



# The Parkwood Post

Spring 2024

Senior Living Apartments • Villas • Patio Homes



## SPRING BIRTHDAYS

Remember to wish these residents a Happy Birthday!

### APARTMENTS & VILLAS

4/1 Linda F.	6/12 Kim D.
4/5 Jane K.	6/13 Merlyn W.
4/5 Charleen L.	6/14 Barbara P. (Apt.)
4/7 Ann P.	6/14 Toni D.
4/11 Dorothy N.	6/18 Veronica F.
4/13 Blanche M.	6/19 Jean S.
4/14 Helen H.	6/21 Ute P.
4/16 Ella J.	6/23 Patricia T.
4/19 Patricia B.	6/24 Pat H.
4/28 Barbara D.	6/30 Bill R.
4/30 Henry K.	6/30 Darlene J.
5/3 Tom S.	6/30 Teresa A.
5/3 Nancy S.	
5/5 Britt C.	
5/6 John K.	

### PATIO HOMES

5/8 Betty S.	4/9 Jean R.
5/8 Suzanne E.	4/15 Cathie B.
5/9 Beverly B.	4/20 Connie S.
5/15 Jane N.	4/27 Donald L.
5/17 Marilyn M.	4/29 Earl E.
5/20 Bill E.	5/2 Joyce D.
5/22 Joan R.	5/8 Christine O.
5/23 Shirley J.	5/11 Ben T.
5/27 Colleen V.	6/3 Mike K.
5/28 Jeanne S.	6/4 Rita D.
5/28 Patricia G.	6/7 Linda P.
6/2 Helen A.	6/19 Richard L.
6/3 Timothy C.	6/25 Mary E.
6/3 Barbara P. (Villa)	6/28 Sherry H.
6/5 Frank H.	
6/9 Joyce R.	
6/12 Lenore E.	

Parkwood Heights Welcomes

## Stephanie West

Enriched Housing Program Coordinator



I grew up in Farmington, NY and still reside in the area. I am a graduate of SUNY Oswego and have my bachelor's degree in Psychology and I am currently attending Brockport's Masters of Social Work program. I

have worked in multiple capacities caring for seniors for many years. My family and I enjoy traveling, hiking, volunteering, sports and crafting.



# The Importance of Community for Seniors

## The Importance of Connection

For many people, isolation increases with age. One in four Baby Boomers will likely end up living alone, leading to 19 million isolated seniors, and this isolation is unhealthy. People who do not interact with others regularly are more likely to suffer from depression, and they are at higher risk of health issues like high blood pressure. Maintaining an active, independent lifestyle with regular social interaction is beneficial to older people, whether they're introverts or extroverts. Here are some facts about how being part of a community can boost a person's physical health, emotional well-being, and ability to live independently.

## Benefits of a Strong Community

Staying socially involved and engaged, as a member of a community, provides many benefits:

- **When you are socially active, you are more likely to be physically active.** Seniors who have active social lives are more likely to leave their houses and interact with people. This often involves physical activity, as older people who see friends and family members regularly try to keep up with what their loved ones are doing. Being physically active improves your overall health, protecting against conditions like osteoporosis, heart disease, and cancer.
- **Social interaction can help protect against mental illness.** Social activities keep the brain active and improve emotional well-being. This helps to reduce the risk of mental illnesses common in older age, like depression, anxiety, and even dementia. Interacting with other people is a type of exercise for the brain, and this exercise can benefit brain function. The sense of belonging that comes from being socially engaged can boost self-esteem, and people who have strong social bonds are more likely to seek help if they do begin to experience mental health issues.
- **Your immune system gets a boost from social connection.** Your mind and body benefit from interaction with other people, and this strengthens the immune system. This means that people who are engaged socially will be better able to fight colds, flu, and other ailments. What's more, interacting with others can lead to healthy habits like taking walks, joining exercise classes, or eating healthy meals together, and this is beneficial.
- **When you connect with others, it improves your outlook on life.** Getting out of the house, making new friends, and talking to people can take some effort, but it is worth it for the increased happiness and positive mindset it provides. Connecting with people who have similar interests and hobbies can help you feel a sense of belonging and purpose.
- **People who regularly interact with others tend to live longer.** Nothing can guarantee you a long life. However, there is research to indicate that people who engage in regular social interaction are more likely to have long lifespans, living past the age of 90. People who are less engaged and more isolated do not typically live as long, perhaps because of the ways in which social interaction improves physical and mental health.
- **Remaining socially active improves cognitive health.** According to research published by AARP, social interaction can help ward off Alzheimer's and other forms of dementia, keeping people mentally sharp. Even the simplest exchange between people stimulates the brain, and those with a large social group cut the risk of dementia even further.

