



The Parkwood Post

Fall 2024

Senior Living Apartments • Villas • Patio Homes

FALL BIRTHDAYS

Remember to wish these residents a Happy Birthday!

APARTMENTS & VILLAS

10/2 Carol Ann M	12/10 Lorraine H
10/2 Mardene B	12/11 Donald H
10/3 Marjorie K	12/16 Judith B
10/5 Elisabeth B	12/19 Eileen S
10/7 Joan V	12/15 Arlene R
10/10 Charles H	12/15 Elizabeth M
10/17 Rita F	12/17 Ronald P
10/25 Ron S	12/21 Esther H
10/25 Marion S	12/23 Fred D
10/26 Eileen C	12/24 Herbert C
10/28 Pauline A	12/30 Gerald L
10/31 Jane H	
10/31 Pat W	
11/3 Betty W	
11/4 Paul G	
11/4 Michael S	
11/4 Timothy M	
11/17 Joan S	
11/23 Helene B	
11/24 Michael S	
11/25 Dieter P	
11/27 Lorraine M	
12/ Inez S	
12/2 Naoma W	
12/5 Katherine J	

PATIO HOMES

10/6 Elaine F
10/28 Donald W
10/29 Barbara W
11/3 Karen M
11/10 Anne S
11/10 Mary Lou A
11/15 Don A
11/23 Phoebe M
12/7 Nancy K
12/10 Jean W
12/19 Carol W
12/23 Frank H
12/31 Kathy T

Exercise Your Mind

As people get older, they notice the effects of aging on their brains. Memory may become a little less vivid, and multitasking can become more difficult.

Exercising your brain may help delay the cognitive decline that naturally comes with healthy aging. Finding ways to stimulate your brain can help it stay sharper for longer.

Incorporating brain games into your daily routine can help improve your decision-making process, improve the speed of thought, and help keep your brain stay in shape and at its sharpest. There are hundreds of brain games available today, such as sudoku, mahjong, crosswords, and more, which can be easily downloaded to your phone!

Playing games at any age can boost confidence, leave you with a sense of accomplishment and provide an opportunity to socialize. But for older adults, some games are better for boosting brain power and preventing cognitive decline. Here are some examples:

Computerized brain training games may prevent some cognitive decline. For the greatest benefit, vary the types of games you play. Just be sure to limit screen time, especially close to bedtime.

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Shuffleboard News

Parkwood Heights is pleased to announce the addition of a new amenity for all the residents to enjoy. A shuffleboard table is being added to the Skyline Room. Shuffleboard is a fun game that also provides plenty of health benefits for residents:

Balance

Balance is an important factor for residents to maintain. Balance is the coordination of all your body parts, allowing you to stand, walk and sit down without falling. It can be difficult to get around if you don't have good balance.

Shuffleboard is a great game for residents to play because it helps improve balance while being an enjoyable activity. By playing shuffleboard regularly, residents can become more confident in their movements and steadier on their feet.

The key thing about maintaining a good sense of balance is training yourself through movement every day. It's important for residents as falls are common among older adults.

Coordination

Another benefit of playing shuffleboard is that it requires coordination. As we age, our bodies naturally slow down and become less agile. This can result in decreased balance and coordination. Playing games that require physical activity, like shuffleboard, helps keep seniors' bodies more fit, increasing their overall health and longevity. Furthermore, the coordination required for this game will help residents improve their ability to conquer everyday tasks.

Hand-eye coordination

Playing shuffleboard is a great way to improve hand-eye coordination and can even help with other aspects of life. Shuffleboard is a fun activity so residents will be having fun



while they get their hand-eye coordination on point. It's like tennis or golf, except you don't need any fancy equipment or clothing.

Residents might only realize how much this game helps after they have played for a little bit; then suddenly, their eyes will be trained so well that those pucks never seem far away from where they should be anymore! That's why many people recommend shuffleboard as one of the best activities for residents of senior communities. It keeps residents alert without being too overwhelming.

Socialization

With shuffleboard, residents will get to meet new people, and even make new friends. It is an ideal activity for seniors because it involves socialization, which is one of the best ways to stay active and healthy. Shuffleboard will also help residents relieve stress, anxiety, improve mood, and sleep, enhancing a healthy lifestyle.

Conclusion

If you're a resident looking to get in shape, relax, and have fun all at once, then try playing shuffleboard. This game is easy to learn and can be played by almost anyone. In addition, it provides many benefits for our residents' healthy lifestyle.

Parkwood Adds EV Chargers

Parkwood Heights is proud to announce the addition of Electric Vehicle Chargers, located in the apartment building parking lot. The chargers were added as a convenience for all campus residents, staff, and families. The ChargePoint chargers can be accessed through an app on a smart phone; a special Parkwood code is needed to use them.



CONTINUED from Front Cover

Crossword puzzles are among the most studied thinking games, especially for their effect on aging brains. Experts have suggested for more than a decade that doing crossword puzzles later in life may delay the onset of memory decline.

Number puzzles, such as sudoku, may have a similar impact as crossword puzzles when it comes to cognitive function. Doing number puzzles more than once a day may even put your cognitive performance at the same level as people several years younger. Research shows number puzzles help with attention, memory, and reasoning.

Video games offer a great way for aging adults to improve their brain health. These three-dimensional games are especially beneficial. They provide exposure to stimulating 3D environments which work the part of the brain you use to navigate your everyday environment. Research shows participants have improved recognition memory after just two weeks of playing video games. Try playing 3D platform games like *Super Mario 64*.

Protecting your brain health is essential as we age. Engaging your brain will provide benefits in strengthening your memory, improving reasoning and processing speed, reducing the risk of falling, and increasing your social interaction.




Autumn

Y Q T Q K W X C X O V D Y S A W
 P J N K D E H Y O N E R T E M J
 Z F X H W H B E O R O U F A L L
 A L T I A W Q E N T N R E S Q M
 P C Y E L L O W L B E Q A O G N
 F O O T B A L L P B H U U N G O
 L N S R C O L O M U Z G I G G V
 K E Q A N B C E W H M V T T M E
 K R A K E S T T W E I P A Q T M
 Z Q O V U P W E O G E X K X Y B
 A P P L E S P Q S B O N F I R E
 B M V S R S W K J H E J P K N R
 T V B R O W N C O L O R F U L S
 S D J T H A R V E S T V Z Q T G
 D B G W H A U T U M N D H P U J
 J M B T K Z Y V Y C Q A O R B J

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




- | | | |
|-----------|-----------|--------------|
| Leaves | Season | Rake |
| September | Bonfire | Yellow |
| Orange | Apples | Football |
| Pumpkins | October | Autumn |
| Hay | Corn | Colorful |
| Fall | Brown | November |
| Nuts | Halloween | Red |
| Harvest | Acorns | Thanksgiving |



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www.parkwoodheights.com



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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!*

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