



# The Parkwood Post

Senior Living Apartments • Villas • Patio Homes For Sale

## Fall Birthdays

Remember to wish these residents a Happy Birthday!

- 10/2 - Cora R.
- 10/2 - Victoria M.
- 10/6 - Elaine F.
- 10/7 - Bev W.
- 10/8 - Jeannette M.
- 10/14 - Jean D.
- 10/14 - Joan H.
- 10/17 - Dorothy L.
- 10/17 - Elizabeth H.
- 10/17 - Dee G.
- 10/20 - Marguerite A.
- 10/24 - Peg E.
- 10/26 - Terrence B.
- 10/27 - Evelyn M.
- 10/28 - Emily Y.
- 11/1 - Jane B.
- 11/2 - Grace S.
- 11/3 - Kitty U.
- 11/4 - Ethel P.
- 11/5 - Dorothy W.
- 11/7 - Ruth P.
- 11/11 - Marty P.
- 11/13 - Francis B.
- 11/14 - Marjorie E.
- 11/16 - Joan C.
- 11/18 - Francis K.
- 11/23 - Helene B.
- 11/26 - Jo L.
- 11/28 - Peter B.
- 11/29 - Betty K.
- 12/7 - Nancy K.
- 12/11 - Rita C.
- 12/11 - Gert P.
- 12/12 - Rose S.
- 12/19 - John S.
- 12/22 - Carolyn C.
- 12/23 - Frank H.
- 12/29 - Tom E.
- 12/29 - Grace W.
- 12/30 - Margaret V.
- 12/31 - Bea L.

## Avoid Being Scammed This Holiday Season



Sharon Weinel  
Executive Director

This is the season for giving... and unfortunately, there are scam artists ready and waiting to take advantage of your generosity. There have been scammers since the beginning of time who rely on your trusting natures and kind hearts to allow them to take advantage of you. This year we can fool them by being prepared for their phone calls or other fraudulent requests.

During the holidays it is likely you will see an increase in requests from charitable organizations, but it is also a busy time for scam artists. Scammers use sound alike names of well known and respected charities. They also invent charities that tug at your heart such as ones for "needy children" or "veterans" or "victims of disasters." Be prepared to say no to any and all requests if you are not one hundred percent certain it is legitimate.

Here are a few tips to help you avoid becoming a victim:

- Never give out personal information over the phone or in person – even if it is someone you know. Always ask WHY they need it.
- Do not share your social security



number, bank account information or credit card information with anyone.

- Sign up for the Do Not Call Registry at 888-382-1222 to try to prevent unwanted solicitation calls.
- Do not pay money upfront to someone who says you've won a prize.
- Beware of offers that seem too good to be true.
- Never wire money to someone you don't know.
- Never open the door for someone you don't know.
- Hang up the phone if the person on the other end is making you uncomfortable.
- Stick to the charities you know.
- Talk to friends, family or authorities and let them know if you feel someone has tried to scam you.
- Never be afraid to say NO.

**Happy Holidays!!**

*You're Invited to our Holiday Open House*  
**Wednesday, December 11th**

**Breakfast Buffet 8:30-10:00 AM • Afternoon Hors d'oeuvres 2:00-4:00 PM**  
*Entertainment by John & Joseph Irrera*

## Does your loved one refuse to visit the doctor?

“Don’t worry about it, it’s nothing!” If you’re a caregiver, you’ve probably heard that sentence, or a similar one, from your loved one. But if you’ve noticed a suspicious mole on your dad’s back, or that your mom is losing what seems like a lot of weight for no reason, it’s time to get them to the doctor.

Even if you don’t notice any overt issues, it’s important for seniors to get regular checkups. Small health problems can become big ones, and some serious health issues have no symptoms.

According to the *Aetna Health Care* guide, seniors age 65 to 70 should visit the doctor once a year (more if the doctor recommends it), while those between the ages of 70 and 80 should visit about twice a year, and those over 80, every three months, or as often as their doctor recommends.

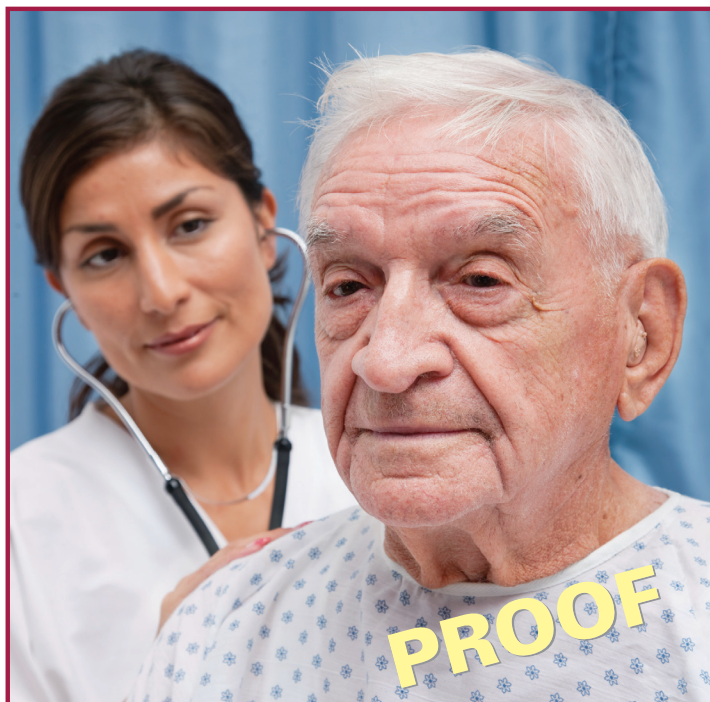
So you know it’s important for your loved one to go to the doctor. But now, how do you convince them to get regular check-ups if they insist they are healthy?

