



# The Parkwood Post

Senior Living Apartments • Villas • Patio Homes For Sale

## Winter Birthdays

Remember to wish these residents a Happy Birthday!

1/1 Janina B.  
 1/2 Lou M.  
 1/5 Helen L.  
 1/6 Helen T.  
 1/13 Jo G.  
 1/14 Joe L.  
 1/15 Gale E.  
 1/27 Dolores K.  
 1/30 Raymond N.  
 2/8 Josephine B.  
 2/14 Mary Ann S.  
 2/19 Audrey H.  
 2/19 Shirley K.  
 2/24 Ralph C.  
 2/26 Betty L.  
 2/27 Louis C.  
 2/28 Marlyn S.  
 3/3 Mary C.  
 3/4 Howard F.  
 3/10 Jean B.  
 3/10 Eunice B.  
 3/13 Irene F.  
 3/15 Joanne G.  
 3/15 Audrey Z.  
 3/19 Joan C. G.  
 3/20 Elenore B.  
 3/24 Janet T.

## PATIO HOME RESIDENTS

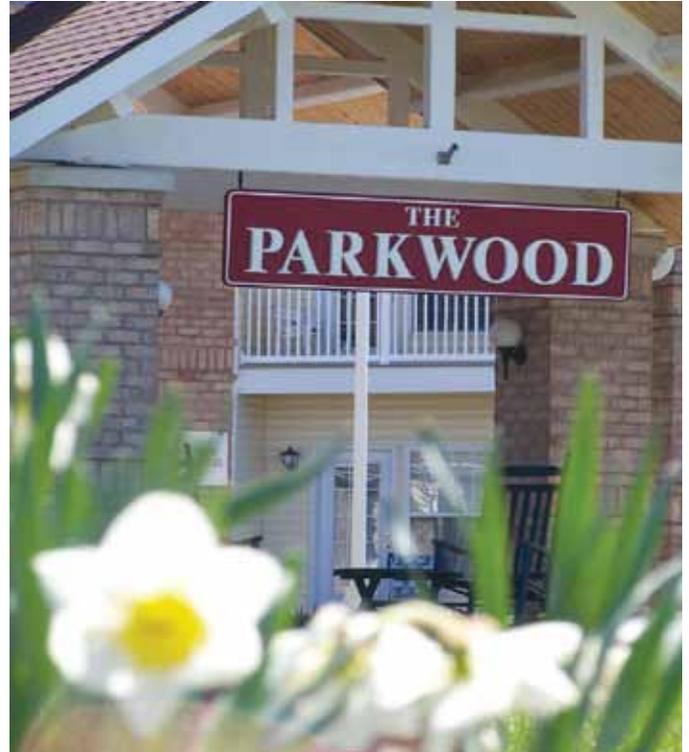
1/4 Jerry T.  
 1/6 Diane D.  
 1/8 Robert V.  
 1/13 Theresa P.  
 1/17 Dave F.  
 1/18 Joe M.  
 1/24 Shirley L.  
 1/25 Carole P.  
 1/25 Sharolyn T.  
 2/10 Winona V.  
 2/13 Gene J.  
 2/14 Huguette B.  
 2/15 Roy V.  
 2/18 Carol B.  
 3/2 Gerry K.  
 3/4 Paul B.  
 3/28 Betsy W.

## 6 Reasons to Make the Move This Winter

At Parkwood Heights, our residents weathered the storms last winter in our beautiful community, relaxing by the fire with friends, joining in a variety of engaging activities, socializing over our chef's expertly prepared meals, and enjoying all the comforts of home knowing that our staff was always available with a helpful hand.

If you have been thinking about making the move to a continuing care retirement community, or if you could benefit from a little extra help, here are six reasons to make the move now and enjoy a worry-free winter.

