

CAMPUS TOURS  
AVAILABLE DAILY ...

Join us at the following  
events:

**Happy Hour with The Dick  
Stacy Duo Piano/Saxophone/  
Vocals**  
Thursday, July 2, 2009  
3 PM  
Skyline Room  
\$2 guests—please RSVP

**An Afternoon of Aprons  
with Cathy Schwegler  
Hands on display and discus-  
sion-1940's kitchen fashions**  
Thursday, July 9, 2009  
3 PM  
Skyline Room  
\$2 guests—please RSVP

**Canaltown Chorale**  
Tuesday, July 14, 2009  
7:30 PM  
Fireside Dining  
\$2 guests—please RSVP

**Resident Birthday Party The  
Nick and Gloria Duo**  
Thursday, July 16, 2009  
3 PM  
Skyline Room  
\$2 guests - please RSVP

**MVP HealthCare- Wellness  
Lecture**  
**The Importance of Vitamins  
and Minerals in your Diet**  
Friday, July 17, 2009  
3 PM  
Skyline Room  
Free

**Dottie and Friends  
Piano sing a long**  
Tuesday, July 21, 2009  
2 PM  
Skyline Room  
Free

**History of the Andrews Sis-  
ters**  
Tuesday, July 28, 2009  
3 PM  
Skyline Room  
\$2 guests—please RSVP

**The Finger lakes Camerata -  
American Music Tribute**  
Thursday July 30, 2009  
7 PM  
Skyline Room  
Free

These events are open to the  
public ... please call to RSVP  
315.986.9100

# The Parkwood Post

A NEW TOMORROW

JULY 2009

## Give Us a “Test Drive” with a Short Term Stay

Any Parkwood resident will tell you, moving from your home to an adult living community is a test of courage. It's a time that can be full of fear and uncertainty.

Instead of flying blind, why not make sure you like the accommodations, the amenities and your potential neighbors, by taking your community of choice for a “test drive”? Parkwood Heights is one of the few communities that offers short-term and trial stays.

"You feel less nervous about the move when you know exactly what to expect," says Kate O'Brien, Parkwood's Executive Director "Psychologically, it is a bit more comforting."

Potential residents have a chance to get immersed in the community, then decide if they want to move in. They can enjoy a meal, play a game of bridge, take in some entertainment and meet the residents and staff.

Trial stays can be short vacations for seniors. They also let caregivers take much needed time off.

Whether it's for a night, or a few weeks, it's a good opportunity for you to become familiar with your potential home before committing.



"Moving from one's home to a senior living environment is a life milestone," says O'Brien "From a psychological, emotional and social perspective, temporary stays ... can help relieve at least some of that pressure."

Parkwood has impeccably appointed guest suites with full services and amenities for visitors. You'll enjoy a taste of the lifestyle that comes with a move to Parkwood. Our hospitable staff will make sure your needs are met and your questions are addressed.

So pack your bags, put your worries aside and call Lynn today to arrange your “vacation” at Parkwood Heights!

**Hurry! New Houses are  
Selling Fast ...  
Only One Opportunity Left  
to **Get \$7,500 Toward  
Your New Patio Home!**  
Call today, or stop by to  
tour our furnished model.**



## Kate's Korner

Hi everyone! Hope this newsletter finds you well. I wanted to let you know that our next seminar at Parkwood Heights will be on **Tuesday, July 23<sup>rd</sup> from 6-7p.m.** in the Skyline Room. The topic will be “**Home Safety for Continued Independence**” presented by the Director of Community Education, Sandra Porpiglia, from the American Red Cross. The importance of this topic

cannot be stressed enough for people of all ages! We assume that the ways we lead our lives are safe. We don't like to have to take those extra precautionary measures to stay safe which, in turn, allow us to remain independent in a variety of ways. We all treasure our independence and our presenter for this seminar is a huge advocate for this cause too. I'm sure that she will enlighten you!

Enjoy the lovely weather that this time of year offers us!



You'll be happy as a clam at our  
Annual Clambake and Picnic!  
August 20th, 4pm—7pm  
Call for more information.

## Campus Tours Available Daily ...

1340 Parkwood Drive  
Macedon, NY 14502

Phone: 315.986.9100

Or: 585.223.7595

E-mail: [info@parkwoodheights.com](mailto:info@parkwoodheights.com)

Senior Living Apartments  
Villa Homes for Lease  
Patio Homes for Sale

# What's new at Parkwood Heights ...

- Our next program in our new monthly series will be “**Home Safety for Continued Independence**” held Tuesday, July 23rd from 6pm to 7pm.
- Parkwood Heights welcomes new resident): **Richard K.**
- Parkwood Heights is now offering great move-in specials! Make your move to an apartment or villa home and we'll **PAY FOR YOUR MOVE!** (Up to \$500) We'll even arrange the movers, help you pack and tackle all the little details. Give us a call for details—limited time offer!
- Parkwood Heights is gearing up for our annual **Clam Bake & Community Picnic** on Saturday, August 20th at 4pm. Be sure to mark your calendars for this great celebration! But don't wait until August to schedule your tour—stop by anytime!
- Parkwood Heights has a handicapped accessible **bus and chauffeured sedan** to transport residents to shopping, doctor's appointments and other errands several times a week! That's in **ADDITION** to regularly scheduled outings & social trips!
- Have you visited the new Parkwood Patio Home Model? Stop by most Sundays from 1pm—3pm, or call for your personal tour.
- Have a community event or special occasion to celebrate? Consider Parkwood Heights for your banquet & catering needs. Call our events coordinator at 986.9100 to discuss your special occasion.
- Would you rather receive the newsletter via email? Call today to be added to our email list!
- Parkwood has its very own **private park** for the use of our campus residents. The park is a peaceful and pleasant spot to spend a few moments alone, or an entire day with family & friends!
- Happy Birthday to Parkwood Residents: **Betty D.** 7/1; **Geraldine P.** 7/5; **Dolores K.** 7/5; **Mary F.** 7/5; **Katherine M.** 7/15; **John C.** 7/20; **Jeanette L.** 7/20; **Jack C.** 7/21.
- **Short Term Stays** are just one more valuable service offered at Parkwood Heights. Stay for a week, a month or even overnight. Whether you need a little TLC while you recover from an illness, want to be pampered for a bit, or just want the peace of mind while your caregivers are away. Call today to find out more!

