



The Parkwood Post

Fall 2021

Senior Living Apartments • Villas • Patio Homes For Sale

FALL BIRTHDAYS

Remember to wish these residents a Happy Birthday!

APARTMENTS & VILLAS

10/1 Ted V.
 10/2 Carol Ann M.
 10/5 Linda D.
 10/8 Rosemary A. G.
 10/10 Charles H.
 10/17 Elizabeth H.
 10/22 Bea V.
 10/24 Charles K.
 10/25 Frederick B.
 10/25 Marion S.
 10/26 Marian S.
 10/28 Pauline A.
 10/30 Nancy L.
 10/31 Phyllis C.
 10/31 Jane H.
 11/3 Betty W.
 11/4 Michael S.
 11/4 Gary N.
 11/17 Patricia S.
 11/17 Joan S.
 11/18 Ernest O.
 11/24 Michael S.
 11/25 Dieter P.
 11/27 Kathy R.
 12/2 Naoma W.
 12/3 Gail K.
 12/3 Hilda S.
 12/8 Jim T.
 12/10 Lorraine H.
 12/15 Elizabeth M.
 12/18 Nancy G.
 12/21 Gary F.
 12/25 Margaret S.

PATIO HOMES

10/6 Elaine F.
 10/14 Joan H.
 10/26 Terrence B.
 10/28 Donald W.
 10/29 Barbara W.
 11/3 Karen M.
 11/10 Anne S.
 11/10 Mary Lou A.
 11/15 Don A.
 11/23 Helene B.
 11/23 Phoebe M.
 12/7 Nancy K.
 12/10 Jean W.
 12/19 Carol W.
 12/23 Frank H.
 12/31 Kathy T.

New Activities Department

Please join me in welcoming our new activities duo, Diana and Erica. Diana returns to us after being away for a few years, increasing her knowledge and experience in other settings while Erica joins us after most recently providing similar programming for the opposite end of the age spectrum. Diana and Erica have jumped in with both feet to try to bring you a broad spectrum of varying activities to keep you active and stimulated. Erica has been helping me put the final touches on our Touch Town app which will be rolling out in early November, so watch for more on that in the near future. I have included some info Diana and Erica would like you to know about them. If you have the chance, please stop by the activity center to say Hi as they look forward to meeting and interacting with you all.

Jadon Weinel;
 Executive Director

From Diana:

Originally from the Mohawk Valley, I moved to Western New York in 1987. I met and married my husband in 1988. We have a 22 year-old daughter and a 19 year-old son; both of whom are currently attending colleges nearby. (Yes, we



waited a LONG time to start a family.)

I've worked with the Senior population in varying capacities since 2005 and continue to find it both

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10 Immune System Boosters for Seniors

For older adults, having a strong immune system is important, especially during the cold and flu season. Because they're more vulnerable to infections, seniors need to take extra precautions to stay healthy.

Strengthening Immunity During Cold and Flu Season

Healthy-living strategies are something to practice throughout our lives, but they become more significant as we age. Harvard Medical School describes how the aging process reduces the immune system response. So the older we get, the more susceptible we become to infections, inflammatory diseases and cancer.

In fact, the leading causes of death for people over age 65 across the world are respiratory infections: influenza and pneumonia. Fortunately, the following tips include some of the best immune system boosters for older adults.

10 Immune System Boosters for Seniors

Immune system boosters can help seniors who do catch a cold, allowing for a faster recovery and preventing a more serious health issue. (Sources: Harvard and WebMD, unless otherwise noted.)

Here are 10 tips that can help get your senior loved ones through cold and flu season:

1. Get Vaccinated

Flu vaccines have shown to be effective for around one-quarter of older adults. Seniors who get the flu vaccine have significantly lower rates of sickness and death.

2. Eat a Healthy, Nutrient-Rich Diet

Older people tend to eat less and have less variety in their diets. Fruits and vegetables rich in vitamins C and E, beta-carotene and zinc are essential to good health. So is maintaining a low-sugar, low-fat diet that incorporates whole grains and lean proteins.

3. Exercise

Regular physical activity promotes circulation and heart health, and relaxes the body and mind. Walks, bike rides, yoga classes and other forms of exercise help boost seniors' immune system performance and ward off infections.

