



The Parkwood Post

Senior Living Apartments • Villas • Patio Homes For Sale

Spring Birthdays

Remember to wish these residents a Happy Birthday!

Winnie S.
Stu S.
Frank C.
Jefflyn P.
David M.
Helen S.
Barbara M.
Dick K.
Dorothy K.
Tom S.
Nancy S.
John K.
Edna P.
Donna L.
Ann A.
Joan R.
Betty W.
Susanne L.
Pat H.
Ron K.
Larry U.
Cathie B.
Joan S.
Shirley T.
Luella K.
Bob S.
Helma B.
Linda P.
Vilma S.
Ken T.
Richard L.
Ernest V.

11th Annual Daffodil Day Celebration and Dinner



All Ages enjoy the Parkwood Heights Daffodils



Residents & guests enjoying music by Ruby Shooz



Towpath Fife & Drum performance

Fun was had by all, weather was chilly, but hearts were warm and 30,000 Daffodils were enjoyed by all! Residents enjoyed a Daffodil Day cocktail hour and dinner the night before the celebration and listened to music by Joseph Irreva, a solo Steinway Artist.

On Saturday, the residents and quest

enjoyed hearing the Towpath Fife and Drum march down Parkwood Drive, perform outside and in the Community Center. There was also dancing to Ruby Shooz, Ice Cream Socials.

It was such fun and a great way to kick off Spring!

"Our mother (95 years old) has been at Parkwood Heights in their enriched care program for 10 months. All of our expectations have been met and I would like to say the Parkwood facility and its staff set the gold standard for senior living and care. Like all concerned families we spent a lot of time visiting other senior facilities and exploring our options.

Now it is comforting to know we made the right decision and choice."

*Sincerely,
Francis S.*

Myths of Senior Assisted Living



Parkwood Heights senior assisted living community is designed to empower individuals to maintain the independence they have come to enjoy. At the same time, community living provides friendship and companionship.

Parkwood Heights provides seniors with many options to make sure they feel right at home. Social isolation has an impact on an older adult's overall wellbeing, physical health and even their lifespan according to AARP.

Despite the great advantages of community living, making the decision to move is a difficult one for many seniors and their families. Listed below are some common myths about senior assisted living that may help you understand the benefits of this wonderful living option.

Myth: I don't want to give up my independence!

Truth: Your own space without the hassles

Privacy and independence should be maintained when living in a senior assisted living community. Parkwood Heights provides you with a choice of spacious apartments with different floor plans and separate entrances. You are free to furnish your apartment with your own furniture and personal items. The doors to your apartment lock and are controlled by you. You will also feel at home and absolutely secure in

your environment.

Myth: My loved ones need to live with me just in case something happens and they need help.

Truth: Help is just a call away.

Parkwood Heights allows you and your loved ones to relax, freeing all to pursue enjoyable activities. The community is designed to reduce worry that often comes from living alone. Features are in place to respond quickly and immediately to you in the event you need someone to help you.

Myth: I won't know anyone and I will have to leave what I love doing.

Truth: Opportunities to make new friends and to try new hobbies

Studies have shown that people who are active and engaged are healthier and happier. Over 100 activity programs and outings a month give all residents options and choices tailored to their specific needs, desires, and even lifestyle. These programs reduce the isolation felt when living alone.

As we get older, our lives change—often in unexpected ways. You don't have to be alone in facing these changes. Parkwood Heights is a viable option and can enhance your quality of life empowering you to live that life the way you want to.

If you or a family member is going through a crisis, I want you to know that you are not alone. The support and education you need is available at your fingertips from expert care professionals at Parkwood Heights.

You may talk to a real person who does have the answers, without any obligation by calling 585-223-7595 or emailing Sharon Weinel, Executive Director sweinel@parkwoodheights.com

The Doctors are In...

Krishna V. Persaud, MD & Christina F. Williams, MD

Please Call the Medical Center at 315.589.4641

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

"We have been living here 6 years and still maintain that it was the best decision made to move here."

The Braches

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"



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 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