



# The Parkwood Post

Fall 2023

Senior Living Apartments • Villas • Patio Homes



## FALL BIRTHDAYS

Remember to wish these residents a Happy Birthday!

### APARTMENTS & VILLAS

10/1 Ted V.	12/10 Lorraine H.
10/2 Carol Ann M.	12/11 Donald H.
10/2 Mardene B.	12/15 Arlene R.
10/3 Marjorie K.	12/15 Elizabeth M.
10/7 Joan V.	12/17 Ronald P.
10/10 Charles H.	12/18 Nancy G.
10/22 Bea V.	12/19 Eileen S.
10/25 Ron S.	12/21 Gary F.
10/25 Marion S.	12/23 Fred D.
10/28 Pauline A.	12/24 Herbert C.
10/31 Jane H.	
10/31 Pat W.	
11/3 Betty W.	
11/4 Michael S.	
11/4 Timothy M.	
11/4 Margaret P.	
11/17 Joan S.	
11/23 Patrick D.	
11/24 Michael S.	
11/25 Dieter P.	
11/25 Mary E.	
11/27 Lorraine M.	
11/28 Liza P.	
12/1 Inez S.	
12/2 Naoma W.	
12/5 Katherine J.	

### PATIO HOMES

10/6 Elaine F.
10/26 Terrence B.
10/28 Donald W.
10/29 Barbara W.
11/3 Karen M.
11/10 Anne S.
11/10 Mary Lou A.
11/15 Don A.
11/23 Phoebe M.
12/7 Nancy K.
12/10 Jean W.
12/19 Carol W.
12/23 Frank H.
12/31 Kathy T.

We are here for you when you need change!



When you moved to Parkwood Heights, one deciding factor was your ability to age in place. You might have bought a Patio Home to start with, to get out of your hectic multi-generational neighborhood. You were probably also looking to move to a quieter setting and make new friends while starting your retirement lifestyle. You are still able to do the things you loved like mowing your lawn and taking care of your landscaping.

Eventually you may get to the point where lawncare just isn't how you want to spend your time and your home is starting to need some maintenance. We have the perfect solution, our phase I and phase II villa homes. Single story townhouse type homes where you can still feel like you are living on your own but with the comfort of knowing Parkwood takes care of the inside and outside maintenance. The snow, lawn, landscaping, and almost all other facets of maintaining your home, not to mention the gas and electric are included. You also have the luxury of having staff in the "big house" for support.



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# The Importance of a Healthy Heart

How's your heart health? Heart disease is the number one killer of Americans, killing more than all types of cancer combined, and disproportionately affecting people aged 65 and older. Older people are more likely to suffer from coronary heart disease or have a stroke or heart attack. Out of 85.6 million American adults have coronary heart disease, and 43.7 million of these are over the age of 60. Fortunately, by making some lifestyle changes, you can keep your heart healthy and strong at any age.

## Living a Heart Healthy Lifestyle

- **Eat the right diet.** A heart-healthy diet is low calorie but nutrient-dense, full of vitamins, minerals, fiber, and all the nutrients found in colorful fruits and vegetables. Pay attention to nutrition labels so that you can limit your intake of saturated and trans fats, and added sugars, and avoid high fat dairy and meat, but go ahead and eat fatty fish. Fish like mackerel, sardines, and salmon are full of omega-3 fatty acids, which are good for your heart.

- **Don't smoke.** If you do smoke, quit. Smoking can raise your risk of heart disease and heart attack, and if you have other risk factors, it can make them worse. It is the leading cause of preventable death, but quitting immediately begins to reverse the damage. Even if you quit late in life, you lower your chances of heart disease, stroke and cancer.

- **Exercise regularly.** You don't have to spend hours at the gym; any kind of regular movement can help you manage your weight, improve your fitness, boost your mental health, and lower your risk of heart disease. Walking, dancing, gardening- any kind of activity you enjoy and that will keep you from sitting all day is beneficial.

- **Watch your weight.** Excess body fat increases your risk of developing heart disease, high blood pressure, diabetes, breathing problems, and even certain types of cancer. Losing weight improves your health and can lower many of these risks. Following a heart healthy diet and remaining active are two great strategies for achieving and maintaining a healthy weight.

- **Control your conditions.** If you have a chronic condition like diabetes, high blood pressure, or high cholesterol, it is very important to keep these under control. High blood pressure and high blood cholesterol, in particular, raise your risk of heart disease.