4. Reduce Stress

Stress has been linked to a number of illnesses, including stomach problems and heart disease. Whether it's social stress, isolation or another form, stress can suppress seniors' immune systems making them more susceptible to viruses.

5. Sleep

One of the best natural immune system boosters, sleep,

helps us respond better to stress and inflammation. It's also shown to improve our response to the flu vaccine.

6. Wash Hands

Washing hands regularly scrubs away germs. Covering sneezes and coughs helps prevent diseases from spreading.

7. Stay Positive

A healthy outlook on life boosts endorphins, which make us feel good. Seniors who keep up with activities and hobbies that make them happy or challenge them in an enjoyable way have a better chance of staying positive and healthy.

8. Try Some Superfoods

Foods like kale, broccoli, avocados, certain mushrooms, berries and others have shown to improve seniors' immune system performance. Some superfoods even boost cognitive function and help fight Alzheimer's disease.

9. Consider Multivitamin or Herbal Supplements

An option for increasing nutrients and fighting infections, seniors should talk to their doctors first before adding multivitamins or herbs, such as echinacea, ginseng or probiotics, to their regimen.

10. Stay Hydrated

Seniors tend to sense thirst less than younger people. But older people need at least 8-9 glasses of fluid a day to keep mucous membranes moist, which lowers the chances of flu or colds. Water, coffee, tea and soup all count.

Illness isn't inevitable for the elderly. But, good health habits lend to keeping seniors happy and active so they can enjoy the most out of life.

Great Things About Fall!

WORD SEARCH

E W T X L B N Z R F N E E W O L L A H X
 R L D R N U Y O E Z I L E R R I U Q S L
 M Y P K I Z O E D R H R Z Z G Z M I S H
 R X J P O H G S I R M J E O G B F E S I
 U F V C A N S J C I F Z U P D A E R G K
 M J R J A Z A T X V W R O X L R G M N E
 E B S R G V Y J A Q D V A G T A J S I S
 D T O O S S O S W E A T E R G Q C X V X
 D F A Y H O O B F C W Q R X F V F E I P
 Z R L L K U N R O C A S A O F O A G G E
 T J I Z O P E R F B N E F F S M A N S Q
 X Y B V G C U G T V Q V O O R V H Q K F
 T X Y E E O O M C I F A P I E S U T N O
 P G B P Q S O H P E R E P U C A L R A O
 U F A S H I O N C K A L E I S J X W H T
 Y M Q R O X S W K T I C A H R B V Y T B
 R M L I V R N N T T O N F R G O Z N M A
 B S T U N H G U O D F H R M U S Y I S L
 R O J L K H F V E B I M W A E N E X M L
 M I Y M Z M F P Z F R B V E R G T C F S

ACORN	LEAVES
APPLE	ORANGE
CIDER	PIES
COZY	PUMPKIN
DOUGHNUTS	SOUP
DRIVES	SQUASH
FASHION	SQUIRREL
FIREPLACE	SWEATER
FOOTBALL	SWEATSHIRT
GOURD	THANKSGIVING
HALLOWEEN	TREES
HIKES	
HOTCHOCOLATE	

Continued from Page 1

challenging and rewarding. I return to Parkwood after 6 years of gaining more and diversified activity/enrichment experiences. I've worked in full dementia facilities, with traumatic brain injured adults, in both long-term care and with the assisted living population, as well as one-on-one with seniors in their homes.

I look forward to engaging with and enriching the lives of your loved ones with a variety of programs and activities and FUN! I welcome both your and their ideas and look forward to meeting all of you!

From Erica:

I currently live in Palmyra with my husband, 4 kids and pets. After graduating from Newark High School I attended Shear Ego in 2003, earning a license in cosmetology. After being in the beauty industry for over 10 years, I made the decision to go back to school. I

attended Bryant & Stratton in Greece where I completed the Occupational Therapy Assistant Program, graduating in July of 2021. While completing my fieldwork for my degree I realized that working with the aging population was where I wanted to be and being at Parkwood I can do just that. I enjoy keeping the residents active, happy and engaging them in meaningful activities.





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