



The Parkwood Post

Senior Living Apartments • Villas • Patio Homes For Sale

Spring Birthdays

Remember to wish these residents a Happy Birthday!

4/1	James M.
4/2	Stu S.
4/7	Roy B.
4/7	Jack W.
4/16	Ella J.
4/17	Bonnie R.
4/21	Gerald W.
5/1	Richard L.
5/3	Tom S.
5/3	Nancy S.
5/5	Eugene C.
5/6	Mary B.
5/6	John K.
5/9	Edna P.
5/10	Jay R.
5/12	Charles T.
5/15	Jane N.
5/17	Marilyn M.
5/18	Ann A.
5/20	Sam M.
5/22	Joan R.
5/25	Mary Lou S.
5/28	Charles M.
5/31	Arline P.
6/7	Ellen B.
6/10	Jan P.
6/21	Ardis V.
6/24	Pat H.
6/30	Darlene J.

PATIO HOME RESIDENTS

4/4	John F.
4/9	Jean R.
4/15	Cathie B.
4/20	Connie S.
4/24	Joan S.
4/27	Donald L.
4/29	Earl E.
6/6	Helma B.
6/7	Linda P.
6/19	Richard L.
6/25	Mary E.
6/28	Sherry H.

Springtime Hobbies That Are Perfect for Active Seniors

Seniors who stay mentally and physically active tend to enjoy longer, fuller lives with fewer health issues to get in their way. During the spring, it is a particularly beautiful time to pick up new hobbies and revisit old ones, since the weather is just warming up, flowers are in bloom, and a spirit of renewal is in the air. If you are looking for hobbies to enjoy as spring begins, take up one or more of the following at Parkwood Heights.

Planter Style Gardening

Tending to a garden can be a meditative experience, since you will be outdoors soaking up sun and helping new life emerge in the form of flowers, herbs, and vegetables. Yet, it does take some physical work too, so it's also great exercise. Spring is the perfect time to plant summer flowers and fruits, which you can showcase in garden boxes or planters lining the patio or balcony of your Parkwood Heights apartment, villa or patio home.



Hiking

Walking is some of the best exercise you can get, because it is low-impact and you can do it virtually anywhere. But why not explore a beautiful tree-lined hiking trail or a pleasant stroll around a nearby pond or creek? Hiking can take you places you would never otherwise see, and it is excellent exercise to promote your good health. Regular walks may reduce arthritis pain, help you manage your weight, and improve your circulation. Parkwood Heights' 122 acre campus offers lots of opportunities for activities just like this.



"A watercolor kit can be the perfect purchase for spring..."

Painting

Not all spring activities have to involve exercise. In fact, a great way to enjoy the season is by painting or drawing to capture the springtime scenery and relax while doing so. A watercolor kit can be the perfect purchase for spring, because you can take it anywhere and create beautiful paintings while enjoying the company of friends or some quiet personal reflection.

Fishing

If creative endeavors are not your style, you might prefer to relax with a fishing pole instead. Living at Parkwood Heights, you have access to a fishing pond on site, so you do not need to travel to make the most of the outdoors.



At Parkwood Heights, we offer each of these hobbies and many other activities as well. Whether you live in one of our apartments, patio homes, or villa homes, you will have access to a wealth of amenities that promote an active, social lifestyle. To learn more, visit our website or call us at (315) 986-9100.

WWW.PARKWOODHEIGHTS.COM

JOIN US FOR OUR 16TH ANNUAL
PARKWOOD HEIGHTS
**DAFFODIL DAYS
& OPEN HOUSE**

APRIL 14 FROM 12:30-3:00PM

- Towpath Fife & Drum will kick-off our event with Entertainment by "Ruby Shooz"
- Gourmet Ice Cream Social
- Raffles



1340 PARKWOOD DRIVE
MACEDON, NY 14502

Independent & Enriched Apartments & Villas for Lease • Patio Homes for Sale

315-986-9100 585-223-7595 www.parkwoodheights.com

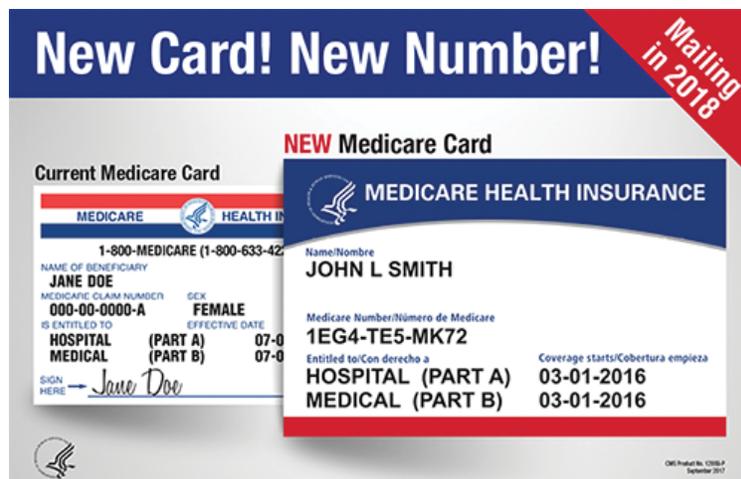


New Medicare Cards to Debut in April 2018

In an effort to “prevent fraud, fight identity theft, and keep taxpayer dollars safe,” the Centers for Medicare and Medicaid Services (CMS) is issuing new Medicare cards to Medicare enrollees beginning in April 2018.

