



# The Parkwood Post

Senior Living Apartments • Villas • Patio Homes For Sale

## Summer Birthdays

Remember to wish these residents a Happy Birthday!

- 7/2 Nelson E.
- 7/3 Thomas T.
- 7/5 Dolores K.
- 7/9 Rita B.
- 7/23 Lois M.
- 7/27 Kay M.
- 8/2 Steve S.
- 8/7 Mary H.
- 8/9 Margaret W.
- 8/10 Norma B.
- 8/11 Philip L.
- 8/17 Vera T.
- 8/18 Fran O. Jr.
- 8/22 Thelma S.
- 8/23 Louise M.
- 8/25 Beverly P.-B.
- 9/3 Grace D.
- 9/7 Ray B.
- 9/12 Mary Jane V.
- 9/16 Ellen N.
- 9/26 Liz F.
- 9/26 Doris G.
- 9/27 Richard P.
- 9/29 Ruth N.

## PATIO HOME RESIDENTS

- 7/5 Jennifer W.
- 7/6 Pat M.-T.
- 7/14 Jim T.
- 7/17 Miguel B.
- 7/25 Kenneth R.
- 7/27 Barbara L.
- 8/5 Bill W.
- 8/6 Bill M.
- 8/18 Barbara P.
- 8/21 Edward S.
- 8/28 Marcella J.
- 9/5 Charles M.
- 9/6 Florence F.
- 9/22 John V.
- 9/24 Beryl G.

## Exercising Safely During Summer Months

### There are many reasons to exercise:

- Prevent chronic disease (i.e. heart disease, osteoporosis, diabetes, cancers, etc.)
- Manage weight
- Manage stress & mood
- Improve sleep quality
- Build muscle
- Boost immunity
- Improve brain function
- Strengthen bones



### The list of benefits goes on.

Whether you are a regular exerciser or just getting started, you need to ensure you take steps to protect your heart when exercising in the summer heat.

### Drink plenty of fluids.

Drink water before, during, and after exercise to ensure you stay well-hydrated. Avoid alcohol and caffeinated drinks.



If you dislike drinking plain water, add flavor by adding fruit slices to a pitcher of water and refrigerate for a couple hours. You can try water with berries, cucumber, melon, oranges, or mint.

### Dress appropriately.

Wear lightweight, breathable fabrics that are light in color. Good fabric choices include cotton or synthetic fabrics that repel sweat. Protect your face and eyes with a hat and sunglasses. Use water-resistant sunscreen. Select appropriate, well-ventilated shoes.



### Pay attention to your body.

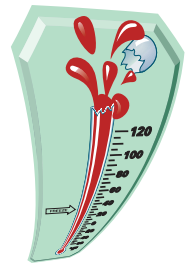
If your body is telling you to stop, listen. There's no need to push it, especially if you are just getting started with your exercise routine.

### Take breaks.

Don't push too hard. You need extra breaks during the warm summer months, so plan for periodic stops in the shade to cool down and hydrate.

### Symptoms of heat exhaustion include:

- Weakness
- Dizziness
- Nausea/vomiting
- Cool, moist skin
- Headache
- Dark urine



If you experience any of these symptoms, stop immediately and move to a cool place. Use cool water, wet clothes, and fanning to bring down your temperature. Heat exhaustion may require emergency medical care.

Avoid intense activity between noon and 3 p.m. Aim for early morning or late evening workouts during the summer months to avoid the worst heat.

### Move your workout indoors.

Mix up your routine and give your body a break from the summer sun by utilizing indoor recreation centers and gyms. Explore Zumba classes, racquetball, yoga, or swimming, which could also be an excellent outdoor activity to counteract the heat!

### Know your medications.

There are heart medications that can amplify the body's response to heat. Discuss with your doctor if you take blood pressure medications, such as beta blockers, ace receptor blockers, ace inhibitors, calcium channel blockers, and/or diuretics.



The summer months are a great time to get outside and improve your heart health. By implementing the steps outlined above, you can ensure your summer fitness activities will be safe and positive experiences.

