



The Parkwood Post

Senior Living Apartments • Villas • Patio Homes For Sale

Fall Birthdays

Remember to wish these residents a Happy Birthday!

- 10/2 Linda E.
- 10/2 Carol Ann M.
- 10/7 Betty S.
- 10/6 Rosemary G.
- 10/13 Merton D.
- 10/13 Jane W.
- 10/17 Elizabeth H.
- 10/16 Vivian V-M.
- 10/21 Elizabeth L.
- 10/21 Winona B.
- 10/24 Charles K.
- 10/24 Peg E.
- 10/26 Marian S.
- 11/2 Mary Ellen M.
- 11/3 Betty W.
- 11/7 Ruth P.
- 11/9 Donna T.
- 11/10 Helen R.
- 11/24 Michael S.
- 12/3 Gail K.
- 12/8 Jim T.
- 12/9 Maxine P.
- 12/15 Marcy B.
- 12/18 Johanna H.
- 12/20 Barbara W.
- 12/28 Carole M.
- 12/29 Grace W.

PATIO HOME RESIDENTS

- 10/6 Elaine F.
- 10/14 Jean D.
- 10/14 Joan H.
- 10/26 Terrence B.
- 11/3 Karen M.
- 11/4 Ethel P.
- 11/10 Anne S.
- 11/10 Mary Lou A.
- 11/15 Don A.
- 11/23 Helene B.
- 12/7 Nancy K.
- 12/17 Carol W.
- 12/21 Milt W.
- 12/23 Frank H.

Parkwood Heights Salutes our Veteran Residents



2017 Craft Fair - October 21st - Details Inside!

SENIOR LIVING: Why Seniors Should Make More Time for Friends

Alone time can be great, but getting together with friends is a fantastic way to pass the time. Moving into a senior community can make it easier to meet new people and make strong and lasting relationships, which can provide numerous benefits to seniors. Some of the reasons that seniors should make more time for friends include:

Staying Active

Physical activity can offer many benefits to seniors, but it can be difficult to stay motivated. Having a friend to exercise with will make it easier to stick to a routine because someone else will be holding you accountable. You and your friends can meet up to play your favorite sport, explore an exercise class, or simply go on long walks together. Not only will this make staying active easier and more fun, it will also allow you to spend time with someone whose company you enjoy.

Participating in Activities

Having friends can inspire you to enjoy some of your favorite activities. After moving into a senior community, you'll be able to explore a wide variety of activities and events. You might not want to go on your own, which is why it's a good idea to make more time for friends. Inviting your friends to explore these new activities can help you find new activities that you enjoy and that add more value to your daily life. You and your friends can lead more fulfilling lives when you find activities you enjoy.



Improving Health

Sitting at home on your own can be boring, but did you know that it can also be bad for your health? Long periods of sitting and other sedentary behaviors have been linked to a higher risk of obesity, type 2 diabetes, heart disease, and many other chronic illnesses. When you make more time for friends, you'll have more reasons to get up and spend some time away from your home. The more time you spend with friends, the healthier you can be!

NOT YOUR MOTHER'S RETIREMENT: Keeping in Touch with Social Media



Facebook might have started as a way for college students to interact with one another, but it is now the most popular social media platform used by people of all ages. Social media has made it easier than ever to keep in touch with friends and family members, even when they live in another city, state, or country! If you're getting ready to move into a senior community, discover how social media can help enhance your experience:

Talk to Friends Through Comments and Messages

Websites like Facebook and Twitter allow you to talk to your friends and family members in real time. Instead of sending a letter in the mail and waiting days or weeks for a response, you can leave a comment on your loved one's Facebook wall and they can respond right away. You can also send your friends and family members direct, or private, messages that only they can see, allowing you to talk privately and confidently.

See Constant Updates from Friends and Family

When you add your friends and family members to your Facebook and Twitter pages, you will be able to see constant updates from them as soon as you sign on each day. When your loved ones post status updates, pictures, and videos, you can look at them, like them, and leave comments about them from the comfort of your own home. You'll also be able to comment on-the-go by using social media apps on your smartphone or tablet.

Create or Join an Online Group

Social media doesn't just let you connect with people you already know; it also allows you to connect with people you don't know who share similar interest and hobbies. Sites like Facebook let you create groups that other users can join, making it easy to start a group based on an interest of yours and find other people with similar interests. Even if you don't want to create your own group, you can find an already-made group and join the discussion. Try becoming a friend of the Parkwood Heights Senior Living page: <https://www.facebook.com/ParkwoodHeightsSeniorLivingCampus/>

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



Do you worry about your Loved Ones having a **Power Outage?**



No Worries here at Parkwood Heights

All Apartments & Villas are supplied with back-up generator power.

- SENIOR LIVING APARTMENTS
- ENRICHED LIVING
- VILLAS FOR LEASE
- PATIO HOMES FOR SALE



1340 PARKWOOD DRIVE
MACEDON, NY 14502

2017 CRAFT FAIR

Saturday, October 21st
9:30am—3:00pm



\$7

SOUP & SALAD LUNCH



Multiple raffles

featuring items from each vendor!
*** Raffle proceeds will be donated to our local Macedon Seniors



PRSRT 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 & 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