



The Parkwood Post

Senior Living Apartments • Villas • Patio Homes For Sale

Summer Birthdays

Remember to wish these residents a Happy Birthday!

July-September

Betty D
Gerry P
Dolores K
Mary F
Bessie M
Viola D
Jack C
Shelda V
Marion H
Agatha C
Kay M
Bruce P
Dora S
Carol B
Owen C
Millie M
Margaret F
Walter K
Margaret S
Ronald W
Ray B
Mary Jane V
Florence P
Dottie B

Dear Craig and Sharon,

Delicious, wonderful, best meal I have ever had here. Those were just a few of the most positive comments I received from the Patio Home picnic. Everyone enjoyed their meal and the time we spent together with each other. It was very nice having the Villa residents join us for the first time, which we hope will continue in our future events.

Please extend our deepest gratitude to Shari, the entire kitchen staff and the servers for an efficient and friendly job well done.

Living at Parkwood has given us the opportunity to spend our senior years making wonderful friendships and enjoying activities together. We wish to thank you very much for the opportunities you give us to become one happy senior "family"!

*Sincere thanks,
Nancy K. and
the Parkwood family!!*

Upcoming Workshops Veterans Aide & Attendance Presentation

Tuesday, Sept 18 9:30am

Learn about this important Veterans financial benefit for senior living for Veterans and their spouse or widow

AARP Driver Safety Course:

2 sessions, 6:30pm – 9:30pm Oct 16 & 17
Must bring valid ID

R.S.V.P. required – seating limited
(315) 986-9100 or (585) 223-7595

Visit our website for more upcoming events:
www.parkwoodheights.com

The Doctors are In...

**Krishna V. Persaud, MD &
Christina F. Williams, MD**

**Please Call the Medical
Center at 315.589.4641**

When scheduling, please specify that you would like an appointment at Parkwood Heights.

**Lab Work In-house –
Every Wednesday morning
from 8:00am - 10:00am**

**Please be sure to bring your Doctor's
request form with you.**

Pictures from Parkwood

Photos from activities and events here at Parkwood Heights



Michigan Rummy (John and Tom)



Painting by Linda (Art Class)



Dancing at Charlotte Concert



Pet visits with Maggie and Kathy



Salute to Seniors-Charlotte Beach



BBQ Buffet & Clam Bake

MANHATTAN SUPPER SOUP

By Sheila VanLaeken

Ingredients

By Measure (adjust to your needs)

1 LB Ground Beef, Browned
2 Onions, Chopped
3 Stalks Celery, Chopped
3 Carrots, Diced
8 Potatoes, Peeled & Cubed

½ Head of Cabbage, Chopped
One Can Condensed Beef Broth
One 6oz Can Tomato Paste
Parsley, Salt, Pepper to Taste
One 16oz Bag Frozen Mixed Vegetables



Preparation

A hearty and healthy soup, great any time of year. Use plenty of fresh vegetables in season to replace frozen if desired. Can also substitute Ground Turkey.

“Rightsize Your Life” Breakfast Seminar

Please join us for our Rightsizing Seminar
Saturday, September 15th 9:30am - 11am



The Seminar will feature a representative from ALPCO discussing their "Clean-Up Clean-out" services which gives you guidance on the best way to remove your big & bulky items that always tend to slow up your decisions on Rightsizing.

There will be many other tips offered to YOU to make your move as easy as possible so that YOU can enjoy your NEW TOMORROW!!!

\$5.00 includes
Breakfast Buffet
RSVP
315.986-9100

Parkwood Heights Senior Living Campus Special Promotions and Discounts

Call today for details on any of these great offers, or to schedule a tour. (315) 986-9100 or (585) 223-7595

R.A.R.E.S.—Parkwood Heights offers a promotion through R.A.R.E.S. This is a benefit program offered by many local companies. If you are not a member, or you are not sure if you are a member, ask your Human Resource Representative or go to: www.rares.org to join.

R.A.R.E.S. members receive a discount for themselves or their immediate family at Parkwood Heights.

10% off (1) year rent with a current R.A.R.E.S. membership number. (Not valid with any other discount or offer; valid until changed on the R.A.R.E.S. website)

Veterans Recognition Discount

15% off Rent

Parkwood Heights Senior Living recognizes the service and sacrifices of our Veterans. Veterans interested in a Senior Lifestyle are invited to take a look at our Community, and receive a Veteran Recognition Discount.

Parkwood Heights offers Veterans a Discount of 15% off their first 6 months rent with any new move-in. Call today!!



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 Assisted Living and Respite Program

In addition to our Independent Living lifestyle, Parkwood Heights apartments offers a higher level of care that is built in to the campus. Residents who need more help - such as medication management, 24 hour aides and nurses on duty daily, transportation, emergency response systems, meals, reminders — can find it here all under one roof. Residents will receive the appropriate assistance they need, whether its special needs, or they just want the security afforded by our team of professionals.

This program offers residents the ability to get the assistance they need while enjoying the comfort, safety and oversight of experienced, well trained staff in a more independent environment.

Services can include:

- Medication and Wellness Management
- Case Management
- 24 hour Personal Care Aides
- 24 hour emergency response system
- (3) nutritious meals and snacks daily
- Personal laundry service and weekly housekeeping

Parkwood Heights offers a Respite Care Program

This Program offers caregivers time away for some out of town special event or to recharge and revitalize; a loved one returning from rehab supportive services in a safe environment while they transition back to home; or maybe an opportunity for a loved one to give Senior Living a “trial run”. Services are the same as any resident.

Call for more details today! (315) 986-9100 or (585) 986-9100.

