



The Parkwood Post

Senior Living Apartments • Villas • Patio Homes For Sale

Summer Birthdays

Remember to wish these residents a Happy Birthday!

- 7/1 Betty D.
- 7/3 Walter S.
- 7/5 Dolores K.
- 7/6 Bessie M.
- 7/11 Mary S.
- 7/14 Eugene H.
- 7/18 Gloria B.
- 7/21 Jack C.
- 7/23 Lois M.
- 7/26 Agatha C.
- 7/27 Kay M.
- 7/29 Bruce P.
- 7/31 Mabel S.
- 7/31 Elva L.
- 8/7 Ruth D.
- 8/9 Dora S.
- 8/11 Philip L.
- 8/18 Margaret F.
- 8/24 Thelma S.
- 8/25 Beverly P.-B.
- 8/30 Janet P.
- 9/5 Margaret S.
- 9/7 Ray B.
- 9/12 Mary Jane V.
- 9/14 Betty C.
- 9/16 Ellen N.
- 9/27 Richard P.

PATIO HOME RESIDENTS

- 7/5 Jennifer W.
- 7/6 Pat M. T.
- 7/14 Jim T.
- 7/17 Miguel B.
- 7/27 Barbara L.
- 8/5 Bill W.
- 8/18 Barbara P.
- 8/21 Edward S.
- 8/26 Jacob P.
- 8/28 Marcella J.
- 9/6 Florence F.
- 9/10 Gert E.
- 9/24 Beryl G.

Parkwood Heights Residents Give Again

The residents of Parkwood Heights Senior Living Community decided to do another fund raiser for the Town of Macedon Ambulance Service since last year's fund raiser was so successful (and fun too). Their 2015 "Hollywood Walk of Fame" calendar was a big hit and so this year they have made a 2016 "Salute to The Saturday Evening Post" calendar with the proceeds again this year being donated to the Town of Macedon Ambulance Service as a thank you for all they do for us. The wonderful staff at the Ambulance Service not only comes out for health related calls but also provides monthly Senior Health Talks and bi-weekly blood pressure checks. So here is a sneak peek at two of the photo "reproductions" in our 2016 "A Salute to The Saturday Evening Post" and be sure to reserve your copy soon as they are sure to sell out fast!



Tom Simpson

Important Business



Grace Smith
Maxine Pankratz
Jane Bradley
Phil Leete
Bruce Pankratz

Sunday Morning

What makes you happy?

Certainly we all take pleasure in external things, but much of our joy comes from simply being nice. And, it's got nothing to do with good manners or bad karma.

Being kind to other people makes us happy, a study found, and gives us a sense of well-being.

Kindness also improves the way we perceive one another — and our outlook on the world. Kind people, it should come as no surprise, see the world as a better place.

It's more of an attitude change - being alert of things you can do for other people and doing them spontaneously because you want to do them. It has a side effect of making you feel good.

We are "hard-wired," to value one another's happiness. "At Parkwood Heights we found when others are happy, we all feel happier."

This is good news for anyone who lends the occasional helping hand, and is especially good news for those who suffer from shyness or social anxiety.

Studies found that people who normally avoid social situations due to anxiety had their fears alleviated when they began performing acts of kindness for other people. This was true even if the act was a simple one, such as inviting a new resident to dinner or to one of the 150 activities each month at Parkwood Heights. Seeing how their kindness benefitted another person raised their own happiness level, and it also made them engage more easily with the person.

It is believed that kindness helps everyone live more satisfying, engaging lives, so consider adding a good deed or two for a healthy dose of joy.



Fun Activities



Parkwood Heights will be hosting an educational session on Medicare titled "Medicare 101"

Wednesday, September 16th
10am - 11am

A "Medicare 101" session will provide education on one of the most confusing and important topics people face as they age.

My "Medicare 101" sessions take about an hour, including question and answer times.

We specifically cover the following items:

- What is Medicare?
- When is a person eligible?
- How does a person apply for Medicare?
- What are the parts of Medicare?
- What does original Medicare cover?
- How does Medicare part A work?
- How does Medicare part B work?
- What if a person is still working?
- What are the types of Medicare plans available through private health plans?
- How do these plans work?
- Is there additional help to pay for prescription drugs?
- When can a person enroll?

Presenter: Laura Burgart | Senior Benefits Consultant
APFS Rochester, Inc.



In honor of

Grandparents Day

Parkwood Heights is hosting a **FREE**

Family Fun Festival!

September 13th

from 1-3pm

Stop by for games - face painting - prizes - food - music and a HCCA Car Show!

(located behind Reliant Federal Credit Union)

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



On-Site
Weekly
Lab
Service



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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



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Call for more information regarding our Independent lifestyle choices & Assisted Living Program

Parkwood Heights Senior Living Campus - Assisted Living Program

In addition to our Independent Living lifestyle, Parkwood Heights apartments offer two higher levels of care in our Assisted 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 Assisted Living Program at (315) 986-9100