

The Asbury News

News and Information for the Residents of Asbury Heights

May 2024

Say Hello to Bobby

Asbury Welcomes New Fitness Instructor to the Campus

Asbury knows the value of exercise in keeping you active and functioning. This is why we have been offering the role of Fitness Manager to seasoned professionals with a passion for exercise and well being.

Please welcome Bobby Waldron, Fitness Manager; he is the exercise expert for Asbury's and Vanadium Woods' campuses. Bobby is a certified trainer as well as a nutrition specialist. In his spare time, he coaches wrestling and owns a mixed martial arts gym.

Bobby resides in Mt. Lebanon with his wife, three children, and two cats. He lived in Los Angeles for 15 years where he trained actors and others in the entertainment industry. He has also done some stunt work in TV and film.



Classes have already begun! Be sure to check your Activity calendar for your community's next class.



Bobby Waldron, Fitness Manager, leads an exercise class at Asbury Place.

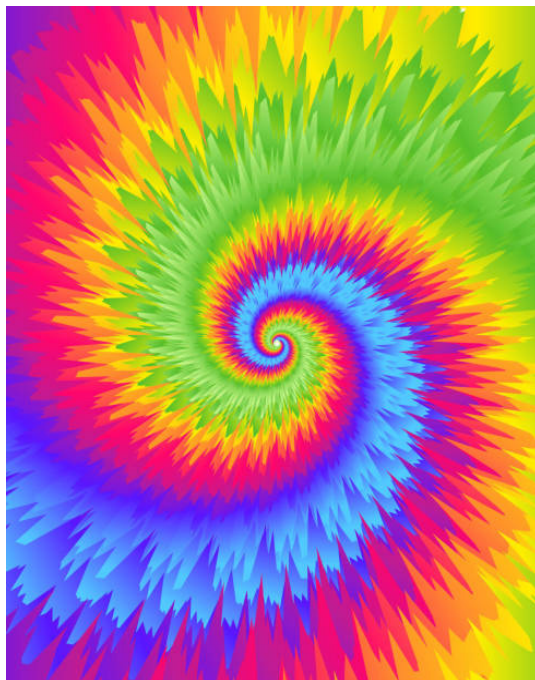
Asbury
HEIGHTS
An Oakdale Seniors Alliance Supported Community

First Day of Summer

Save the Date for June's
Campus-wide Themed Day!

We can't wait for summer - it's sure to be a groovy one!

Join us for our next campus-wide themed day on **Friday, June 21**. Wear tie dye and your favorite pair of jeans!



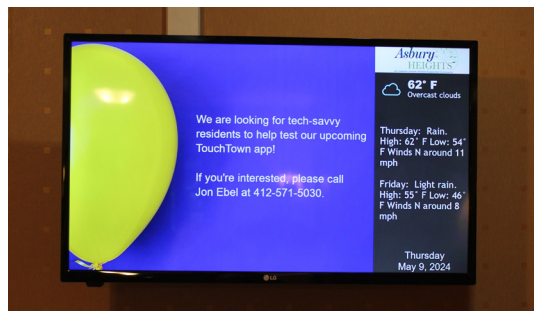
TouchTown Update

Digital Message Board Now Displaying Announcements and Activities at The Embassy

The residents of The Embassy are half-way to a full TouchTown experience! In mid April, the community's digital sign was installed to broadcast upcoming activities, announcements, local weather, and the time.

In the coming weeks, residents will have the opportunity to test the app from their smartphones and provide feedback on their experience. Once the app is optimized, it will be available to the entire Embassy community.

The independent residents of Asbury's main campus will be the second group to



receive the new technology followed by the residents of Asbury Villas.

The TouchTown team appreciates your patience as we develop this new communications tool to meet the needs of Asbury's various communities.

Sizzlin' Summer

The Embassy Prepares for the Start of Summer with New Grill

A new grill was recently purchased for The Embassy of Asbury Heights - just in time for the season of sizzle!

The grill is a Char-Broil 4-burner with 420-square-inches of primary cooking space. It also features a side burner.

The grill gets a lot of use for Embassy dining events as well as individuals who want to enjoy their own grilled dinner.



Pittsburgh Sports

In response to Comcast's decision to drop Sportsnet Pittsburgh from their basic cable package, Asbury continues to investigate alternative solutions without resulting in a significant service interruption to cable, Internet, or phone bundling packages.

Unfortunately, the only short-term solution for residents who desire the channel is to upgrade their Comcast channel lineup by calling **1-855-638-2855** and stating that you reside at Asbury Heights and your services are part of a bulk account.

Updates will be provided as more info is obtained.

Bone Health Research Study

For more than a decade, Asbury Heights has partnered with the University of Pittsburgh's "RUBI" bone health research study funded by the National Institutes of Health. Residents who volunteer for the study receive a bone density scan every six months at no cost.

Fran Linkesh, carriage home resident, has been a part of this study since last year and recommends that more residents participate and take advantage of the perks associated with it.

"Every six months, a nurse associated with the study comes to my home to give me an infusion treatment to treat osteoporosis," says Fran. "I also receive calcium and vitamin D supplements at no cost."

Representatives will be in the Mall on Tuesday, June 11 between 10:00 a.m. and 12:30 p.m. to answer your questions. For more details, call the RUBI Coordinator at 412-508-4540.

Thank You for Your Patience

Asbury leadership thanks you for your patience during these months of transition. Over the last month and a half, Oakdale Seniors Alliance's employee recruitment team has helped fill many positions. We are hopeful that a more robust workforce will yield greater customer satisfaction for you and your neighbors.

Resident Meetings

Independent Residents
Monday, May 20 at 1:30 p.m.
Social Room

Asbury Villas
Wednesday, June 19 at 2:30 p.m.
Lifestyle Center

Nursing & Rehabilitation Center/Skilled Nursing
Tuesday, May 21
Hickory Community at 2:00 p.m.

Spring Lane and Laurel Lane
Monday, May 27 at 1:00 p.m.
Spring Lane Dining Room

Asbury Place
Monday, June 10 at 2:00 p.m.
Great Room

Spiritual Corner

Pastor Deb has begun attending individual spiritual-enrichment programs to get a better idea of Asbury's overall offerings and how to get the most of her time while on campus.

One program she hopes to continue is offering one-on-one sessions to residents. These sessions have proven useful in the past as they give residents an opportunity to delve deeper into their personal faith.

Contact Pastor Deb at 412-571-5124 to schedule a one-on-one session.



Mother's Day

All of the women who reside at Asbury received a flower on Mother's Day. This tradition dates back to 2019.

The flowers were distributed by the Activity staff. The recipients were excited to receive their flower as it was a bright spot of their day!

The men who reside at our communities can look forward to a card and cookie for Father's Day.



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