### *Listen to Their Concerns:*

There can be many reasons your loved one might be reluctant to visit the doctor. To avoid a flat-out refusal, try this tactic: sit down with your loved one in a non-threatening environment (i.e. make tea for two and take it out to the porch), then gently ask a few questions to get to the bottom of your loved one’s unwillingness.

Saying “Why won’t you go?” might make your loved one clam up. Instead, try starting with, “What was going to the doctor like when you were a kid?” Ideas about doctors are often formed in childhood, and your loved one probably grew up in a time when medicine was far less advanced than it is now, and hospitals were a place for pain, suffering, and death. Also try asking if your loved one has ever had a bad experience with a doctor.

Your loved one may also be afraid the examination will find something wrong and they fear losing control of their decision-making ability. Not to mention the fear of large medical bills. Remind him or her that they can decide what happens next and offer to go with them to be an advocate. These questions and an offer to be supportive will take you out of the role of enforcer and can give you a window into your loved one’s resistance.



### *Help Solve the Problem:*

Once you understand why your loved one doesn’t want to visit the doctor, you can help assuage their fears. If they were frightened by medical care in their youth, gently ask them, “Do you really think medical care is still like that?” Sometimes, just voicing the fear will help your loved one overcome it. Together, look over the advancements in medical care over the last century. You’ll both be amazed at how far we’ve come, and the knowledge will also help reassure your loved one.

Next, find out what medical care qualities would make your loved one feel more comfortable. If they have a primary care provider, is there something about that person that is off-putting? It’s not uncommon today to be a patient in a large practice where you are not seen by the same person each visit. That can be very difficult for an older adult who likes building relationships. If they do not have a provider, say, “What would your ideal doctor be like?” Perhaps your elderly mother is fearful of having a male doctor, or your father wants one who has a number of years of practice under his or her belt. Reassure your loved one that you can help find them a doctor with those qualities.

Once you’ve helped your loved one face and deal with the fears that make them reluctant to visit the doctor, you might find them a lot more willing.

**PROOF**

**The Doctors are in...**

**Please call the Medical Center at 315.589.4641**

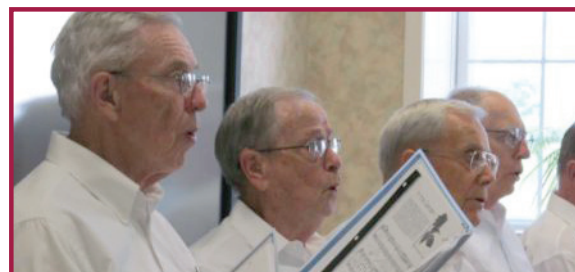
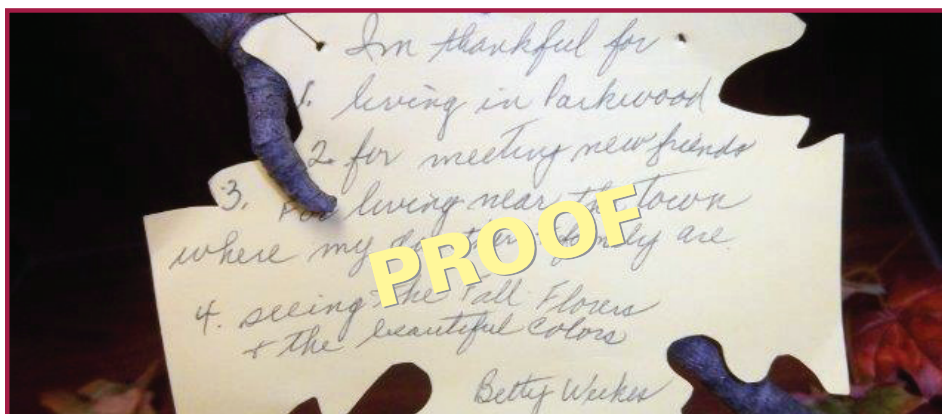
*When scheduling, please specify that you would like an appointment at Parkwood Heights*



**On-Site  
Weekly  
Lab  
Service**



# Fun Activities and Resident Trips



## Patio Homes & Villas

Parkwood Heights offers the perfect lifestyle choices to meet your needs. If you are looking for a Luxurious Patio Home either to purchase or lease; or to lease a Villa, the Campus has a full complement of amenities.

- Step free interiors
- Porches
- Attached garages
- Full use of the Community Center complete with Fitness Center, Library and much more
- Over 100 activities a month
- Parkwood Heights Park & Fishing Pond
- Walking trails
- Full service Fireside Dining Room
- Would you like to purchase a Patio Home and keep cash for retirement/eliminate mortgage payments?

*Call today for your appointment and let Parkwood Heights start "Your New Tomorrow"*





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

## Parkwood Heights Senior Living Campus

1340 Parkwood Drive  
Macedon, NY 14502

**PROOF**

Just minutes from Fairport & Victor

315-986-9100 or 585-223-7595

E-mail: [PWH@parkwoodheights.com](mailto:PWH@parkwoodheights.com)

[www.parkwoodheights.com](http://www.parkwoodheights.com)



**Apartments and Villas for lease • Patio Homes for Sale**  
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 offers a higher level of care that is built in. Residents who need more help - such as medication management, 24/7 aides on duty, transportation, emergency response systems, meals, reminders - can find it here all under one roof. Residents will receive the appropriate assistance they need, whether it's special needs, or they just want 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



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