



## Parkwood Heights Senior Living

1340 Parkwood Drive  
Macedon, NY 14502

315.986.9100  
585.223.7595

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



Community Garage Sale  
June 11th and 12th  
(Patio Homes) from 9am-5 pm

Senior Living Apartments   Villas for Lease   Patio Homes for Sale

**Tours Available Daily!**

*Please Welcome to Parkwood Heights.....*

*Marcella & Gene S.,  
Viola D.*

*Bob & Vilma S. Virginia N.  
Marjorie E., Ann A.*

*Parkwood  
Heights  
June  
Birthdays!*



*Susanne L.  
Anthony M.  
Ruth D.  
Lorraine O.  
Pauline R.  
Pat H.  
Elizabeth C.*

Parkwood Heights is proud now to announce that we offer services through Rochester General Health Systems.

Geriatric Physician On-Site and On Site Laboratory Services!

Parkwood Heights.....Start your new tomorrow

June 2010  
A New  
Tomorrow...

# The Parkwood Post



We would like to thank Patio Home residents, Mr. & Mrs. Peterson for allowing Parkwood Heights to showcase their woodworking creations last month. Also, thank you for taking your valuable time and effort to build our new sign in shelf for the foyer.

Please join us this month....

Event: Parkwood Heights Health Fair

Date: Thursday, June 3  
Time: 10-2 PM

Event: MVP Healthcare Seminar Series—Jacquie Symonds, “10 minutes to Fitness for Older Adults”

Date: Friday, June 11  
Time: 3PM  
Place: Skyline Room  
Cost: Free

Event: Parkwood Heights Garage Sale  
Date: June 11 & June 12  
Time: 9-5 PM  
Place: Parkwood Patio Homes

Event: Perinton Senior Chorus Group  
Date: Tuesday, June 15  
Time: 2 PM  
Place: Skyline Room

Event: Ganondagan Historic Talk  
Date: Thursday, June 24  
Time: 10:30 AM  
Place: Skyline Room  
Cost: \$2 Guests –RSVP

Event: Resident Birthday Party –Fred Vine  
Date: Thursday, June 24  
Time: 3 PM  
Place: Skyline Room /\$2

## Does Old Age Bring Happiness or Despair?.....Happiness!

Aging brings wrinkles, sagging bodies and frustrating forgetfulness. But getting older is not all bad for many people. Mounting evidence suggests aging may be a key to happiness. There is conflicting research on the subject, however, and experts say it may all boil down to this: Attitude is everything. Research is finding that older adults tend to have a more optimistic outlook on life compared to their younger, stressed counterparts. The results take on more meaning in light of the ongoing increase in life expectancy.

Aging can bring more cheer as people become comfortable with themselves and their role in society. About two-thirds reported more time for hobbies, more financial security and not having to work as benefits of old age. About six-in-ten said they get more respect and feel less stress than when they were younger; and just over half cited more time to travel and do volunteer work. As it turns out, older adults enjoy life in general.

### Recipe for Happiness at Parkwood Heights

1 Bag of Smiles  
2 cups of Sharing  
2 Lbs of Positivity  
1/2 cup of Good Humor  
1 cup of Self-Esteem  
2 Spoonfuls of Simplicity  
1 Dash of Goodwill  
4 Drops of Easy-Going  
And a Packet of  
Life loving and of course  
make the move to .....PARKWOOD HEIGHTS!



## Kate's Korner:

June's Senior Seminar focus will be presented by the Wayne County Sheriff's Dept. from 6:30–7:30 PM on Wednesday, June 16th in the Skyline Room.

This month's presenter will be Deputy Sheriff George Pierce. He will address the topic of **How to Keep from Being a Victim**. You will learn ways to raise your awareness while shopping in stores, parking lots, and much more

Please continue to know that family members/friends are always welcomed! If you have any questions, contact Kate at (315) 986-9100.

I also welcome any suggestions regarding educational topics that you would enjoy having shared here at our seminars!

Kate O'Brien,  
Executive Director