

START YOUR NEW
TOMORROW, TODAY ...

Join us at the following
events:

**Father's Night Out Musical
Group - Dixieland Music**
Thursday, Oct 1, 2009
7:30 PM
Skyline Room
\$2 guests- please RSVP

**Happy Hour with Ray and Sue
Flute/Guitar Duo-Light Folk
Music**
Thursday, Oct 8, 2009
3 PM
Skyline Room
\$2 guests- please RSVP

Community Flu Shot Clinic
Friday, Oct 16, 2009
10 AM-1 PM
Parkwood Wellness Center
Call Parkwood at 315-986-9100
to schedule an appointment

**Denny's Fiddling Friends -
Fall Harvest Music .**
Wednesday, Oct 21, 2009
7-8 PM
Skyline Room
\$2 guests-please RSVP

**Dottie and Friends -
Sing-A-Long**
Tuesday, Oct 27, 2009
2 PM
Skyline Room
Free

**Educational Lecture and
Slide Show. Liz Thompson-
"The Mysterious World of
Bats"**
Thursday, Oct 29, 2009
3 PM
Skyline Room
\$2 guests-please RSVP

**Resident Halloween/Birthday
Party. Piano/Sax Duo-Dick
Stacy and Jon Seiger**
Friday, Oct 30, 2009
3 PM
Skyline Room
\$2 guests-please RSVP

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

315.986.9100
585.223.7595

www.parkwoodheights.com



The Parkwood Post



A NEW TOMORROW

OCTOBER 2009

Stay Healthy this Winter, Get Your Flu Shot at Parkwood.



When your entire body aches, your energy vanishes, and a fever, dry cough, sore throat, and headaches set in, it's impossible to mistake the flu for a mild illness. The flu is especially dangerous for people over 65 because the viral infection can exhaust your

body, making it easy for complications to take hold.

Should I get a flu shot? It's a really good idea. For The CDC urges every person 50 and over get an annual flu shot.

Is the flu shot safe? Although it's a common fear, it's impossible to catch the flu from a flu shot. The vaccination contains a killed virus that stimulates your immune system to make antibodies but can't cause disease. The most common side effect is a little soreness and swelling at the site of the shot.

When should I get a flu shot? The best time to get a flu shot is as soon as the vaccine is available. Within one to two weeks of vaccination, your body will develop antibodies against the disease.

Will my insurance cover it? If you have Medicare Part B, your flu shot is free every year (there's no co-pay and it doesn't apply towards your deductible) no matter where you get it. Members of Medicare HMOs need to ask their health plan for details.

How can I treat the flu? If you think you have the flu, schedule an appointment with your doctor promptly. He or she can prescribe drugs that fight the flu virus, but they'll only help if you take them within 48 hours of the onset of

symptoms. Your doctor can also determine if you really have the flu or if your symptoms indicate one of several other illnesses -- such as viral bronchitis or rhinovirus infections -- that also make the rounds every winter. You can take several steps on your own to ease the misery of the flu or keep from getting it in the first place:

- Avoid close contact with people who are sick.
- Wash your hands with soap and water for at least 20 seconds, especially after you cough, sneeze, or touch your eyes. Alcohol-based hand sanitiz. Don't touch your eyes, nose, or mouth.
- Cough or sneeze into a tissue, then throw it out immediately afterward. If you don't have a tissue handy, cough or sneeze into your elbow or sleevevers are great for killing germs when you're on the go.
- Killing germs is one thing; staying healthy is another. Getting enough sleep, staying hydrated, and eating lots of fruits and vegetables will help keep your body's immune system working at its peak.
- If you're sick, limit contact with others unless you need a friend or relative to bring you medication or other supplies.

**Flu Shots are available to the public at
Parkwood Heights Flu Shot Clinic**

Friday, October 16th 10am-1pm.

Call for an appointment today 315.986.9100.

**Open to the Public. Check with your
insurance provide for co-pay details.**

**Parkwood Residents may get their flu shots at an
exclusive early clinic on October 9th**

Kate's Korner

Hello all and Happy Autumn! Our October seminar is one that I think you, your family members and friends will find very interesting and educational. Join me on Tuesday, October 20th at 6 p.m. in the Parkwood Heights Skyline Room. This month's topic will be "Telephone Scams, Mail Fraud and Identity Theft among the Older Adult population- Ways to Avoid Becoming a Victim". The seminar will be presented by The Macedon Police Dept.

You will learn about how to recognize warning signs when someone may be trying to scam you, defraud

you, and/or steal your identity. You'll become more familiar with techniques to avoid becoming a victim of these crimes. Please check it out! Feel free to bring family members and/or your friends along too. If you have any questions, contact Kate at (315) 986-9100.

*See You Soon,
Kate*

*Kate O'Brien is Parkwood's
Executive Director and a seasoned
geriatric case manager who can
help you or your loved ones
transition comfortably to a
Parkwood Lifestyle.*

Have Your New Home Ready for the Holidays!

Custom quality-built patio homes in 90 days. Hurry, choose your lot today and enjoy \$7,500 in builder's credits. Only 1 opportunity left for this savings. Call or visit our beautiful model home.



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Macedon, NY 14502

Phone: 315.986.9100 • 585.223.7595

www.parkwoodheights.com

E-mail: info@parkwoodheights.com

Get your flu shot. Friday, October 16th
10am—3pm. Call for appointment.



What's new at Parkwood Heights ...

- **Flu Shots** for Parkwood Residents is October 9th. This exclusive early date is reserved for apartment, villa and patio home residents only — be sure to sign

up! See Shari for details.

- Our next program in our FREE monthly series will be “**Telephone Scams, Mail Fraud and Identity Theft among the Older Adult population- Ways to Avoid Becoming a Victim**” held **Tuesday, October 20th at 6pm**. Refreshments! RSVP 315.986.9100
- Welcome new patio home residents **Tom & Gert E. and Robert & Winona V.**
- Have you visited the new Parkwood Patio Home Model? Open Sundays from 1pm—3pm, or call for your personal tour.
- We're **going “green”** and need your help!

Having the newsletter emailed to you can help save resources! 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 with a running brook and is never more beautiful than in the Autumn months. Visit the park to spend a few moments alone, or an entire day with family & friends!
- Happy Birthday to Parkwood Residents: Elenore **B.** 10/1; **Katherine K.** 10/7; **Jeannette M.** 10/8; **Doris W.** 10/13; **Dorothy L.** 10/17; **John V.** 10/17; **Marguerite A.** 10/20; **Oscar R.** 10/21; **Peg E.** 10/24; **Ed M.** 10/25; **Hazel V.** 10/25; **Emily Y.** 10/28; **Philip M.** 10/29. and special wishes to our own **Pat Welker 10/31**
- Don't forget about our “**Vacation Stays**” in our nicely appointed guest suites. Stay for a night, or a month—call for details!
- **Save the Date!** Our **Holiday Craft Sale** is coming **November 21st. 10am—3pm**. Vendors including Amish quilts and décor from the Quilt Room. Be sure to call now if you have a craft you'd like to share. Call Shari for details!

- **Patio Home Model** open **Wednesdays, Fridays and Sundays from 1-3pm** or call for your personal appointment!
- Attention all **Senior Groups!** Interested in having a presentation from our Senior Living Counselors, complete with complimentary lunch? Then give Mitzi a call today. We'll bet there's a lot you didn't know about a Lifestyle at Parkwood Heights, and we'd love to share our story with you!



Members of the Parkwood Heights Chorus entertain fellow residents in the Skyline Room