



The Parkwood Post

Senior Living Apartments • Villas • Patio Homes For Sale

Fall/Winter Birthdays

Remember to wish these residents a Happy Birthday!

- 10/2 Carol Ann M.
- 10/5 Donald E.
- 10/8 Jeannette M.
- 10/17 Dorothy L.
- 10/17 Elizabeth H.
- 10/24 Peg E.
- 10/28 Emily Y.
- 11/1 Jane B.
- 11/2 Grace S.
- 11/7 Josef J.
- 11/7 Ruth P.
- 11/11 Mildred S.
- 11/28 Peter B.
- 11/29 Betty K.
- 12/9 Maxine P.
- 12/11 Rita
- 12/19 John
- 12/22 Robert B.
- 12/22 Carolyn C.
- 12/29 Grace W.

PATIO HOME RESIDENTS

- 10/6 Elaine F.
- 10/14 Joan H.
- 10/26 Terrence B.
- 10/27 Evelyn M.
- 11/3 Kitty U.
- 11/4 Ethel P.
- 11/13 Francis B.
- 11/23 Helene Br.
- 12/7 Nancy K.
- 12/11 Gert P.
- 12/21 Milf W.
- 12/23 Frank H.
- 12/29 Tom E.
- 12/31 Bea L.

Parkwood Makes “Hollywood Walk of Fame” Calendar

By Kandy Liguori, Life Enrichment Director

We have a really great group of people living here at Parkwood Heights, They are always looking for ways to give back to the community, whether it is knitting hats and scarves for the homeless shelter, mentoring 5th graders at the local middle school, doing food drives for the food pantry and our latest endeavor, raising money for the Town of Macedon Ambulance.

When owner Mark Welker brought up the idea of doing a calendar of famous movie scenes, I thought, ‘Wow, sounds like a lot of work’, but the residents jumped right on board, assisting with picking the movies we would do and finding props for their photos and others’ photos as well. They found a Polaroid camera, a

convertible, glasses, clothes, hats and so much more! Everything went so smoothly the day of the photo shoot and it was so much fun! And the decision to donate the proceeds to the Town of Macedon Ambulance had everyone on board with the project.

I need to give a shout out to the staff as well, Ken for chopping a hole in the door for The Shining, Melody for finding Christy’s photo Creations (she did a fabulous job) and the printer, Shari for helping with the makeup on shoot day and Diana who was my right hand from start to finish!

Thank you to everyone for doing such a great job for such a worthy cause!

Now Showing...



*Parkwood Heights Senior Living Community's Very Own
“Hollywood Walk of Fame”*

Independent & Enriched Apartments • Villas for Lease
Patio Homes for Sale
parkwoodheights.com 313-986-9100 or 585-223-7595



You can buy your copy of Parkwood Heights Living Community’s Very Own “Hollywood Walk of Fame” 2015 Calendar for \$5.00.



Our 10th Annual Soup Tasting
Saturday, January 31st • 1:00-3:00pm
Free and open to the public.

Help us choose our signature soup for 2015!

Never Too Late: Seniors Need To Set Goals

You still need to set **goals**. Goals can be set at any stage and **at any age**. Your goal may be something as simple as being able to go to lunch with a friend, and it could expand to mean that you want to be totally **independent**. I am thinking that your dream life has nothing to do with being dependent on others for your activities of daily living.

You may think you are too old to have dreams or set goals, but goal setting could very well mean the difference between being independent or not. Think about it, and form a mental picture of what you want the rest of your life to be like. Goal setting is what makes life interesting. Goal setting is what gives you that little extra push to achieve.

Most people do not set goals because they are afraid of failure. Instead of figuring out how to make their goals a reality, they either downsize their dreams or stop dreaming altogether.

Time is still at hand. You can **start today** to set goals and strive to achieve. Set your goals and write them down. Break the goal up into manageable segments and count each success as a victory. Maybe today you are striving to go to more community activities, tomorrow going on an outing with your friends, and the next day fixing your own breakfast. Is that too basic? How about that exercise program? A walk around the block today can move into a stronger body tomorrow and this all leads to independent living.

