



The Parkwood Post

Senior Living Apartments • Villas • Patio Homes For Sale

Fall Birthdays

Remember to wish these residents a Happy Birthday!

- 10/2 Carol Ann M.
- 10/5 Donald H.
- 10/8 Jeannette M.
- 10/10 Dorothy T.
- 10/13 Vivian V.-M.
- 10/13 Martha C.
- 10/17 Dorothy L.
- 10/17 Elizabeth H.
- 10/21 Winona B.
- 10/24 Peg E.
- 11/1 Jane B.
- 11/2 Grace S.
- 11/2 Helen R.
- 11/7 Josef J.
- 11/7 Ruth P.
- 11/9 Donna T.
- 11/11 Mildred S.
- 11/27 Walter S.
- 11/30 Bill V.
- 12/8 Jim T.
- 12/9 Maxine P.
- 12/11 Rita C.
- 12/18 Johanna H.
- 12/19 John S.
- 12/22 Carolyn C.
- 12/29 Grace W.

PATIO HOME RESIDENTS

- 10/6 Elaine F.
- 10/14 Joan H.
- 10/26 Terrence B.
- 11/4 Ethel P.
- 11/13 Francis B.
- 11/23 Helene B.
- 11/25 Bev O.
- 12/7 Nancy K.
- 12/21 Milt W.
- 12/23 Frank H.
- 12/29 Tom E.

The 2015 World Fife and Drum Festival Visits Parkwood Heights

The Towpath Volunteers Fife and Drum Corps hosted the 2015 World Fife and Drum Friendship Festival and visited Parkwood Heights on September 18th. The fife and drum corps performed for our residents and enjoyed lunch, donated by Parkwood Heights.

The groups that performed were: Trommelfluit Fifes and Drums of Ypres, Belgium; Fife and Drums of Saint-Tropez, France, the Fifes and Drums of the City of Ivrea, Italy, the Towpath Fife and Drum of Macedon, NY and the Camden Continentals Fife and Drum Corps of Camden, NY.

“This World Fife and Drum Friendship Festival is a great achievement for the hosts, Towpath Volunteers Fife and Drum Corps of Macedon, NY. It accomplishes many goals, including: bringing other Fife and Drums to the U.S. and sharing experiences with the local community; continuing to cultivate relationships with European Fife and Drum guests; showing European friends what the USA and New York are really like; fostering patriotism and American heritage to all who come to the Festival,” announced Paul Willson.



Top Reasons Independent/Assisted Living Is Better Than Staying In Your Home

It can be a hard decision for you to choose between living at home and receiving care there, or moving to an independent/assisted living facility. It's important to examine the benefits of either. Let's explore the benefits of moving to an independent/assisted living facility.

Peace of Mind

First and foremost, living in an independent/assisted living facility allows you to live your life without worrying about the daily tasks that may have become tedious or difficult. Cooking, cleaning and taking care of the home is no longer necessary in an independent/assisted living facility, leaving you without the worry of having to complete those chores or get help from family to do so.

Independent/Assisted Living Gives Choices

Living in an independent/assisted living facility offers residents many options. Because the care one needs is always close by, there are no limitations on what seniors can or cannot do from going to exercise classes or to any of the other 150 activities that Parkwood Heights has on their monthly calendar that you might enjoy.

Relieving Stress On Family or Caretakers

While family and friends want to do all that they can to help when a loved one in their lives begins to struggle with health issues or daily responsibilities, it can be easier on everyone if living in an independent/assisted living environment is a decision that is made. Family and friends are then able to visit in a leisurely way and the loved one no longer has the worry of being a burden or asking too much.

Greater Opportunities for Recreation and Fun in Independent/Assisted Living

Independent/assisted living facilities like Parkwood Heights offer myriad amenities including nail services, salons, Therapeutic Tub and even massages. Additionally, fitness rooms, exercise classes, card games, crafts, and bingo are just a few of the 150 monthly activities to be found at

Parkwood Heights to help residents to stay fit, improve health, or just enjoy themselves with friends.

Travel

Parkwood Heights plans local travel for their residents. Outside events, restaurant trips, or local historical attractions are often planned destinations for residents who want to travel outside of Parkwood Heights to enjoy the local area.

Better Opportunities to Improve Health Through Physical Fitness

Few people have many pieces of exercise equipment at home. At Parkwood Heights living community, there are many options from which to choose in order to be healthy through physical fitness. Classes are available for exercise, and a Fitness Center is available for those who want to improve strength or improve cardiovascular health.

Greater Connections With Others

Remaining at home can be isolating for you. Instead, in an independent/assisted living community, you have the opportunity to make friends and spend time with them daily either at meals or at the many activities that are offered.

Safety

We can be prone to accidents that can be serious and take a long time to recover from. At Parkwood Heights living community, you have around the clock care available that can help with any potential injuries, and prevention of them as well.

Affordability

Often, home care requires a lot of investment in terms of retrofitting the home, paying for home care, and purchasing resources that will help you be safe and have access to prompt help if needed. Parkwood Heights, however, has become much more affordable and can be a far better financial choice than remaining at home.

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"



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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

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