Social Security numbers are being removed from all Medicare cards. New cards will be issued with a new, unique, randomly assigned number called a Medicare Beneficiary Identifier. Congress believed that removing the Social Security number would better protect private healthcare and financial information, as well as federal healthcare benefit and service payments, from fraud. This change will not change enrollees’ Medicare benefits, and the effective date of the new cards remains the date that each beneficiary was or is eligible for Medicare. These new Medicare cards are being sent to enrollees through the mail beginning in April 2018, and the mailings will occur in phases based on geographic location.

To ease the transition, the Centers for Medicare and Medicaid Services is developing capabilities whereby providers can look up the new Medicare Beneficiary Identifier number of a patient through a secure tool at the point of service. Additionally, they will also be providing a 21-month transition period, beginning in April 2018 through Dec. 31, 2019, during which time, providers can continue to bill using the existing Social Security number, even if the patient has received a new card with their new Medicare Beneficiary Identifier number.



It is imperative that individuals should be aware of potential scams related to the debut of the new Medicare cards. The Center for Medicare and Medicaid services will never ask enrollees for personal or private information or charge a fee to obtain the new card. In fact, enrollees need not take any action to obtain these new Medicare cards.

Parkwood Heights Senior Living Campus is hosting: A Celebration of Our Veterans Luncheon



Date: Wednesday, May 2nd, 2018 • Time: 12:00pm - 1:30pm

Location: Parkwood Heights Fireside Dining Room

Seats are limited! Please RSVP By April 23rd • VETERANS ONLY PLEASE

SPECIAL GUEST SPEAKER: Nate Rowan,

Director of Communications for the Rochester Red Wings

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1340 Parkwood Drive, Macedon, NY 14502 • (315) 986-9100 or (585) 223-7595

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



New Year's Eve Party



Big Game Party



Cheesecake Factory Lunch



Soup in a Jar Assembly Line



Soup in a Jar

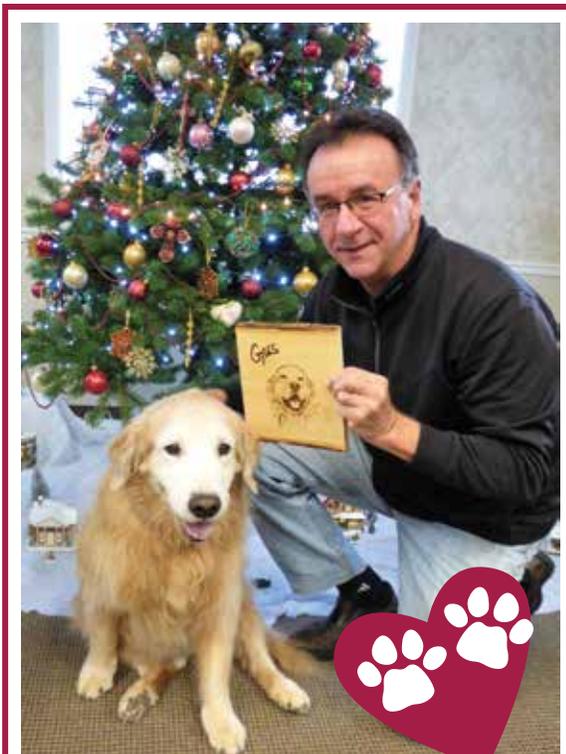
Do you worry about your Loved Ones having a Power Outage?

No Worries here at Parkwood Heights

All Apartments & Villas are supplied with back-up generator power.

- SENIOR LIVING APARTMENTS
- ENRICHED LIVING
- VILLAS FOR LEASE
- PATIO HOMES FOR SALE

1340 PARKWOOD DRIVE
MACEDON, NY 14502



In Memory Of Gus

Parkwood Heights and its residents would like to thank Dave and Gus for many years of friendship and countless visits to the community that brightened the day for so many.



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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

www.parkwoodheights.com



Apartments & Villas for lease • Patio Homes for Sale

Call for more information regarding our Independent lifestyle choices
& Enriched Living Program

Parkwood Heights Senior Living Campus - Enriched Living Program

In addition to our Independent Living lifestyle, Parkwood Heights apartments offer two higher levels of care in our Enriched 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 Enriched Living Program at (315) 986-9100