



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



FREE Senior Care Consultation—Call Today!

Welcome to Parkwood Heights Senior Living Campus

Parkwood Heights welcomes new residents:

Rudy C.
Ed & Pat L.
Janet T.
Walter & Betty K.
Helen H.
Duane & Margaret S.

Dottie B.
Don M.
Carol B.
Bea P.
Betty W.
Bill E.



Become a "fan" of
Parkwood Heights on
Facebook and receive
DINNER FOR 2
In our Fireside Dining Room!

UPCOMING EVENTS

- Book Signing and Parkwood Tasting
October 8th
- Annual Craft Show and Lunch
November 12th

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.



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| Audrey Y. | 8/3 |
| Carol B. | 8/9 |
| Millie M. | 8/15 |
| Margaret F. | 8/18 |
| Betty A. | 8/22 |
| Walter K. | 8/30 |
| Cecelia W. | 9/2 |
| Ray B. | 9/7 |
| Mary Jane V. | 9/12 |
| Florence P. | 9/22 |
| Jo L. | 9/28 |
| Dottie B. | 9/29 |

The Parkwood Post

SENIOR LIVING NEWS & VIEWS FALL 2011

Attention! All Veterans and Spouses of Veterans?



Any War-Time Veteran with 90 days of active duty, with at least one day of that duty being during a period of War, is eligible to apply for the Aid and

Attendance benefit. A surviving spouse of a War-Time Veteran may also apply. The surviving spouse must not have remarried to be eligible and the individual applying must qualify both financially and medically.

To qualify medically, the Veteran or surviving spouse must need the assistance of another person to perform the activities of daily living, be housebound or in an enriched or assisted living community. To qualify financially, an applicant must have on average less than \$80,000 in assets, not counting their home or vehicle. This amount could change.

An applicant must file the proper paperwork with the Veteran's

Administration to establish eligibility. If approved, benefits are retroactive to the original filing date. If the applicant is age 70 or older you may request the application process be expedited by including a cover letter with the application.

It takes considerable time and patience to go through the process but it could provide up to \$1,632 per month to a veteran and \$1,055 per month to a surviving spouse. Parkwood Heights will be glad to assist our current residents as well as our future residents in applying for this benefit. Call Sharon at 315-986-9100 or stop by her office to learn more about the Aid and Attendance Pension.

How to Make Gazpacho

Ingredients:

- 4 cups cold tomato juice (1 use V8 juice)
- 1 small, well minced onion
- 2 cups freshly diced tomatoes
- 1 cup minced green pepper
- 1 cucumber, diced
- 2 scallions, chopped
- Juice of 1/2 lemon and 1 lime
- 2 tablespoons cider vinegar
- 1 teaspoon each of dried

- tarragon and basil (if you have fresh, use 1 table-spoon of each)
- dash of ground cumin
- 1/4 cup freshly chopped parsley
- dash of Tabasco sauce
- 2 tablespoons olive oil salt & pepper to taste

Preparation:

Process all the ingredients except for the tomato juice in a food processor.



Then combine that with the tomato juice in a large bowl, cover with plastic wrap and chill for at least 2 hours. This helps the flavors to blend together. Garnish with some fresh chopped chives and enjoy.

Enjoying Summer at Parkwood Heights



Summer has certainly been busy at Parkwood Heights. We are all enjoying the beautiful weather and have many outings planned to take advantage of the sunny days. We had a fabulous time at the Pier 45 Restaurant lunch outing.

The view was breathtaking, the food was great and the laughter and friendship was wonderful. Please be sure to sign up at the reception desk and join us on our outings.



At Parkwood Heights, your physical and mental well being are important to us. We have over 130 activities per month, including exercise classes three times per week and have a lovely walking path to enjoy the beautiful grounds here at Parkwood.



You will notice we have a rather large display area in our Living Room. This month we are enjoying candid photographs of our residents and staff. Our display changes each month and we would love to display any collections you may wish to

share with the community. If you do have a collection to share, please contact Kandy or Cindy to reserve a month.



Please be sure to read your monthly calendars carefully as we don't want you to miss out on any of the exciting programs we have planned. If you have any suggestions for an activity program or an outing, contact Kandy Liguori, Activity Director.



To schedule a tour of Parkwood Heights, please call 315.986-9100

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**.

We are proud to welcome **Dr. Persaud** and **Dr. Williams** to our Parkwood Family.

ACTIVITIES

- CONVENIENCE
- PARKWOODHEIGHTS
- SENIORAPARTMENTS
- TRANSPORTATION
- ANEWTOMORROW
- FIRESIDEDINING
- PATIOHOMES
- SKYLINEROOM
- VILLA
- CLAMBAKE
- LIFESTYLE
- PETSWELCOME
- SOCIALIZATION

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Find a Word

Circle words from list on the left side. They can be horizontal, vertical or diagonal. Have Fun!

The first one is done for you

Only 2 Lots left to build your patio home on!



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