## How to Stay Socially Engaged

It is clear that social connection should be a priority, but how can you achieve this engagement as an older person? Often, seniors struggle to avoid isolation, especially if they are retired, live alone, and have no family nearby. If you are finding it challenging, we have some suggestions for you.

- **Keep building supportive, nurturing relationships.** Reach out to your neighbors, friends, and family members, finding ways to connect and interact. Find ways to regularly interact, whether that is face to face, on the phone, through email, or with cards and letters.
- **Find a club to join.** What do you like to do? What interests you? If you love to read, join a book club. If gardening is your passion, find a garden club in your area. If you have a hobby like woodworking, knitting, or writing, there are clubs for those things, too. Joining a group of people who share an interest with you is a great way to make friends.
- **Play games together.** Find a bridge club or a poker game. Play intellectually stimulating games online

with people you know. When you play games, you are stimulating your mind as well as connecting with other people.

- **Do something in your community.** Maybe you will take a part-time job. Maybe you will volunteer. There are plenty of volunteer organizations that welcome participation by seniors, and you can find one that means something to you. Do you love pets? Volunteer at a shelter. Do you enjoy interacting with children? Volunteer at an elementary school or tutor children in reading. Volunteer work allows you to give back while engaging with others.
- **Find a place of worship.** For many seniors, being a part of a religious community is very meaningful. Look for a place of worship where you feel welcome, and begin attending services and socials. Be friendly, and make an effort to get to know some of the members, perhaps by joining a small group or getting together for lunch.
- **Make visits with friends and family part of your regular routine.** Purposely set aside time for your

friends and family, whether that is dinner once a week with your kids or Sunday brunch with your girlfriends. Maybe you will get together with friends to play poker or golf, or maybe you'll go to the movies together. The important thing is to make a habit of regularly interacting with people you already know, and you may find that you meet new friends through this increased socializing.

- **Consider an active adult community.** When you live in a community with your peers, you have more organic opportunities to connect. What's more, senior living communities provide social events, classes, outings, and other chances to meet new people and make new friends.

### 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*



## Bird Species

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

PARROT BLUEJAY  
 PARAKEET HUMMINGBIRD  
 MACAW WOODPECKER  
 CANARY FALCON  
 COCKATIEL EAGLE  
 ROBIN LOON  
 SPARROW GOOSE  
 CARDINAL CROW  
 FINCH HERON  
 DOVE SWAN  
 LOVEBIRD  
 OWL  
 CHICKEN  
 DUCK  
 BLUEBIRD





PRSR STD  
US POSTAGE  
**PAID**  
Permit No. 298  
Rochester, NY

**Parkwood Heights**  
**Senior Living Campus**  
1340 Parkwood Drive  
Macedon, NY 14502  
Just minutes from Fairport & Victor  
315-986-9100 or 585-223-7595  
E-mail: PWH@parkwoodheights.com  
www.parkwoodheights.com



**Apartments & Villas for lease • Patio Homes for Sale**  
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!*

**Call Us Today For More Information About Our Enriched Living Program at (315) 986-9100**