



The Parkwood Post

Senior Living Apartments • Villas • Patio Homes For Sale

Spring Birthdays

Remember to wish these residents a Happy Birthday!

Betty A
Gert G
Norma A
Mary C
Eunice B
Elenore B
Janet T
Winnie S
Bari K
Ron K
Frank C
Elaine G
Helen S
Richard K
Dorothy K
Shep R
Bea P
Tom S
Nancy S
John K
Fred A
Ann A
Jan Y
Lu K
Betty W
Susanne L
Pat H
Wilford J

Spring is Here!



Kandy Liguori
Life Enrichment
Director

We all think of spring cleaning when the days start getting longer, the robins return and all those beautiful daffodils start blooming. Well, I want you to shake off all the cobwebs and let's get moving! Healthy living can make all the difference in your quality of life. Even small changes in your lifestyle can make an impact in your overall health and how you perceive yourself.

Eating healthy, quit smoking, regular medical checkups, and my favorite, exercise. No that doesn't mean you have to get on the tread mill (but you can because we have 3 in the exercise room). Start slowly, the first step truly

is the hardest. Join our exercise classes or our Zumba Gold for Seniors class, take a walk with a friend, lift some weights, variety is the key.

Now that we have that healthy body, don't forget to challenge your mind at some of the many programs we provide here at Parkwood Heights. You might surprise yourself at how well you do and how much fun you have. Whether it is learning a new game, participating in one of our intergenerational programs, outings to museums or historical sites, sharing your life experiences or adding to them, remember that a challenged mind is a healthy mind.

So what are you waiting for, join in the fun!

We are Independent and now also Licensed Assisted Living

Most seniors today live full, active, and balanced lives. So deciding to move into Assisted or Independent Senior living can be a confusing process for seniors and their families alike. Fortunately, there are resources that can help you.

The following checklist is an excerpt from the Assisted Living Federation of America's Guide to Choosing an Assisted or Independent Residence.

Take this checklist with you when you tour the different professionally-managed communities and use it to help you evaluate the services, features, and policies offered by those communities.

Atmosphere

- As you arrive at the residence, do you like its location and outward...

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Choosing an Assisted or Independent Residence

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appearance?

- As you enter the lobby and tour the residence, is the decor attractive and homelike?
- Do you receive a warm greeting from staff welcoming you to the residence?
- Does the administrator/staff call residents by name and interact warmly with them as you tour the residence?
- Do residents socialize with each other and appear happy and comfortable?
- Are you able to talk with residents about how they like the residence and staff?
- Are staff members appropriately dressed, personable, and outgoing?
- Do the staff members treat each other in a professional manner?
- Are the staff members that you pass during your tour friendly to you?
- Are visits with the resident welcome at any time?

Physical Features

- Is the community well-designed for your needs?
- Is the floor plan easy to follow?
- Are doorways, hallways, and rooms accommodating to wheelchairs and walkers?
- Are elevators available for those unable to use stairways?
- Does a physician or nurse visit residents regularly to provide



medical checkups?

- To what extent are medical services available, and how are these services provided?
- Are handrails available to aid in walking?
- Are cupboards and shelves easy to reach?
- Are floors made of a non-skid material and carpets firm to ease walking?
- Does the residence have good natural and artificial lighting?
- Is the residence clean, free of odors, and appropriately heated/cooled?
- Does the residence have sprinklers and clearly marked exits?

Needs Assessments, Contracts, Costs & Finances

- Is a contractual agreement available that discloses healthcare and supportive services, all fees, as well as admission and discharge provisions? What are the policies for refunds and transfers?
- Is there a written plan for the care of each resident?
- Does the residence have a

process for assessing a potential resident's need for services and are those needs addressed periodically?

- Does this process include the resident, and his or her family and facility staff, along with the potential resident's physician?
- Are there any government, private, or corporate programs available to help cover the cost of services to the resident?

Services

- Does the residence post an activity schedule of over 100 activities a month?
- Is staff available to provide 24-hour assistance with activities of daily living (ADLs) if needed? ADLs include dressing, eating, mobility, hygiene and grooming, bathing, toileting, using the telephone, shopping, and laundry.
- Does the residence provide housekeeping services in residents' units?
- Can residents arrange for transportation on fairly short notice?
- Are pharmacy, laboratory, physicians, barber/beautician, and/or physical therapy services offered on-site?

Apple, Cranberry, and Almond Salad Recipe

A salad designed for your sweet tooth.

Ingredients

By Measure (adjust to your needs)

- 4 green apples
- 1 Cup dried cranberries
- 1/2 Cup almonds, slivered toasted
- 2 Cups low fat vanilla yogurt

Preparation

- Core and chop unpeeled apples.
- Place chopped apples into a large bowl.
- Mix in cranberries, almonds and yogurt.
- Blend well and serve.



Patio Homes & Villas

Parkwood Heights offers the perfect lifestyle choices to meet your needs. If you are looking for a Luxurious Patio Home either to purchase or lease; or to lease a Villa, the Campus has a full complement of amenities.

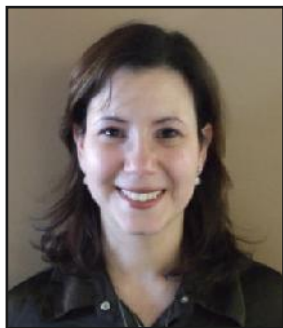
- Step free interiors
- Porches
- Attached garages
- Full use of the Community Center complete with Exercise, Library and much more
- Over 100 activities a month
- Parkwood Heights Park & Fishing Pond
- Walking trails
- Full service Fireside Dining Room

Just to name a few!

Call today for your appointment and let Parkwood Heights start "Your New Tomorrow"



The Doctors are In ...



Krishna V. Persaud, MD & Christina F. Williams, MD

will be seeing patients on Thursdays from
8:00am-12:00pm by appointment.

To schedule an appointment at Parkwood Heights

**Please Call the Medical
Center at 315.589.4641**

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

Williamson Medical & Parkwood Heights are proud to partner in providing healthcare services for seniors.



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



FREE Senior Care Consultation—Call Today!

Parkwood Heights Offers Respite Care

Caring for a loved one at home can be an overwhelming task. As the number of family caregivers in our country increases, so does the number of people suffering from exhaustion, isolation, depression and physical ailments related to the overwhelming responsibilities of being a caregiver.

Caregiving can also be a very rewarding experience if family members also care for themselves. Taking time for yourself improves the quality of care you are able to give to your loved one. Everyone needs time to recharge and revitalize without feeling guilty or worried about leaving the person you are caring for.



Parkwood Heights Respite Care Program can offer a “vacation” to your loved one while you take some time for yourself - whether that involves a trip out of town or just a few days rest and relaxation at home. You can enjoy yourself knowing your family member will be enjoying meals and activities with others of similar age and experiences while receiving the care they need from our team of professionals.

Call us Today, or stop by for more information.