- **Manage your stress.** High stress can lead to a heart attack or angina, as well as contributing to high blood pressure and other risk factors for heart disease. When you are under chronic stress, it can impact your memory, learning, immune system, anxiety, and depression, and this is particularly true for older people. If you are feeling stressed, talk to someone. It can be a loved one, your doctor, or a therapist, but it's important to get some support. A healthy diet and plenty of exercise can also help with stress, and stress management techniques like yoga, mindfulness, and meditation are also beneficial.

- **Get enough sleep.** The importance of sleep in maintaining good health cannot be overstated. Sleep supports healthy brain function and helps you maintain overall good health, but most Americans struggle with getting the right amount of sleep. In time, a sleep deficit can increase the risk of heart disease, obesity, high blood pressure, diabetes, and stroke, so it's worth working on your sleep habits. To get better sleep, avoid nicotine and caffeine, keep a regular sleep/wake schedule, steer clear of screens before bedtime, and sleep in a quiet, cool, dark room.

## Understanding Your Risk

Some of your risk factors for heart disease are within your control, like your diet and exercise routine. Others, like your age, sex, and family history, are not. If you have high blood pressure, high cholesterol, prediabetes or diabetes, are overweight, or smoke, your risk is probably elevated. And while women tend to develop heart issues later in life than men, heart disease is still the top killer of women. If you are a woman who suffered with preeclampsia during a pregnancy, your risk is higher than it otherwise would be. Talk to your doctor to establish heart-healthy goals, and discuss not only your risk, but also prevention and treatment strategies.

## Know How to Spot the Symptoms

In its early stages, heart disease is barely noticeable. That's why it is so important to have regular checkups! Tell your doctor if you have any of these symptoms:

- Shortness of breath
- Pain, numbness, or tingling
- Chest pain when you're active
- Dizziness, light-headedness, or confusion
- Headaches
- Nausea or vomiting
- Cold sweats
- Fatigue
- Swelling in the feet, legs, ankles, stomach, or neck
- Inability to exercise
- Trouble with normal activities

## Word Search: Fall

### Parkwood Heights Here For You

E M O H A S S I S T A N C E U  
 C Y W V W F A Z G D S Z M H G  
 N P L A C E X E E B E E P T L  
 A Q Q C H Y Z N P S I M Y D L  
 N Q A T O M P R T D T E V W E  
 E A L N U H A I R E I D I J S  
 T S O E S R T C A Z V I L S E  
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 A A E E E T P D P G C T S E H  
 M R L P E N U A O N A I O D G  
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PARKWOOD  
 ENRICHED  
 ASSISTANCE  
 PATIO  
 HOMES  
 VILLAS  
 APARTMENTS  
 RESIDENTS  
 MACEDON  
 INDEPENDENT  
 LIFESTYLE  
 ACTIVITIES  
 MAINTENANCE  
 BIG  
 HOUSE  
 AGE  
 IN  
 PLACE  
 RETIREMENT  
 OUTINGS  
 MEDICATION  
 TRANSPORTATION  
 HOUSEKEEPING  
 MEALS

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Your villa home works great for a few years, but as your needs continue to change you decide you don't really feel like cooking and feel it would be great to have someone clean the house for you. Guess what? We have a couple solutions for that! You can add our full-service package to your villa lease that comes with amenities such as priority transportation, housekeeping, monthly meals, emergency alert, and more. You can also choose to move to an apartment in the "big house."

Apartment living doesn't differ from a villa lifestyle all that much since you can still come and go as you please, keep your car and park it in our parking lot, have visitors and participate in activities. A majority of your meals are included with your apartment rent along with housekeeping, maintenance, activities, transportation and more.

When you have acclimated to the apartment lifestyle and the activities of daily living become a struggle, we have the Enriched Housing program services that can be added without the need for moving from your current



apartment. Parkwood staff will come to your apartment and have the ability to help with things like medication management, dressing assistance,

case management, and shower standby, to name a few.

The bottom line is you made a great choice in coming to Parkwood Heights and becoming part of our family. We have tried very hard to take the guess work out of some of the aging process by providing multiple styles of living with the ability to add to services as your needs change. Have questions? Give us a call, we would love to help!



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## Parkwood Heights Senior Living Campus

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Just minutes from Fairport & Victor

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www.parkwoodheights.com



**Apartments & Villas for lease • Patio Homes for Sale**  
Call for more information regarding our Independent lifestyle choices  
& Enriched Living Program

[WWW.PARKWOODHEIGHTS.COM](http://WWW.PARKWOODHEIGHTS.COM)

Do you worry  
about your  
Loved Ones  
having a  
**Power  
Outage?**



## No Worries here at Parkwood Heights

*All Apartments & Villas  
are supplied with back-up  
generator power.*



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