

Spring Birthdays

Remember to wish these residents a Happy Birthday!

4/2 Stu S.
4/8 Frank C.
4/8 Marie R.
4/10 Jefflyn P.
4/14 Marian B.
4/16 Ella J.
4/17 Bonnie R.
4/26 Lester N.
5/3 Tom S.
5/3 Nancy S.
5/4 Marjorie H.
5/6 John K.
5/9 Edna P.
5/10 Louise P.
5/11 Donna L.
5/17 Barbara B.
5/18 Ann A.
5/20 Wilma G.
5/22 Joan R.
5/23 Joan C.
5/23 Richard P.
5/28 Charles M.
5/31 Arline P.
6/10 Betty W.
6/20 Clara D.
6/21 Ardis V.
6/22 Nathalie F.
6/24 Pat H.

PATIO HOME RESIDENTS

4/3 Ron K.
4/4 John F.
4/11 Larry U.
4/15 Cathie B.
4/24 Joan S.
5/14 Shirley T.
5/15 Sherlauna G.
5/21 Luella K.
5/25 Bob S.
6/6 Helma B.
6/7 Linda P.
6/14 Vilma S.
6/17 Kenneth T.
6/19 Richard L.
6/21 Ernest V.

Summer Seminar Series

Come for One... or Come for All!

Register for any of these FREE sessions today by calling 315-986-9100.
All sessions held at Parkwood Heights - 1340 Parkwood Drive in Macedon

July 8th

Long Term Funding Plans

*Presenter: Bill Jones -
LTC Funding Plans*

July 15th

Real Estate For Seniors

*Presenter: Karen Menachoff -
Caring Transitions*

July 22nd

Let Us Take You Home

*Presenter: Kristen Asselta -
Nursecore*

July 29th

Memory Enhancement Strategies

*Presenter: Cheryl Minchella -
MVP Healthcare*

August 5th

The Joy of Movement

Presenter: Kim Quarttaro

August 12th

Personal Safety

Presenter: Sheriff Virts

August 19th

Volunteer Transportation, Foster Grandparent Program

*Presenter: Kim Bumpus -
Wayne County Volunteer Specialist*

August 26th

File for Life

*Presenter: Paul Harkness -
Macedon Ambulance*



*All seminars run from 10:30-11:30am.
Refreshments provided!*

6 Hints on Proper Estate Planning

If you're like most people, you have the best intentions with regard to how you want your estate or your affairs handled. Here are 6 hints on what to avoid when you are doing your estate planning.

1. **Proper Planning** Without a proper estate plan, your assets will be distributed according to the law in the state where you live. If you are married, your spouse is entitled to a portion of your estate and the balance is divided among other relatives. If you are single, your estate may go to children, parents or siblings. Proper planning is essential to make sure your wishes are carried out.
2. **Doing it Yourself** It may be tempting to try and save money by using do-it-yourself online or store products, but they can be costly in the end if drafted poorly. Only an attorney can determine what is needed in each specific family situation.
3. **Planning for Disability** A proper estate plan also plans for what happens if you become incapacitated. It is important to have documents, such as a power of attorney, and health care proxy that appoints someone you trust to act on your behalf if you are unable to act for yourself.
4. **Funding a Trust** If your estate plane includes a trust, you need to actually fund the trust. You can retitle assets in the name of the trust or naming your trust as beneficiary, or the trust could become invalid.
5. **Checking Your Beneficiary Designations** You should periodically review your retirement plan beneficiary designations to make sure they are current. Retirement accounts are distributed according to the forms you fill out with the insurance companies etc. You need to make sure that each named beneficiary is who you want it to be.
6. **Reviewing Your Plan** Once you have a proper estate plan in place, it is important to keep it up to date. Circumstances change over time that may affect your estate plan, getting married, having children, or expecting a change in assets.



*Is it time for you to do
a Proper Estate Plan?*

The Doctors are 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



Patio Homes & Villas

Parkwood Heights offers the perfect lifestyle choices to meet your needs. If you are looking for a Luxurious Patio Home either to purchase or lease, or to lease a Villa, the Campus has a full complement of amenities.

- Step free interiors
- Porches
- Attached garages
- Full use of the Community Center complete with Fitness Center, Library and much more
- Over 100 activities a month
- Parkwood Heights Park & Fishing Pond
- Walking trails
- Full service Fireside Dining Room
- Would you like to purchase a Patio Home and keep cash for retirement/eliminate mortgage payments?

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





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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 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 offers 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