# The Reverend Joseph Mack - Honored by QOV Foundation

*Parkwood Heights thanks you for your service and is proud to have you as a member of our Community.*



The Quilts of Valor Foundation honored Reverend Joseph Mack by awarding him the Quilt of Valor in recognition of his service and sacrifice for this nation. Paul and Cathie Blackwell submitted his name.

The Reverend Joseph Mack was part of the army landing force at Omaha Beach on D-Day, June 6, 1944. This was a very costly battle for the Allied troops. 9,300 US servicemen lost their lives on the beaches of Normandy during that great effort. It marked the beginning of the Allied liberation of Europe. He also participated in the Battle of the Bulge, which was one of the longest and bloodiest battles fought by US forces in WWII.

He was awarded a Bronze Star, Purple Heart, Honorable Service Lapel Pin and French Chevalier of the Legion of Honor and participated in the 70th anniversary of D-day in France where he was awarded France's Medal of Honor.

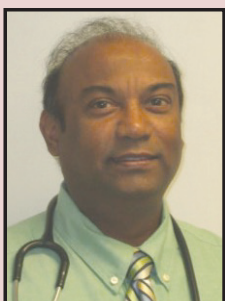
Following his service in the military he dedicated his life to God and became a Deacon of the Catholic Church, where he served his community first in Charlotte for 20 years and then as Deacon at St. Anne's in Palmyra for an additional 7 years.

The QOV Foundation thanks him for his Service, Sacrifice and Commitment.

## 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*

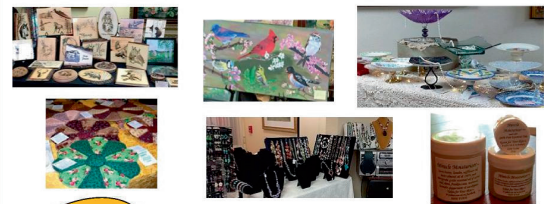


**On-Site Weekly Lab Service**

## Parkwood Heights Senior Living Campus

### 2018 CRAFT FAIR

20 + LOCAL VENDORS SHOWCASING A WIDE VARIETY OF ITEMS!



**\$7.00 SOUP & SALAD LUNCH**



~Multiple Raffles~

featuring items from each vendor!

\* Raffle proceeds will be donated to our local Macedon Seniors



**Saturday, October 20th  
9:30am—3:00pm**

1340 Parkwood Drive, Macedon NY 14502  
(315) 986 - 9100, (585) 223 - 7595, [www.parkwoodheights.com](http://www.parkwoodheights.com)  
Patio Homes \* Villas \* Independent & Enriched Apartments

# Fun Activities



Appreciation Dinner



Bell Choir Concert



Wine bottle self-watering planters.



Comedy Review with Linda and Nelson



D-Day Ceremony at Fairport VFW



Daffodil Days



VE-Day Ceremony at Fairport VFW



Leo's Bakery Outing



Melting Pot Lunch



PWH Chorus Concert

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.



- SENIOR LIVING APARTMENTS
- ENRICHED LIVING
- VILLAS FOR LEASE
- PATIO HOMES FOR SALE



1340 PARKWOOD DRIVE  
MACEDON, NY 14502



## Parkwood Heights Summer BBQ!

August 9th, 4:30pm-6:30pm

Seating is Limited!

Please RSVP by July 30th

**ONLY \$13.95**

Music By:

Jimmy's Old Time Country Band



Horse Drawn Wagon Rides



Enjoy our delicious Chicken BBQ including:

- |                                |               |                 |
|--------------------------------|---------------|-----------------|
| 1/2 Chicken                    | Salt Potatoes | Corn on the Cob |
| Macaroni Salad                 | Baked Beans   | Rolls w/Butter  |
| Dessert: Strawberry Shortcake! |               |                 |

Parkwood Heights, 1340 Parkwood Drive, Macedon NY 14502  
315)986-9100, (585)223-7595  
www.parkwoodheights.com





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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](mailto:PWH@parkwoodheights.com)

[www.parkwoodheights.com](http://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**