



# The Parkwood Post

Winter 2025

Senior Living Apartments • Villas • Patio Homes

## WINTER BIRTHDAYS

Remember to wish these residents a Happy Birthday!

### APARTMENTS & VILLAS

1/1 Fred V.	3/16 Nancy H.
1/3 Gerrie M.	3/21 Kathy A.
1/6 Helen T.	3/28 Olga W.
1/13 Jo G.	3/29 Jacqui D.
1/17 Carol L.	
1/18 Dorothy R.	
1/19 Gunhild 'Chris' C.	
1/21 Claudia S.	
1/26 Daniel W.	
1/30 Jean L.	
1/30 Raymond N.	
2/1 Lorraine N.	
2/3 Patricia M.	
2/13 Joan M.	
2/14 Deborah O.	
2/15 Catherine L.	
2/17 Mary E.	
2/18 Beverly M.	
2/20 Harry L.	
2/26 Kristen F.	
2/26 Carol B.	
3/1 Cy W.	
3/1 Oksana C.	
3/6 J. Preston H., Jr.	
3/11 Barbara G.	
3/11 Geraldine W.	
3/12 Karl A.	
3/13 Louise W.	

### PATIO HOMES

1/4 Jerry T.
1/5 Barbara L.
1/8 Robert V.
1/12 Phil R.
1/12 Otto M.
1/25 Carole P.
1/25 Sharolyn T.
1/26 Sue H.
1/27 Tom S.
2/4 Sally C.
2/10 Winona V.
2/10 Joan P.
2/13 Gene J.
2/14 Jean L.
3/3 Ann W.
3/4 Paul B.
3/5 Dave H.
3/13 Blake L.
3/15 Bob W.
3/21 Nancy C.
3/24 Kathy V.
3/28 Betsy W.

## Congratulations Shari, we will miss you!

It is with mixed emotions that we have to say farewell to our longest standing Parkwood Employee: Shari Cascio is retiring. Shari's early days at Parkwood saw her fulfilling the night desk duties and almost twenty-two years later she has been the go-to person for everything Parkwood. Shari is an exceptional individual, doing whatever it takes to serve the residents' needs without ever looking for recognition for her devotion. We wish Shari the best in her retirement, we will surely miss her. We all thank you for your service to us. As Shari is moving on, Parkwood is welcoming Jim Feider. Jim is training to be the Assistant Director.



### A Special Comment From Shari:

*"My time here at Parkwood started out as a job, but soon you all became family and friends! You turned my "job" into a joyous mission to serve you and I have loved it. I will truly treasure my memories throughout my years here.*

*Thank you ALL for being such a great blessing in my life!"*

**Join us on Tuesday, January 7th from 2:00-3:00pm for a celebration of Shari's retirement, held in the dining room.**



Outing To Long Acre Farms 10.2024

HAPPY NEW YEAR

# Learn about Parkwood Heights Enriched Living Program

*We can offer our residents help with many of the challenging tasks facing our seniors.*

## **CASE MANAGEMENT:**

Our case manager will work one on one with your medical providers to ensure that all of your needs are met. The case manager reviews our resident's health concerns daily and contacts the appropriate health care provider for consultation. The Case Manager will coordinate your appointments, medical tests and treatment. We will ensure that all medications are ordered and delivered directly to Parkwood Heights, and given as directed.

## **MEDICATION MANAGEMENT:**

Our team of trained Medication Technicians will distribute your medication to you in the privacy of your apartment several times a day, as directed by your physician. We will ensure that you can go about your daily routine without the worries of missing your medications. Our team orders your medications and has them delivered to our medical staff to ensure accuracy.

## **PERSONAL CARE STAFF:**

When you are part of the Enriched Housing Program our in-house staff is here to ensure your safety and to assist you with your daily needs twenty-four hours a day. Our personalized care plans are designed to meet your needs while still giving you the independence to remain active and join in the daily activities. The Enriched staff will be there when you want help.

