



# The Parkwood Post

Summer 2023

Senior Living Apartments • Villas • Patio Homes



## SUMMER BIRTHDAYS

Remember to wish these residents a Happy Birthday!

### APARTMENTS & VILLAS

7/9	Rita B.	8/19	Dolly S.
7/15	Muriel B.	8/23	Floyd J.
7/16	Phyllis B.	8/23	Louise M.
7/18	Marianne W.	8/28	Peter C.
7/18	John M.	8/28	Florence D.
7/18	Carol K.	8/30	Lanny P.
7/19	Barbara S.	8/30	Florence H.
7/26	Theresa F.	9/1	Robert W.
7/27	Kay M.	9/2	Jean H.
7/29	Pam G.	9/4	Edward B.
8/3	Sharon S.	9/10	Mary Jo F.
8/5	Margaret B.	9/15	Anne M.
8/7	Barbara G.	9/12	Mary Jane V.
8/7	Mary H.	9/16	Ellen N.
8/7	Roberta L.	9/16	Evelyn B.
8/9	Elsie B.	9/16	Joseph H.
8/12	Margaret L.	9/21	Ann H.
8/15	Joyce S.	9/22	Sharon M.
8/17	John M.	9/22	Sally C.
8/18	Norman B.	9/26	Liz F.

### PATIO

7/5	Jennifer W.	8/6	Bill M.
7/6	Pat T.	8/21	Edward S.
7/9	Howard H.	9/5	Charles M.
7/14	Jim T.	9/14	Michael C.
7/17	Miguel B.	9/22	John V.
7/27	Barbara L.	9/27	Michael O.
8/5	Bill W.		



## Patio is Open

Parkwood Residents celebrated the completion of the Mark Welker Memorial Patio & Gazebo. This new outdoor event and dining space was added for all Parkwood residents to enjoy. The patio and gazebo were dedicated to Mark Welker, the original founder of Parkwood Heights. It was Mark's vision to build Wayne County's premier senior living community. Part of that vision was to provide ample community space for the residents to enjoy activities and socialization, and this new outdoor space builds on that vision.



## National Senior Citizens Day – August 21st



At some point in our lives, we all become a Senior Citizen. The term refers to individuals who are older and have reached a particular age milestone but the age can vary depending on the context and changes as life expectancy increases. In 1988, President Ronald Reagan proclaimed this holiday to raise awareness about issues that affect senior citizens and their quality of life.

Many senior citizens are active in their communities and are still very present in the workforce, contributing to society. Thank you! With improved healthcare and changing demographics, senior citizens are active now more than ever before and may take on second careers. They can grow older and participate to the fullest with assistance and services they need to continue to lead their lives of independence with dignity.

Ronald Reagan set an example for everyone when he received one of the world's most powerful titles of President of the United States. He was the oldest person to be elected and the oldest when he ended his term at 77.

Looking at the U.S. Census Bureau, approximately 78 million people aged 65 and older will reside in America by 2035. This will surpass the number of the population under the age of 18 for the first time in the nation's history.

Seniors give wise and useful advice. I'm sure you have heard a story or 2 from elderly friends or family about their precious experiences. They are filled with knowledge. In times of trouble and when you don't know where to turn, listen to their perspective. You will learn so much.

And... many seniors are oh so generous! They make charitable donations, volunteer their time to organizations and to others. They also make people feel special. There is another reason to thank you: for giving us homemade treats, candy and gum out of purses and pockets or spoiling us some other way, we appreciate you! You are the pillars of our community!

**Walgreens Senior discounts** – 20% off the 1st Tuesday of the month. (Requires MyWalgreens membership.)

**Goodwill** – 10 to 20% off on Tuesdays

**Kohls** – 15% on Wednesdays

## The Doctor is in...

**Please call the Medical Center at  
315.589.4641**

*When scheduling, please specify that you would like  
an appointment at Parkwood Heights*



# Parkwood Activities



PAINT WHAT YOU'D LIKE



JEFF ELLIOTT



DONUTS FOR DADS



WILD WINGS



FLOWER DELIVERY



ERIE CANAL HERITAGE



CARNIVAL



WILD WINGS



UPCYCLED CRAFT



CARNIVAL



CARNIVAL



SCAVENGER HUNT



PRSR STD  
US POSTAGE  
**PAID**  
Permit No. 298  
Rochester, NY

## Parkwood Heights Senior Living Campus

1340 Parkwood Drive  
Macedon, NY 14502

Just minutes from Fairport & Victor

315-986-9100 or 585-223-7595

E-mail: PWH@parkwoodheights.com

www.parkwoodheights.com



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

# Parkwood Heights Senior Living Campus - Enriched Living Program

In addition to our Independent Living lifestyle, Parkwood Heights apartments offer two higher levels of care in our Enriched Living Program. Residents who need more help can find it here, all under one roof. Residents will receive the appropriate assistance they need, whether it's special needs or just the security afforded by our team of professionals.

## Services Include:

- Medication & Wellness Management
- Case Management
- 24 Hour Personal Care Aides
- Assistance with Dressing, Grooming & Bathing
- 24 Hour Emergency Response System
- Cueing & Reminders
- (3) Nutritious Meals Daily
- Personal Laundry Service



*Now offering 2 levels of care  
for your individual care needs!*

**Call Us Today For More Information About Our Enriched Living Program at (315) 986-9100**