



The Parkwood Post

Senior Living Apartments • Villas • Patio Homes For Sale

Winter Birthdays

Remember to wish these residents a Happy Birthday!

Betty L.	12/13
Duwayne S.	12/20
Grace W.	12/29
Margaret V.	12/30
Rudy C.	12/31
Connie B.	1/1
Lou M.	1/2
Helen T.	1/6
Mary M.	1/10
Betty R.	1/12
Helen H.	1/13
Jo G.	1/13
Bill E.	1/29
Lee M.	2/6
Kay O.	2/7
Audrey H.	2/19
Ralph C.	2/24
Marlyn S.	2/28

Looking for space to host your bridge club, senior group or other special meetings?

Parkwood Heights is the perfect location with plenty of space in a comfortable and convenient location.

Call today to reserve your space.

Telling the Story to the Resident - "Why Senior Housing is Better"

At some point in the lives of most senior citizens, they find themselves examining their quality of life and come to the realization that they need to live in a more supportive environment like Parkwood Heights Senior Campus. Together with loved ones they embark on the process of selecting the most appropriate senior housing option. As more seniors take advantage of these supportive options and friends see friends thriving at Parkwood Heights, the decision becomes easier and timelier.



Today, most typically, a senior reluctantly makes the decision to seek senior housing under pressure from family. Families see that Mom is not consistently taking her medications and is suffering for it; Dad is not bathing regularly or eating balanced meals; Mom or Dad has had a fall while alone.

Transitioning to senior living is a difficult decision for most seniors. It entails moving from a place that has been home for many years, a

place that is very comfortable, and a place with great memories. There will inevitably be questions when you decide to move to your new home at Parkwood Heights Senior Campus. Can I bring items of great sentimental value? Will there be a loss of independence?

Can I make my own meals?

Can I do my own laundry? Will I be able to make new friends? Will the food taste good?

Will the staff at Parkwood Heights really care for me?

There are two key elements that make Parkwood Heights Stand Apart from the Rest:

1. Experience the Caring: When you tour Parkwood Heights Senior Campus, we will focus on the features of the community and showing "How Much We Care."

We will spend time talking about the supportive services we offer, such as Transportation, Meals, 24 Hour Response and much more, which will improve your quality of life and ensure your health, safety and continued independence.

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"Why Senior Housing is Better"

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2. Resident Ambassadors: Parkwood Heights Senior Campus has resident ambassadors who are available to meet with you and your family. These individuals can talk about their own experiences; they will share how

much better off and happier they are in their senior housing setting and wishing they made the move sooner.

Now as a new Parkwood Heights resident you will have a friendly face to look for when you move in.

Winter Safety Tips



Walking on Snow and Ice

If you must walk on snow or ice, take special precautions to avoid falling.

- 1. Try to stay on the sidewalk, if you must step off the curb, stay as close to the edge of the street as possible. Hazardous driving conditions may keep motorists from stopping on time or braking effectively.*
- 2. Try to avoid carrying heavy packages while walking on ice or snow.*
- 3. Take it slow, wear non-slip shoes, and wear brightly colored gear or reflective gear if possible.*

Hypothermia

Because older adults have slower metabolisms, they tend to produce less body heat than younger people, reported the American Geriatrics Foundation.

In addition, it is also harder for older adults to tell when their body temperature is too low. As a result, hypothermia, or a deadly drop in body temperature, can result.

One should make trips outdoors as brief as possible and head indoors if shivering occurs, as it's a warning sign that one is losing body heat.

The Doctors are In ...



Williamson Medical and Parkwood Heights are proud to partner in providing healthcare services for seniors.

On-site physician services are offered to enhance and promote wellness and quality of life, in a convenient and accessible setting.

Krishna V. Persaud, MD and **Christina F. Williams, MD** will be seeing patients on Thursdays from 8:00am-12:00pm by appointment To schedule an appointment at Parkwood Heights.

Please Call 315.589.4641

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

Garlic, Parmesan and Lemon Mashed Potatoes Recipe

Give you mashed potatoes a lift with garlic, parmesan and lemon.

Ingredients

By Measure (adjust to your needs)

5 pounds Yukon gold potatoes peeled and rough chopped
 12 ounces of unsalted butter
 6 ounces Parmesan Cheese, grated
 3 tablespoons garlic, chopped fine
 1 tablespoon black pepper
 1 lemon, zest and juice
 salt to taste

Preparation

- Place the potatoes in a stock pot.
- Add enough water to cover the potatoes with 3 inches of water.
- Add 1 tablespoon of salt and place on range.
- Cook the potatoes at medium high heat until tender but not falling apart. Add the garlic and cook for 4 minutes.
- Pour off all the water from the potatoes.



- Place the pot back on the range and cook at medium for 2-3 minutes to help dry any remaining water.
- Add all of the remaining ingredients. Mash with a potato masher and check for seasoning.

Only 2 Lots Left, Come Visit the New Model



Parkwood Heights offers the perfect lifestyle choices to meet your needs now, and in the future. Our beautiful, custom built patio homes feature all the comforts of home, with convenient amenities on one picturesque campus. Find out for yourself why so many active adults are making Parkwood Heights their new address. Call to schedule your personal tour of our decorated models, or stop by an Open House Sunday from 1pm-3pm. Your new tomorrow is waiting for you! As a patio home owner you will have the use of our Community Center,

walking trails, fishing pond, access to dining room, Wellness Center plus much more!

- ▶ Open 2-3 Bedroom Floor plans
- ▶ Step-free interiors
- ▶ Full Basements
- ▶ 2 Car Garages
- ▶ Landscaping, Driveway & Custom Mailboxes
- ▶ Low Maintenance & Maintenance Free Options





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: PWVH@parkwoodheights.com

www.parkwoodheights.com



FREE Senior Care Consultation—Call Today!

Don't get left out in the cold this winter!

Stay warm at Parkwood Heights
with our "Winter Stay" promotion
Spend 3 months with us & receive the 4th

Limited availability! Call to Schedule your tour today

A Parkwood Lifestyle Includes:

- No Endowment Fees • On-Site Physician & Lab
- 122 Acre Park Like Setting • On Site Banking
- Casual & Fine Dining • On Site Fitness Center
& much more!



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