



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 E. H.
- 10/8 Jeannette M.
- 10/10 Roger G.
- 10/10 Dorothy T.
- 10/17 Elizabeth H.
- 10/18 Vivian V.-M.
- 10/21 Elizabeth L.
- 10/21 Winona B.
- 10/24 Charles K.
- 10/24 Peg E.
- 10/2 Marian S.
- 11/3 Betty W.
- 11/7 Josef J.
- 11/7 Ruth P.
- 11/9 Donna T.
- 11/10 Helen R.
- 11/30 Bill V.
- 12/3 Gail K.
- 12/8 Jim T.
- 12/9 Maxine P.
- 12/11 Rita C.
- 12/18 Johanna H.
- 12/20 Barbara W. W.
- 12/22 Carolyn C.
- 12/22 Bill B.
- 12/29 Grace W.
- 12/29 Tom E.

PATIO HOME RESIDENTS

- 10/14 Jean D.
- 10/2 Marilynn K.
- 10/6 Elaine F.
- 10/14 Joan H.
- 10/26 Terrence B.
- 11/3 Karen M.
- 11/4 Ethel P.
- 11/10 Anne S.
- 11/13 Francis B. B.
- 11/23 Helene B.
- 11/25 Bev O.
- 12/7 Nancy K.
- 12/21 Milt W.
- 12/23 Frank H.

Get Them While They're Hot!!!

The residents here at Parkwood Heights have been at it again! Wait until you see the 2017 Calendar they made to raise money to benefit the Town of Macedon Ambulance Services. In 2015 our theme was "Hollywood Walk of Fame" and we did famous movie scenes, for 2016 we did "A Salute to the Saturday Evening Post" and for 2017 we have done "Comedy Classics: Then & Now".

All of us always have such a great time from picking a theme, planning, finding props and the actual day of the shoot. Christy from Christy's Photo Creations donates her time to come to Parkwood and takes and edits the photos as she

feels it is such a worthy cause with the proceeds from the sale of the calendar being donated to the Ambulance Service. And then it is back to the group effort of creating the calendar portion, adding the original photo next to ours and so on. Personally, I think it all comes together so well because everyone at Parkwood is like one big happy family (residents and staff) and everyone is always willing to lend a hand wherever it is needed and to whomever it is needed.

So don't wait, get your 2017 Parkwood Heights Calendar before they sell out

"Titanic" - Faye & John F

2015

Tom Simpson

THE SATURDAY EVENING POST

Important Business

2016

The Honeymooners

2017

Charles Mack
Vivian Vandave-Hansen
Rogel Grandtelle
Jan Hansen

Protecting Yourself from Senior Scams

It's a harsh reality in today's society that seniors become prey of the ill-intended and targets for various scams. While anyone can fall victim to these crimes, women over the age of 80 are twice as likely to fall prey to these crimes as their male counterparts.

These scammers are tricky and use intimidation, connections with family members and fear of legal ramifications to manipulate unsuspecting seniors. The most prevalent scams are:

1. **IRS/US Treasury Department Scam** – A call is received stating back taxes and/or fees are due immediately or there will be a warrant put out for your arrest. Government agencies NEVER call, threaten or request immediate payment.
2. **Lottery/Sweepstakes Scam** – A call or mailing states you are the winner of a lottery or sweepstakes, local or foreign. First, foreign lotteries are illegal and you NEVER have to pay taxes or international fees upfront and you NEVER have to pay money or purchase items to win.



3. **Computer Scam** – A call is received stating that a problem has been detected on your computer and they need remote access immediately to fix it. If you are having computer problems, call a reputable business in your area. Do not give a caller remote access to your computer.

4. **Contractor Scam** – Someone comes to your door offering to do repair work on your home. NEVER allow anyone into your home you have not spoken or met with previously and set up an appointment to meet at your specific location.

There are several ways that you can equip yourself with the right information to avoid situations such as these. Fraud protection has become a hot button issue in recent years, with a variety of companies that focus solely on this very issue. However, by following some basic tips and guidelines, seniors can safeguard themselves from predators looking for victims. The following tips and resources will not only protect yourself, but also help you to be alerted when your identity or credit has been effected.

- Unlist Your Contact Information
- Contact the Direct Marketing Association. This group is designed to control the mail that is delivered to your mailbox. The DMA classifies direct mail into categories such as credit offers, catalogs, magazine and sweepstakes offers. This reduces the contact from potential scammers. The DMA can be contacted at (212) 768-7277 or you can visit their website at <https://dmschoice.thedma.org/index.php>.
- Check your credit card statements every month to determine if any fraudulent activity has occurred.
- Ask for HELP! Lifespan of Rochester is a great resource for family members and seniors who are concerned about fraud protection or are currently a victim. Leita King, Director of EAPP-Scams can be contacted at (585) 244-8400 x171 or by email at liking@lifespan-roch.org.



Please visit our new website www.parkwoodheights.com

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 Enriched Living
- Rental Villas and Patio Homes For Sale
- MUCH MORE



Call today for your tour 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 & 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