

# The Parkwood Post

Lifestyle Choices for Seniors & Active Adults

JUNE 2009

## CAMPUS TOURS AVAILABLE DAILY ...

Join us at the following events in June:

**B J Hughes Piano Sing along**  
Friday, June 5th  
7 PM  
Skyline Room  
\$2/guests-please RSVP

**Music and Memories with Tom Nasman Music/Triva**  
Tuesday, June 9, 2009  
2:30 PM  
Skyline Room  
\$2/guests please RSVP

**Happy Hour with Two Steps Back-Country Music Guitar/bass/vocals**  
Thursday, June 11th 2009  
3 PM  
Skyline Room  
\$2/guests please RSVP

**Hat Horizons—Stacey Miller Hats and Headdresses from Around the World**  
Tuesday, June 16th 3 PM  
Skyline Room  
\$2/guests please RSVP

**Dottie and Friends Piano sing-a-long**  
Tuesday, June 23rd 2 PM  
Skyline Room  
\$2/guests please RSVP

**Resident Birthday Party with Aaron and Claudia Guitar/Vocals**  
Friday, June 26th 3 PM  
Skyline Room  
\$2/guests please RSVP

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

## Long-time Staff, Local Owner Make Difference



From left to right: Mark Welker, Managing Member; Craig Welker, Property Manager; Kate O'Brien, Executive Director; Mike Miller, Food Service Director; Lynn Juliano, Sales Director; Mitzi Merrill, Outreach Coordinator; Carol Ann Krug, Activities Director; Shari Cascio, Resident Services Director; and Pat Welker, Patio Homes Sales Manager

When searching for a retirement community, it's hard not to focus all of your attentions on the fun amenities, décor and cuisine. But what matters most is whether the retirement community that you're eyeing has a tenured and caring staff that can cater to your needs, now as well as in the future. One would think most retirement communities would fit the bill.

Think again. Most are corporate run with a revolving staff that don't stay long enough to know the residents. Before you choose your new residence, make sure to get a feel for the experience and turnover of the staff. Make sure to ask how long they're been there. The longer they've been there, the more they know the residents and the better their care will be. At Parkwood Heights, most of our staff have been with us since our open-

ing. And all have extensive backgrounds working with seniors, in fact together, our team has over 150 years experience, a wealth of knowledge and most importantly, the kindness and care you deserve. In addition, Parkwood has local and involved owners who not only demand quality, but also know each of our residents by name!

## Kate's Korner

Hi there! My name is **Kate O'Brien**, the new Executive Director of Parkwood Heights. I'd like to share a little about myself. I was born and raised just outside of New Haven, CT. I have a bachelor's degree in Social Work from Southern CT State University and a Master's Degree in Counseling for the University of Wisconsin, and a Masters Degree in Health Systems Administration from RIT. I've had a vast career working with older adults as a geriatric social worker, case manager and director of senior living communities. I've been involved with seniors and their caregivers for more than 25 years. I have a passion for surrounding myself

and working with this population. I'm especially pleased to join Parkwood Heights and look forward to helping residents and their families for years to come. Starting this month, I'm introducing a monthly "Senior Lifestyles" seminar series to our residents, as well as to the public. The first program is "Staying Involved and Active as an Older Adult" held Tuesday, June 23rd at 6pm in the Parkwood Heights Skyline Room.

To give you a tease, I'll just say that you will leave this seminar with some real hands on ideas that have been proven to work!!! Please check it out and feel free to bring a friend. There will be beverages and snacks. Be sure to RSVP and if you have any questions, feel free to contact me at (315) 986-9100.



## Mulligatawny Soup

Mulligatawny is a curry-flavored soup of Anglo-Indian origin and a crowd favorite.

**3 lbs. boneless, skinless chicken thighs**  
**3 tablespoons curry powder**  
**3 teaspoons ground turmeric**  
**3 white onions, diced**  
**3-4 apples, peeled cored and finely chopped**  
**12 cups chicken stock**  
**1 teaspoon of ground clove**  
**1 cup of white rice**  
**3 tablespoons of lemon juice**  
**¾ cup of heavy cream**

Lay chicken out on baking sheet and sprinkle with curry powder and ground turmeric. Cook until 165 degrees. Cook the diced apples and onions over low-medium heat for about 5 minutes. Add the chicken stock to the pan along with the ground clove. Cover and let simmer for 45 minutes. Add the rice to the soup. It will take about fifteen minutes for the rice to cook. While the rice cooks, chop up the chicken. When the rice is done, add the chicken to the soup. Finish the soup off with the lemon juice and cream.



## Summer is Finally Here!

Stop by and see our gorgeous annuals in bloom! Parkwood is a colorful and lively campus with a Lifestyle for everyone! Visit our furnished Models and tour our campus anytime.



**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)**

**Lifestyle Choices for Seniors & Active Adults**



## What's new at Parkwood Heights ...

- Our first program in our new monthly series will be **Staying Involved and Active as an Older Adult** held Tuesday, June 23rd from 6pm to 7pm.
- Parkwood Heights welcomes new residents: **Richard K and Helen G.**
- Parkwood welcomes its new Community Director, **Kate O'Brien** who joins the team with an extensive background in senior living administration, social work and geriatric case management. Kate looks forward to working with residents and overseeing the daily operations of the Parkwood Campus.
- Parkwood Heights is gearing up for our annual **Clam Bake & Community Picnic** on Wednesday, August 19th 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!
- Did you know Parkwood Heights offers over 150 activities a month including entertainment, trips, cards, games, arts & crafts & more?
- 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.
- Have news you'd like to share in our newsletter? Call, write or email us!
- 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: **Suzanne L** 6/11; **Lorraine O.** 6/19; **Pat H.** 6/24; **Arthur R.** 6/29; **Elizabeth C.** 6/30; and **Doris T.** 6/30.