



The Parkwood Post

Senior Living Apartments • Villas • Patio Homes For Sale

Winter Birthdays

Remember to wish these residents a Happy Birthday!

RESIDENTS

1/1 Janina B.
 1/2 Lou M.
 1/5 Helen L.
 1/6 Helen T.
 1/11 Norm T.
 1/13 Jo G.
 1/13 Bill M.
 1/15 Gale E.
 1/17 L. Yvonne P.
 1/17 Joan S.
 1/18 Elaine M.
 1/19 Gunhild 'Chris' C.
 1/28 Joseph, B.
 1/30 Raymond N.
 2/1 Lorraine N.
 2/13 Joan M.
 2/18 Nadia L.
 2/24 Mary S.
 2/25 Barbara O.
 2/26 Carol B.
 3/1 Dolly H.
 3/2 Phyllis R.
 3/2 Patrick M.
 3/5 Iris B.
 3/6 J. Preston H.
 3/9 Shirley D.
 3/10 Eunice B.
 3/15 Joanne G.
 3/18 Fred J. B.
 3/22 Grace V.
 3/24 Gail J.
 3/27 Barbara H.
 3/29 Jacqui D.

PATIO HOME RESIDENTS

1/4 Jerry T.
 1/4 Shirley L.
 1/5 Barbara L.
 1/6 Diane D.
 1/8 Robert V.
 1/12 Otto M.
 1/13 Theresa P.
 1/17 Dave F.
 1/18 Joe M.
 1/25 Carole P.
 1/25 Sharolyn T.
 1/27 Tom S.
 2/4 Sally C.
 2/9 Dianne B.
 2/10 Winona V.
 2/10 Joan P.
 2/13 Gene J.
 2/14 Huguette B.
 2/14 Jean L.
 2/15 Roy V.
 2/28 Jim P.
 3/2 Gerry K.
 3/3 Ann W.
 3/4 Paul B.
 3/10 Jim S.
 3/15 Bob W.
 3/24 Kathy V.
 3/28 Betsy W.

The Progress Continues...



The Progress Continues...Despite Mother Nature's best effort to thwart our progress we continue to move forward with our second phase of villa homes. We were able to complete the necessary site work to allow for installation of the new road in early December. We have a plan in place for the installation of the utilities and also project to start erecting the first building shortly. What an exciting time to be a part of the Parkwood Heights Community. For more information contact Jadon or Nicole at 315.986.9100 or 585.223.7595.

Help us choose our "SIGNATURE SOUP" for 2019!

Saturday, January 19th
 1:00 — 3:00 pm

Free and Open to the Public

- Sample a variety of homemade soups
- Vote for your favorite
- Enter to win a Gift Basket and prizes
- Community tours available
- RSVP not required, but appreciated



2019 Parkwood Pastimes Calendar

Purchase yours today at the front desk



The Benefits of Moving into Parkwood Heights in the Winter

Why you should move into Parkwood Heights Senior Living Campus this winter

Winter can be a tough time of year for seniors. The cold, blustery weather can make it difficult to go outdoors, even for something as simple as walking down the driveway to retrieve the mail. Plus, many seniors are more at risk for a variety of illnesses and isolation that often leads to depression. But, it doesn't have to be this way! There's a perfect solution to avoiding the challenges seniors face throughout the winter: living in a senior living community!

One of the biggest benefits Parkwood Heights offers to residents is the fact that everything they need to thrive is offered all in one convenient location, the "campus" lifestyle. Residents are able to enjoy delicious meals, social events and healthcare, without stepping foot outside into the cold. Some of the great benefits Parkwood Heights provides for seniors include:

Social activities on-site.

The importance of staying socially active in your later years is essential to maintaining a good quality of life. When seniors live alone in their homes, during the winter, when the weather is bad, it can be difficult to interact and engage with others. However, avoiding social isolation in the winter is not a problem at a Parkwood. Residents have access to a wide variety of events and activities, everything from bingo and movie nights to educational presentations and live musical performances.

Scheduled transportation to off-campus events or appointments.

Road conditions throughout the winter can often be hazardous, leading to many seniors dreading getting in their car for any reason. This can lead to skipped doctor appointments or trips to the grocery store, or even simply missing out on seeing friends and family. Parkwood provides transportation to doctor's appointments, shopping trips, luncheons at a variety of restaurants, area events and seasonal outings.

A variety of fitness and wellness programs.

Staying physically active is vital to overall health and wellness, and senior living communities have plenty of options available to residents to ensure the blood stays flowing and the heart rate gets elevated regularly. Instead of taking the risk of walking outside on an icy sidewalk to get some exercise, or worse- not moving at all- residents can take part in our exercise programs offered right on campus. They can choose to work out in the fitness center, take our exercise class or join in on our wildly fun Wii sessions.

On-Site, Physician, lab services, Podiatry and Massage Therapy.

No need to go out in the freezing weather for blood work, we have Lab Draw Service weekly in our wellness center. Schedule an appointment with the podiatrist or the massage therapist during their monthly time slots and do not worry about how you're going to get there, it's as simple as walking down the hall. Dr. Persaud also has weekly hours available on site for his patients.

On-site, daily dining services.

Because sometimes driving is not an option during the winter, some seniors end up not eating as healthy as they should, or even skipping meals altogether. At Parkwood,

our residents enjoy delicious, healthy meals in our beautiful, restaurant-style, Fireside Dining Room on a daily basis. This is not only important for their overall nutrition, health & socialization, but it also diminishes the need to spend time meal planning, shopping for groceries, or cleaning up a sink full of dirty dishes.

No snow winter home maintenance, shoveling, brushing off your car

Winter can also be a time when home maintenance can become an issue for some seniors. Shoveling snow can be difficult, or even dangerous to seniors' health. Maintaining a house in winter can also be a challenge, with heating and plumbing systems that need to be serviced or updated. This can mean extra costs for maintenance or for hiring people to shovel, or do other cold-weather chores. This is not an issue at Parkwood! Our community preforms all inside and outside maintenance, snow removal, and even brushes the snow off cars for our residents who drive.

No more worrying about power.

One of the great amenities at Parkwood Heights that is often overlooked is that we have full service generators on site, one that runs the apartment building and each villa also has its own full service generator. If the power goes out for any reason, within a few short minutes the generator will supply power, everything will run as it would if there were no power interruption.

The benefits of having back up power are almost endless; from the fact that your heat and air conditioning will still operate to keep you comfortable, the elevators will operate as normal, your refrigerator will remain cold, you can continue to be able to use medical devices such as oxygen concentrators or charge your electric devices.

All safety systems within the building will be in full operation. Instead of staff scrambling to figure out how to provide service to the residents, life goes on as usual at Parkwood; there is no disruption in activities, meal service, resident services, or socialization. Parkwood Heights is one of few senior living facilities in the area to have such a capability. Given the recent and future unpredictable weather this amenity is a must. When looking for senior housing for your loved ones this is something to add to your must have list for whatever facility you choose.



On-Site Weekly Lab Service

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

Fun Activities



Belhurst Castle Lunch Outing



Brews & Brats Lunch Outing



Sampson Naval Museum Outing



Bell Choir Concert



Halloween Party



Halloween Party



PWH Chorus Holiday Concert



Holiday Open House



Nolan's Lunch Outing



Holiday Open House



Decorating the Tree



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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

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