## **ASSISTANCE WITH ACTIVITIES OF DAILY LIVING:**

**Shower / Bathing:** Your personal care aide will assist you with showering in the privacy of your apartment. We will coordinate with you, your preference to time of day as well as to what type of assistance you may need. Prefer a tub? Try our walk-in spa bath.

**Dressing / Grooming:** Your personal care aide will be there when you need them; they can assist you with simple tasks such as putting on your shoes or helping with buttons and zippers, some people may need more assistance with dressing or grooming due to physical impairment or safety needs. We can accommodate those needs as well.

**Cueing/Reminders:** Our wellness staff can provide reminders to promote good personal hygiene and are trained to handle a wide variety of needs. Your personalized care plan may require you to have reminders to attend meals or your favorite activity. We can even escort you there.



## **HOUSEKEEPING / LAUNDRY SERVICES:**

Your apartment will be cleaned weekly; your housekeeper will clean your bathroom, living room, bedroom and kitchen. The floors will be mopped and/or vacuumed, your apartment dusted and your linens changed as well. In addition to your weekly cleaning, your bed can be made, trash can be removed, and spot cleaning done daily if needed.

Your Laundry will be washed at a minimum weekly. Your wash will be picked up from your apartment and delivered back to you the next day. If you need assistance hanging up your clothes or putting them away, we will do that too.

## **MEALS / SNACKS**

Enjoy three home cooked meals daily in our fireside dining room. Choose what you like to eat from the daily menu. You also have the freedom to cook or prepare light meals in your apartment if desired. Snacks are available daily and meals can be delivered for a small fee.

## **24-HOUR EMERGENCY RESPONSE/ SAFETY MONITORING**

Each apartment has an emergency call bell system in the bathroom, bedroom and living room. When the system is activated, there is immediate response from our wellness staff.

The wellness staff will frequently check on you during the day and throughout the night to be sure that you are safe and sound.

**Please join us for a free informational lunch program where we will discuss our Enriched Living Program and answer any questions you or a family member may have.**

**JANUARY 21, 2025  
BEGINNING AT 1:00 PM**

RSVP required by Jan. 17th to 315-986-9100  
or pwh@parkwoodheights.com




## Pleased to Feed

In early September, Parkwood management put together what we called “Pleased to Feed,” a way of giving back to our employees. We purchased and assembled bags of groceries that each employee received containing items from chicken breast and hamburgers to pasta and sauce. Our employees are important to us, so we find it important to do this for them, knowing how expensive groceries can be. All grocery bags also contained raffle tickets so each staff member had multiple chances to win one of the prizes from Bluetooth speakers, wireless phone chargers, ear buds and a big screen TV. Congrats to Janet, Kyla, Shannon, Mary, Etta, Tommy, Lisa, Kassi, Matt, Danielle and Charlie on winning prizes.

We are Parkwood Proud.

**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*




Yellow Mills Breakfast Outing 11-2024



Warfield's Lunch Outing 11-8-2024



The First Baptist Church Macedon Caroling 12-24



SALT Rest. Outing 9.24



Perinton Senior Choir 11-12-24



The Apple Shed Outing 10.24



Granger Homestead Ornament Project 10.24 (2)



Macedon Historical Outing 9.24



PRSRST 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 Experience A New Tomorrow



## Independent Living and Enriched Living

Set in a convenient park-like campus setting, a few of our amenities & services include:

- Meals Daily
- Housekeeping Weekly
- Transportation to medical appointments
- Free Grocery & Pharmacy Delivery
- Emergency Response System
- On-site Physician & Lab
- Medication Management
- 24/7 personal care aides
- Assistance with showering
- Laundry service
- Case Management
- ..... to mention just a few services!



Locally Owned

Call Us Today! 315.986.9100 or 585.223.7595  
1340 Parkwood Drive • Macedon



For more information, visit [parkwoodheights.com](http://parkwoodheights.com)



## Senior Apartments • Ranch Villas for Lease

DC-SPAD1219154101