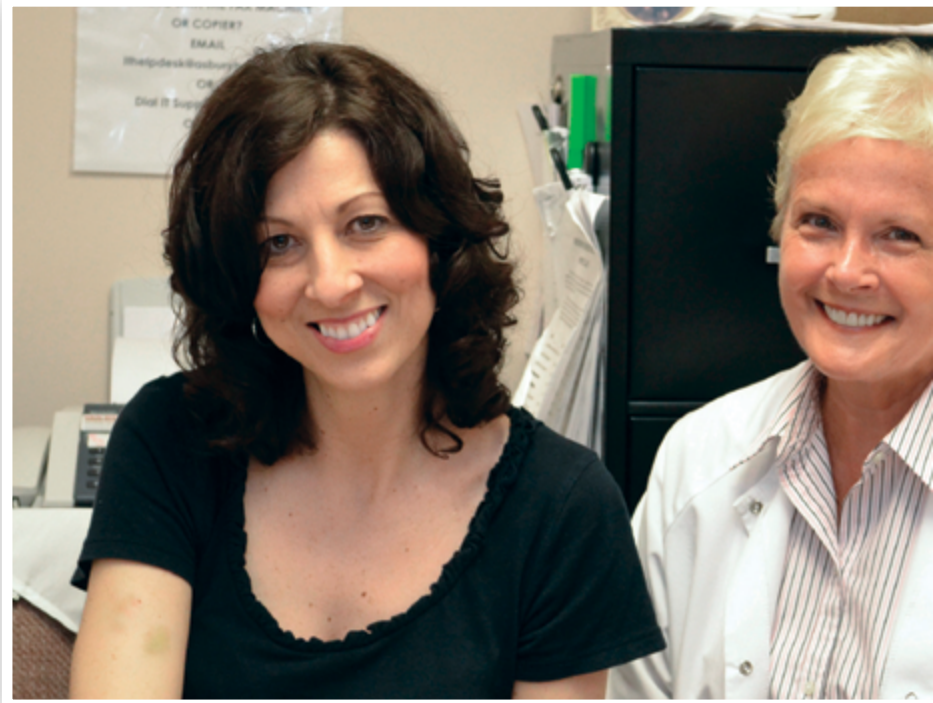
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Patterson

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Mr. & Mrs. Joe

Planiczka

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Kathryn Polasky

Ms. Marilyn Focer

Ann Puchy

Mr. Bernard Puchy

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Rita Raegge

Anonymous

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Ms. Barbara Rautner

Virginia Reynolds

Ms. Kathy Reynolds

RuthAnn Richey

Dr. & Mrs. Harry

Serene

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Miss Jeanne Starr*

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Mr. Tom Hart
Mr. Curt Helffenstein
Sister Bonnie Heh
Mrs. Ida Heh
Mr. Harold Jones
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Ms. Patricia Winicki

Anna Walter
Ms. Christine Walter

Dorothy and Edson Wissinger
Mrs. Janet W. Thomas

John & Dorothy Wright
Ms. Elizabeth
Cunningham

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Ms. Kathy Reynolds

Irma Auman
Ms. Amy Lincoln

Anne Baughman
Ms. Nancy Conners

Loretta Carr
Ms. Dorothy A Downey

Verna M. Cox
Mr. John Cox
Ms. Ruth Cox

Norma Creelman*
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Lois Dewire
Mr. Scott Ward

Hazel Fagan*
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Albanowski
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Louise Frisch
Mr. & Mrs. Ronald
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Rev. & Mrs. Roger
Rulong

Grace Hollein
Rev. & Mrs. David
Watson

Virginia Hopewell
Ms. Cornelia Jackson

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Mr. & Mrs. Michael S.
Kocak

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Ms. Amy Kohler

Sophie Loish
Mr. & Mrs. Stephen
Sivulich

Margaret "Peg" Ludwig
Ms. Patti Ludwig-
Beymer
Ms. Helen Morgan

Frances McAfoose
Anonymous

Jeanne P. Murray
Ms. Kathy Murray

Parents
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Rev. & Mrs. Bill Rautner
Ms. Barbara Rautner

Jean Rosfeld
Ms. Allison Strome

Ann Swartz
Mr. & Mrs. Ronald
Frisch

Mark Tkach
WPS

Chuck Ward
Sister Bonnie Heh

Clara Welker
Ms. Arlene Woodall

Joe & Virginia Wolfenberger
Ms. Ginny DiMucci

* Deceased



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Audrey L. Burgoon, Chief of Staff
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Address Service Requested

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.

Asbury Aglow

While we hope the weather outside won't be frightful, we promise that the fire inside will be delightful as we welcome the holiday season. **Join us on Wednesday, December 14** from 5:30 to 7:30 p.m. for our 21st Asbury Aglow. Indulge in snacks and cookies and a variety of entertainment. Santa will make an appearance with a gift for the kids.

Save the Date!
Wed., Dec. 14
5:30 - 7:30 p.m.

