



The Parkwood Post

Senior Living Apartments • Villas • Patio Homes For Sale

Summer Birthdays

Remember to wish these residents a Happy Birthday!

RESIDENTS

- 7/2 Nelson E.
- 7/3 Raymond S.
- 7/4 Janice S.
- 7/9 Richard K.
- 7/9 Rita B.
- 7/11 Carol B.
- 7/15 Muriel B.
- 7/18 John M.
- 7/23 Joan P.
- 7/27 Kay M.
- 8/2 Steve S.
- 8/3 Sharon S.
- 8/7 Mary H.
- 8/14 Donat P.
- 8/17 Vera T.
- 8/18 Fran O.
- 8/20 Paul B.
- 8/22 Jennifer W.
- 8/22 Thelma S.
- 8/23 Louise M.
- 8/28 ★ Peggy T.
- 8/30 Lanny P.
- 9/2 Jean H.
- 9/7 ★ Ray B.
- 9/12 Mary Jane V.
- 9/16 Ellen N.
- 9/24 Francis R.
- 9/25 Mary D.
- 9/26 Liz F.
- 9/29 Ruth N.

★ Designates 100 or over!

PATIO HOME RESIDENTS

- 7/5 Jennifer W.
- 7/6 Pat M. T.
- 7/14 Jim T.
- 7/17 Miguel B.
- 7/27 Barbara L.
- 8/5 Bill W.
- 8/6 Bill M.
- 8/18 Barbara P.
- 8/21 Edward S.
- 9/5 Magin C.
- 9/17 Barbara H.
- 9/22 John V.
- 9/27 Michael O.

To all of our Residents, Friends, and Family:



All of us at Parkwood Heights want to take this time to thank all of you for helping us do our best to keep our residents and staff safe. We know the lack of visitation, outings, social dining, and reduced group activities has been very difficult. Our villa and patio home residents are anxiously awaiting a time when we can open our doors to everyone, but please be patient. We need to stay the course and get this pandemic behind us so that we can get back to the Parkwood we all know and love.

Stay well, Stay safe.

Thank you,
Jadon and Craig

From the desk of Shayne Cooke, Food Service Director

Under an abundance of caution, due to Covid-19, the dining room has temporarily closed and all meals are being delivered to residents' apartments. There was certainly a learning curve involved in changing the way we have operated for years. The challenge was to figure out how to get meals to all the residents in a timely fashion. We did this by assigning each server an individual hallway. The server works on preparing the delivery one hall at a time. The servers organize the menus, deliver them to the cook, who then boxes up the hot meal, the server is then off to deliver them. We have had to be very resourceful in obtaining and organizing the

massive amounts of "To-Go" containers needed for this new delivery system. We had to repurpose storage areas to be able to house all of these supplies. The staff adapted and got into a groove quickly and are delivering meals to all the residents within an hour, we have also been able to make Villa deliveries in that time too. We are looking forward to seeing you in the dining room again.



My hats off to the Food Service Crew at Parkwood Heights.

Ways to Stay in Touch When Loved Ones Can't Visit

These are unprecedented times in which we're living. Parkwood Heights has been directed by the New York State Department of Health to stop all non-medical visitation until further notice. It's a strange situation to not be able to see your friends and family in person. Social distancing can take its toll, making us feel isolated and alone. It's not much comfort to know that many others are in the same position, but it may be helpful to remember that it's only temporary, and things will get back to normal before too long. In the meantime, here are some great ways to stay connected while you're obliged to be apart.

- **Talk to your loved ones on the phone.** It's a simple, easy solution, but

it's also a great way to keep in touch. Many people live far away from their loved ones already and rely on the phone for communication, but in a time like this, it may be a good idea to call more frequently. Be creative: read the little children in your life a bedtime story or sing them a nursery rhyme, tell a friend about a book you're reading, or play some music for each other over the phone.



- **Try out a video chat.** For many of us, FaceTime, Zoom, and other apps that allow you to see people live while you're talking to them still seem like something futuristic and strange. You might be surprised, though, to find that they can be fun! Give it a shot, because there's nothing quite like seeing your loved one's faces, and letting them see yours.

- **If you find that you enjoy video conferencing, try out different types of virtual hangouts.** You might have a virtual ladies' night or host a virtual cocktail hour with friends. You could also start a virtual book club, meeting once a week through a video platform to discuss a book you're all reading. You could even watch the sunset together virtually.

- **Talk to your friends through the window, or to your neighbors on the opposite porch or balcony.** If there's glass or several feet of air between you, you won't be risking your health to have a conversation.

- **Take a walk and chat with people from across the street.** If you're used to taking walks, you can still do that. Just make sure to stay a safe distance from any neighbors you encounter, and chat from opposite sides of the street! Sometimes just getting some fresh air can make you feel better, and seeing a friendly face, even from several feet away, can brighten your day. You might also consider talking to a friend on the phone while you walk, as though you're taking a walk together.



- **Correspond through snail mail.** It may seem old fashioned,

but there are many benefits to handwriting letters to friends and family members. In a letter, you have time to put your thoughts on paper in an orderly way, and then you and your loved one have that tangible correspondence to keep forever. Someday down the road, it might be very interesting to look back at what you were thinking during this unusual time.



- **Try out a recipe together, even when you're apart.** Pick a recipe to share with some friends or family members, and agree on a time when you'll all cook and eat it. If you're tech-savvy, you can cook and eat together on a Zoom chat, but if not, you can talk about it after dinner on the phone, or message each other in a group thread.

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

•We can't wait to get back to the Parkwood way of life!



Bunko



Daffodil Days



Caribbean Day with Steele Drums Entertainment.



China Buffet Lunch Outing



Evening Concert Sid Memorial Park



CrackerBarrell Lunch Outing



PWH Chili Cook-Off



Fall Foliage Boat Cruise

WORD SEARCH

N M C R S Q C D A P Z T D T H
 O J F O E U N A A L N T R I S
 I A A K M O O R R E L A G E N
 T S M R P M K I D I N I I F S
 A T I A Z W U N C S N B V C T
 Z H L P O D E N P A B G E A Y
 I G Y O C P W O I O P N W H H
 L I D N E D R U H T I S S V A
 A E V D Y T R Y O C Y S T X P
 I H N O A C T I V I T I E S P
 C I M T D E H C I R N E Q A I
 O C I B R I G H T S L A E M N
 S O T N E M N I A T R E T N E
 N I V K G F J P R F S O U E S
 H W D L Q F B D O A O F T K S

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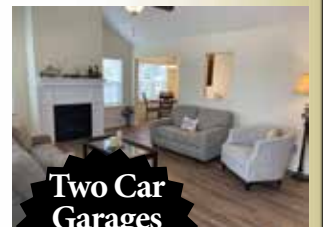
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