



The Parkwood Post

Winter 2024

Senior Living Apartments • Villas • Patio Homes



WINTER BIRTHDAYS

Remember to wish these residents a Happy Birthday!

APARTMENTS & VILLAS

- 1/1 Janina B.
- 1/1 Fred V.
- 1/3 Gerrie M.
- 1/13 Jo G.
- 1/16 Cheri F.
- 1/19 Gunhild 'Chris' C.
- 1/26 Daniel W.
- 1/27 Patricia M. (2nd Floor)
- 1/30 Raymond N.
- 2/1 Lorraine N.
- 2/2 Maurice S.
- 2/3 Patricia M. (1st Floor)
- 2/13 Joan M.
- 2/14 Deborah O.
- 2/15 Catherine L.
- 2/17 Mary E.
- 2/18 Beverly M.
- 2/20 Harry L.
- 2/26 Kristen F.
- 2/26 Carol B.
- 3/1 Cy W.
- 3/1 Oksana C.
- 3/2 Seymour S.
- 3/6 J.Preston H.
- 3/11 Barbara G.
- 3/11 Geraldine W.
- 3/16 Nancy H.
- 3/17 Judy D.
- 3/18 Lowell T.
- 3/28 Olga W.
- 3/29 Jacqui D.

PATIO HOMES

- 1/4 Jerry T.
- 1/5 Barbara L.
- 1/6 Diane D.
- 1/8 Robert V.
- 1/12 Otto M.
- 1/13 Theresa P.
- 1/25 Carole P.
- 1/25 Sharolyn T.
- 1/26 Sue H.
- 1/27 Tom S.
- 2/4 Sally C.
- 2/9 Dianne B.
- 2/10 Winona V.
- 2/10 Joan P.
- 2/13 Gene J.
- 2/14 Huguette B.
- 2/14 Jean L.
- 2/15 Roy V.
- 2/28 Jim P.
- 3/3 Ann W.
- 3/3 Paul B.
- 3/4 Blake L.
- 3/5 Bob W.
- 3/13 Nancy C.
- 3/15 Kathy V.
- 3/21 Betsy W.
- 3/24 Connie H.
- 3/28 David H.

Parkwood Heights Welcomes Charlie Augello Dining Service Director



I grew up in the Batavia, NY area where I have a large extended family. I spent most of my youth working in "kitchens" in various manners before attending college. I am a graduate of Alfred State College with a degree in

Baking Production and Management. I followed this up by attending The Culinary Institute of America and obtaining an additional degree in Culinary Arts. I have lived in Chicago, Illinois as well as briefly in New York City. I have had the pleasure of previously owning my own restaurant, working in casual and fine dining restaurants and also as a Manager in other establishments. I have a wonderful wife, Debbie, who works as a nurse and two "usually" wonderful children, Ethan and Addison! I always look forward to spending my free time with my family and enjoying all this region has to offer culturally. It is my privilege to work here at Parkwood Heights and I am grateful to be here!

Charlie Augello



Staff Jersey Day

The Benefits of Engaging in Hobbies

One of the great things about retirement is that it frees up your time, allowing you to engage in hobbies you may have had to miss out on when you were pursuing a career. Hobbies are a good way to pass the time, but they can be much more than that. Participating in hobbies is good for your mental health, and can help promote your well-being and reduce stress. Why are hobbies important?

How Hobbies Help

Hobbies give us a break from the fast pace of life, allowing us to disconnect, relax, and unwind. Hobbies like reading or playing an instrument can help us carve out a calm space in the middle of our daily lives. When we engage in something we enjoy, we give our minds and bodies a break. Additionally, having hobbies can give us a sense of purpose and a feeling of achievement because many hobbies involve working towards a goal or learning a new skill. Learning new things and achieving goals can boost our self-esteem and make us feel more confident. Many hobbies are social in nature, and this can help prevent feelings of loneliness and isolation. Some hobbies, like puzzles, board games, and reading, can help with cognitive function and memory, while others, like hiking and dancing, can improve balance and coordination. Finally, hobbies can be a way to prioritize your own well-being, a form of self-care.

Finding What You Enjoy Doing

How will you find a new hobby? There are so many options, it can be hard to narrow it down. Following these tips, though, can help you find the perfect hobby for you.

- **Think about what interests you.** Make a list of things you've always been curious about or enjoyed. How do you want to spend your free time? Do you like to read? Cook? Is there something you've always been interested in learning? Make a list, to give yourself a jumping off point.
- **Try new things.** As rewarding as it can be to pursue something that's always interested you, stepping outside of your comfort zone can also be exciting and fun. Try a dance class or sign up for a workshop outside of your normal skillset. You may discover a hidden talent.
- **Look online for a new hobby.** There are plenty of online resources available to help you discover new hobbies or find people who share your interests. Online forums and communities can help you find like-minded people with whom to connect.
- **Make the most of free trials.** Is the dance studio down the road offering a free class for beginners? Is the community center giving a free introductory art class? Look around for opportunities to try something new without committing, and you may discover a new hobby you really enjoy.
- **Ask around.** Talk to people you know about their interests and activities. You may end up with an invitation to join a friend in exploring a hobby you've never even considered. You can also find resources and recommendations at your local community center or library.
- **Volunteer.** There are countless ways to volunteer, and when you do, you can try new things and give back to the community. Look for opportunities at your local museum, community center, soup kitchen, or animal shelter, where you can help out, meet new people, and maybe discover a new passion.
- **Have fun!** While you're exploring new hobbies, keep an open mind and don't forget that it's all about having fun. You may not find the right hobby for you immediately, but the experience of exploring different things can be enjoyable too.



Soup Tasting 2024



Parkwood Sunrise

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

No Worries here at Parkwood Heights

- SENIOR LIVING APARTMENTS
- ENRICHED LIVING
- RANCH VILLAS

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

1340 Parkwood Drive
Macedon, NY 14502

315-986-9100 585-223-7595 pwh@parkwoodheights.com



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




Happy New Year!



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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

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!*

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