*...time is still at hand.
You can start today to set goals and strive to achieve...*



What is a goal anyway? A goal is a dream with a deadline. The goal is very specific. Use the acronym SMART to think about this:

- **S** stands for a specific achievement
- **M** is for making it something measurable
- **A** means that it must be something that is actually achievable
- **R** means it must be simple and it must be realistic
- **T** gives it a time frame

A goal minus action is just a dream and will always be just a dream. You don't just say something like "I want to lose weight." You say that you want to lose 2 pounds in 2 weeks by means of a diet and exercise plan.

Goal statements should be positive and they should be realistic. You aren't just saving money, you are saving x amount of money each month. Your goals can be personal, family oriented, financial, social, physical, mental or spiritual.

Winter Birthdays - Remember to wish these residents a Happy Birthday!

1/1 Connie B
1/1 Janina B
1/2 Lou M
1/5 Helen L
1/6 Helen T
1/7 Muriel C
1/9 Loretta W
1/11 Mildred T

1/13 Helen H
1/13 Jo G
1/15 Gale E
1/27 Dolores K
1/29 Anna T
2/5 Lucile W
2/8 Josephine B
2/19 Audrey H

2/19 Shirley K
2/21 Amelia H
2/24 Ralph C
2/28 Marlyn S
3/3 Norma A
3/3 Mary C
3/4 Howard F
3/10 Eunice B

3/15 Joanne G
3/15 Audrey Z
3/19 Joan C. G
3/20 Elenore B
3/24 Janet T



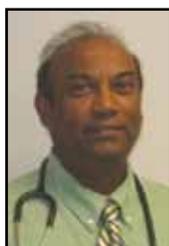
PATIO HOME RESIDENTS

1/4 Jerry T
1/6 Diane D
1/8 Robert V
1/13 Theresa P
1/17 Dave F
1/18 Joe M
1/24 Shirley L
1/25 Sharolyn T
2/10 Winona V
2/13 Gene J
2/14 Huguette B
2/15 Roy V
2/18 Carol B
3/2 Gerry K
3/4 Paul B
3/10 Jean B
3/17 Barbara W
3/27 Billie T
3/28 Betsy W

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"





PRSR STD
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



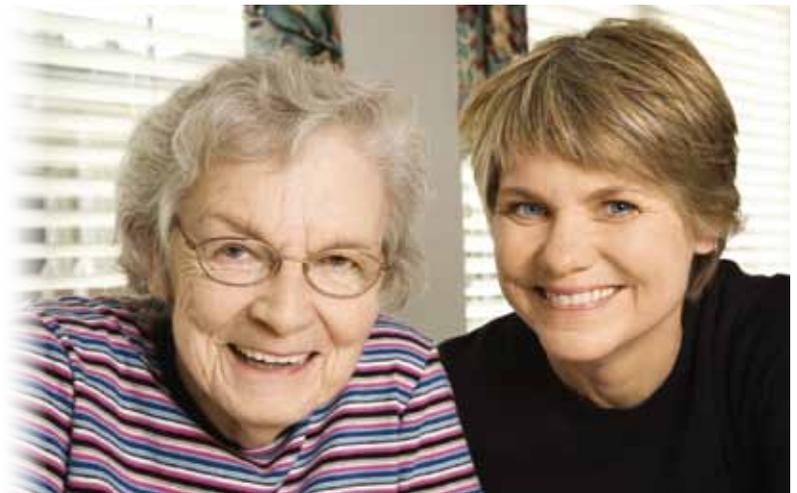
Apartments and Villas for lease • Patio Homes for Sale
Call for more information regarding our Independent lifestyle choices & Assisted Living Program

Parkwood Heights Senior Living Campus - Assisted Living Services

In addition to our Independent Living lifestyle, Parkwood Heights apartments offers a higher level of care that is built in. Residents who need more help - such as medication management, 24/7 aides on duty, transportation, emergency response systems, meals, reminders - can find it here all under one roof. Residents will receive the appropriate assistance they need, whether it's special needs, or they just want 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
- Three (3) Nutritious meals daily
- Personal Laundry Service



Call Us Today For More Information About Our Assisted Living Services at (315) 986-9100