



The Parkwood Post

Spring 2023

Senior Living Apartments • Villas • Patio Homes



SPRING BIRTHDAYS

Remember to wish these residents a Happy Birthday!

APARTMENTS & VILLAS

4/1	Linda F.	6/12	Lenore E.
4/2	Stu S.	6/13	Merlyn W.
4/5	Jane K.	6/14	Barbara P.
4/5	Charleen L.	6/18	Veronica F.
4/7	Ann P.	6/19	Jean S.
4/13	Blanche M.	6/21	Ute P.
4/16	Ella J.	6/23	Patricia T.
4/19	Patricia B.	6/24	Pat H.
4/22	John C.	6/24	Jean F.
4/23	Dorothy D.	6/30	Bill R.
4/28	Barbara D.	6/30	Darlene J.
4/30	Henry K.	6/30	Teresa A.
5/3	Tom S.	6/30	Bryon E.
5/3	Nancy S.		
5/5	Britt C.		
5/6	John K.		
5/8	Joan R.		
5/8	Betty S.		
5/8	Suzanne E.		
5/9	Edna P.		
5/15	Jane N.		
5/17	Marilyn M.		
5/21	Duncan M.		
5/22	Joan R.		
5/23	Shirley J.		
5/25	Gail A.		
5/27	Colleen V.		
5/28	Jeanne S.		
6/2	Helen A.		
6/2	Seymour S.		
6/3	Timothy C.		
6/3	Barbara P.		
6/5	Frank H.		
6/9	Joyce R.		
6/10	Jan P.		

PATIO

4/9	Jean R.
4/15	Cathie B.
4/20	Stacia F.
4/20	Connie S.
4/27	Donald L.
4/29	Earl E.
5/2	Joyce D.
5/8	Christine O.
5/11	Ben T.
6/4	Rita D.
6/7	Linda P.
6/19	Richard L.
6/25	Mary E.
6/28	Sherry H.

19th Annual Daffodil Days



Parkwood Heights is fortunate to have the support of the Towpath Volunteers Fife & Drum Corp for our 19th annual Daffodil Days, held each April.

The Towpath Volunteers have been bringing Our American Heritage to Life for over 40 years, from the humble beginning with a few kids playing only three simple songs before marching in our first parade, the Naples Fireman's Parade in 1978, to becoming one of the Largest, World Traveling, Family Oriented Fife and Drum Corps in the country.

2023 will be an exciting year for the Towpath Volunteers Fife and Drum Corps. Plans for hosting the World Fife and Drum Friendship Festival in early September are underway. **SAVE THE DATE, FIFE AND DRUM FRIENDSHIP FESTIVAL PERFORMING AT PARKWOOD HEIGHTS THE MORNING OF SEPTEMBER 2ND.**

The Volunteers will be joined by fife and drum groups from Belgium, France and Italy for this year's rendition. The World Fife and Drum Friendship

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How to Combat Spring Allergies

Spring is a beautiful time of year, bursting with new life and fresh promise. It's a great time to shake off the winter doldrums and get out in the fresh spring air, enjoying the weather and spending time with friends and family. If you suffer from spring allergies, though, this time of year can be absolutely miserable. For seniors, especially those with chronic diseases, allergy symptoms can be hazardous, but so can some of their remedies. Do you know how best to safely fight your seasonal allergies?

First, did you know that you can develop seasonal allergies late in life, even if you've never had them before? If the springtime has you sneezing, with a runny nose and itchy eyes, you may very well be experiencing an allergic reaction. It's smart to talk to your doctor and ask for advice on the best course of action.

It may surprise you to know that antihistamines can be harmful.

While over-the-counter allergy pills are widely used, senior citizens should only use them under a physician's advice. Side effects of over-the-counter antihistamines can include drowsiness, confusion, dizziness, and dry mouth. What's more, when they interact with medicines commonly prescribed to older adults, allergy medications can cause problems like mood swings, elevated blood pressure, urinary retention, changes in behavior, and insomnia. Your doctor may want to prescribe a better option for you, like a nasal steroid or topical medication.

Shutting allergens out can help you steer clear of allergies

Keep your doors and windows closed, including your car windows, so that pollen can't get into your house. Using an air purifier can also be helpful in keeping the indoor air quality from being contaminated by pollen.

Remember that outdoor allergens can follow you inside.

The impulse to get outside in spring and soak in some sun is a good one because the Vitamin D you'll absorb is healthful. Unfortunately, your clothing, hair, and shoes will collect pollen, and when you come inside, you'll carry

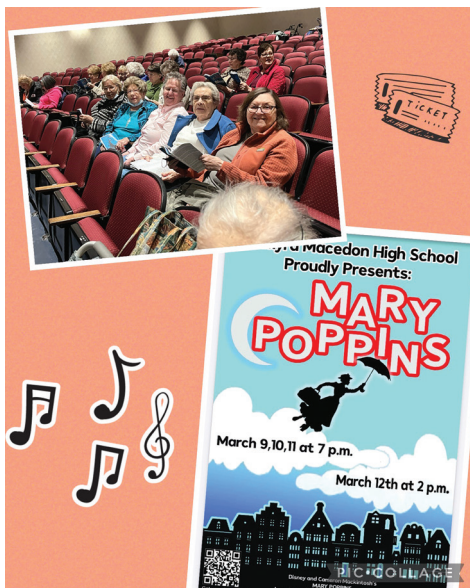
it with you. Remove your shoes as soon as you enter your home, wash your hands, change your clothes, and consider a shower to keep from spreading pollen around your home.

