



## Asbury Heights

† Operated by United Methodist  
Services for the Aging  
presents

# Hand in Hand

## Being Heart Healthy

Presented by Gallagher Home Health Services  
Speaker: Shandra Harcarik, RN, BSN

**Feb. 23**

RSVP by Feb. 15

An overview of prevention methods, symptoms and treatment of different types of heart disease will be followed by an "Ask the Nurse" segment. Free blood pressure screenings and raffle.



## If I Am What I Do, Where Did I Go?

Presented by Pittsburgh BrightStar  
Speaker: Barbara Reichbaum, RN, MSN

**Mar. 25**

RSVP by Mar. 18

What happens when someone can no longer define himself by a professional title or the activity he once enjoyed? Learn how to create a sense of purpose and accomplishment in the lives of those living with memory impairments.

**BrightStar®**

LIFECARE | KIDCARE | STAFFING

MAKING MORE POSSIBLE

## Feels Like Home to Me

Presented by Grane Hospice  
Speaker: Janice Molinero, RN

**Apr. 22**

RSVP by Apr. 15

Find out which retirement community is right for your loved ones or you. Learn about the types of residences, the regulations and criteria for each and the insurance and financial differences.



All **Hand in Hand with Asbury Heights** sessions will be held at 6 p.m. in the Social Room at Asbury Heights at 700 Bower Hill Road, Mt. Lebanon. *A light supper will be served.* **RSVP to Amy Wojcik at 412-360-9086.**

# Mark your calendar

for these upcoming Hand in Hand programs  
at Asbury Heights.

- May 20**..... Panel discussion: Advance Directives  
and Funeral Pre-planning
- June 3**..... The Latest Scams
- June 24**..... Panel discussion: Hospice and End of  
Life Care
- July 22**..... Dementia: Separating Fact from Fiction
- August 26**..... Pain Management and  
Non-pharmacological Pain Therapy
- September 23**..... Medicare and You: A Discussion About  
Enrollment Options
- October 28**..... Depression and Emotional Well-being
- November 18**..... Laughter is the Best Medicine
- December 16**..... Panel discussion: Chronic Illnesses in  
the Elderly



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Services for the Aging

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