- 1. Maintenance-free** – Leave the shoveling (or raking, weeding, lawn mowing, edging, or other seasonal chores) behind. Our team takes care of it all!
- 2. Friendly drivers** – Have you ever had cabin fever? Want to avoid those snowy roads? Our transportation teams provide regularly scheduled local transportation to shopping and appointments.
- 3. Elegant meals** – Our Executive Chef Shayne and his culinary team manage all of your dining needs. Enjoy restaurant-style dining without the hassle of shopping, cooking, and cleaning up afterward.
- 4. Housekeeping** – Our team keeps the common areas guest ready, and weekly housekeeping of your private apartment leaves you more time to enjoy your home and join in our activities.
- 5. Vibrant social life** – At Parkwood Heights, there is always something to do – from scheduled activities to spontaneous get-togethers. Visit with friends and neighbors in one of our comfortable sitting areas. Invite your loved ones for family-friendly activities. Your life is as social or sedate as you choose to make it.
- 6. Personalized support** – Our Enriched Living department staff are available whenever needed to provide personal assistance with activities of daily living such as bathing, grooming, medication management, and escort to meals and activities.



## Veterans Benefits

At Parkwood Heights, we know how important it is to find a senior living community for you or a family member. We also know that cost is a key consideration for most families.

The U.S. Department of Veterans Affairs has developed a program for veterans and their surviving spouses that may help defray the cost of supportive living services. You or your family member may be eligible for the Aid and Attendance Pension.

### *What is the Aide and Attendance Program?*

The program was specifically designed to help veterans and their spouses who require assistance with daily living. Including, but not limited to, meal assistance, bathing, dressing and monitoring of medications.

### *How do I qualify?*

In order to qualify, the veteran must have:

Honorable discharge from military service after serving at least 90 days of active duty, with at least one day served during war-time period.

A medical diagnosis requiring daily assistance with two or more activities of daily living.

Meet the minimum financial requirement of LIQUID assets.

### *What are the advantages?*

With the Aid and Attendance Pension you will have a dependable pension that is backed by the federal government and will be there for qualified beneficiaries.

Pensions range from \$1130.00 to \$2085.00 a month, this amount is paid directly to the claimant.

### *Who do I contact for more information?*

For more information about the Aid and Attendance Pension, speak with a VA representative at the Veterans Affairs Offices: 1-800-827-1000 and a specialist will guide you through the process.



## Why Get Checked for Alzheimer's

### *With early detection, you can:*

**Get the maximum benefit from available treatments** – You can explore treatments that may provide some relief of symptoms and help you maintain a level of independence longer. You may also increase your chances of participating in clinical drug trials that help advance research.

**Have more time to plan for the future** – A diagnosis of Alzheimer's allows you to take part in decisions about care, transportation, living options, financial and legal matters. You can also participate in building the right care team and social support network.



**Help for you and your loved ones** – Care and support services are available, making it easier for you and your family to live the best life possible with Alzheimer's or dementia.

*For more information visit [www.alz.org](http://www.alz.org)*



### **SAVE THE DATE**

*April 16th • 1:00 - 3:00*

*14th Annual Daffodil Days  
& Open House!*

Please visit our new website [www.parkwoodheights.com](http://www.parkwoodheights.com)

## 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**

# Fun Activities



## Amenities & Services

- Friendly, Caring 24 Hour Staff
- Full Service Back-Up Generator
- Chef Prepared Meals in the Fireside Dining Room
- Scheduled Transportation to Medical Appointments
- 150+ Activities Monthly
- Shopping Trips, Seminars, Outings
- In-House Doctor and Lab Services
- Walking Trails, Fishing Pond
- Parkwood Heights Private Park
- Fitness Center
- Beauty Salon
- Library
- Expansive Outdoor Recreation Areas
- Independent and Assisted Living
- Rental Villas and Patio Homes For Sale
- MUCH MORE

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

## alzheimer's association

### Community Education Series

Parkwood Heights, 1340 Parkwood Dr. • Macedon, NY

### Save These Dates

#### Role Changes and Transitions

Thursday, February 11th  
2:00-3:00pm

#### Driving and Dementia

Thursday, March 10th  
2:00-3:00pm

#### Communication

Thursday, April 14th  
2:00-3:00pm

#### Registration Required

The Community Education Series is a program of the Alzheimer's Association Rochester and Finger Lakes Region and offers free classes for caregivers, family and Friends of those with Alzheimer's disease or other forms of dementia.

All classes are free. To register for a class or to arrange respite care, call 800-272-3900.

[alz.org/rochesterny](http://alz.org/rochesterny)

800.272.3900



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US POSTAGE  
**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](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 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**