If allergies bother you in spring, plan your activities around the pollen count.

On a low pollen day, it's probably fine to go outside or work in your garden, though it's wise to wear sunglasses to protect your eyes from irritation caused by pollen. When the pollen count is high, however, plan to stay indoors.

Watch what you eat to reduce allergy symptoms.

Foods that fight inflammation can help you fight allergies, so fill your diet with apples, walnuts, ginger, leafy greens, berries, fatty fish and other foods that contain nutrients like Vitamin C and antioxidants. These foods don't just help fight allergies, they also help you stay healthy.



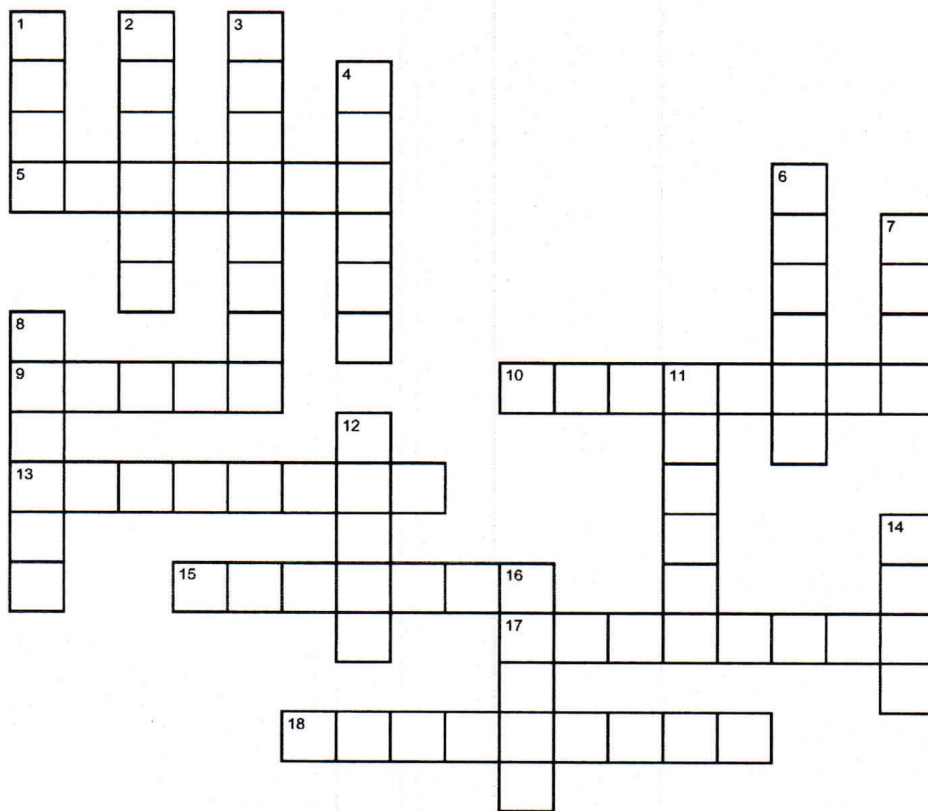
Knitting baby blankets for Strong

Lamberton Conservatory



Mecate Lunch Outing

CROSSWORD: Spring



ACROSS

- 5) They're usually found in beds
- 9) Time for showers
- 10) Gloom's opposite
- 13) Yellow spring flower
- 15) Day for diamonds and dreams
- 17) Shower apparel?
- 18) Monarch, e.g.

DOWN

- 1) Sport with tees
- 2) Fledgling plant
- 3) America's pastime
- 4) ___ egg
- 6) Eating outing
- 7) When spring ends
- 8) Vegetable plot
- 11) One of four in a year
- 12) Breezy
- 14) Flying toy with a tail
- 16) Verdant

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Festival was started by Towpath in 2015 with the inaugural celebration hosted by the Volunteers. In 2017 the festival moved to Ghent, Belgium and for 2019, Ivrea, Italy hosted the event. Check the Volunteers website for more details and the marching schedule. www.towpathvolunteers.org



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





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E-mail: PWH@parkwoodheights.com

www.parkwoodheights.com



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Call for more information regarding our Independent lifestyle choices
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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:

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- Case Management
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- Assistance with Dressing, Grooming & Bathing
- 24 Hour Emergency Response System
- Cueing & Reminders
- (3) Nutritious Meals Daily
- Personal Laundry Service



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for your individual care needs!*

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