



The Parkwood Post

Spring 2025

Senior Living Apartments • Villas • Patio Homes

SPRING BIRTHDAYS

Remember to wish these residents a Happy Birthday!

APARTMENTS & VILLAS

4/5	Bunny L.	5/27	Colleen V.
4/5	Jane K.	5/28	Jeanne S.
4/7	Ann P.	5/28	Patricia G.
4/9	Jean R.	6/2	Helen A.
4/11	Dorothy N.	6/3	Alois B.
4/12	Alfreda L.	6/3	Mike K.
4/13	Blanche M.	6/3	Tim C.
4/15	Don B.	6/3	Barbara P.
4/15	Elizabeth M.	6/4	Rita D.
4/15	Cathie B.	6/5	Frank H.
4/16	Ella J.	6/7	Linda P.
4/19	Patricia B.	6/9	Joyce R.
4/20	Connie S.	6/11	Amie B.
4/27	Don L.	6/12	Lenore E.
4/28	Barb D.	6/13	Mertlyn W.
4/29	Earl E.	6/14	Barbara P.
4/30	Henry K.	6/14	Toni D.
5/2	Joyce D.	6/16	Veronica F.
5/3	Tom S.	6/17	AJ P.
5/3	Nancy S.	6/19	Jean S.
5/5	Britt C.	6/21	Ute P.
5/6	John K.	6/23	Patricia T.
5/8	Christine O.	6/24	Pat H.
5/8	Betty S.	6/25	Mary E.
5/8	Suzie E.	6/28	Sherry H.
5/11	Ben T.	6/29	Norma H.
5/17	Marilyn M.	6/30	Bill R.
5/20	Larry M.	6/30	Darlene J.
5/23	Shirley J.	6/30	Theresa A.

Parkwood Heights Welcomes Jim Feider, Assistant Community Director

Jim grew up in Angola, NY which is south of Buffalo and moved to the Finger Lakes region before college and never left.

He graduated from Paul Smith's College with a degree in Hotel and Resort

Management. He started working in Childcare, then moved to hotels, where he did everything from Housekeeping to the Front Desk and Overnight Audit. He has also worked in Property Management where he was able to continue using his knowledge in Hospitality.

He is proud to work in a place where he can use his abilities and skills to help Parkwood and its residents continue their success. He and his wife married in 2022 and welcomed their beautiful daughter in May of 2024. He grew up playing hockey and loves watching basketball. He is really looking forward to working with the senior population.



Paper Strip Shamrock Craft



Woodwind Quintet

Deciding on a Senior Living Community

It's never too early to plan for your future. Even though the thought of moving from a home in which you've created a lifetime of memories can be overwhelming, there will almost inevitably come a day when you'll need to make a change. Usually, we begin to consider senior communities when the day-to-day preservation of our current lifestyle becomes too much. We begin to dread winters and the increased maintenance of our homes and yards. We start to fear driving in bad weather and avoid participating in hobbies and activities. We slowly start to isolate ourselves in our houses. We realize that we're spending too much time trying to keep up with the demands of our things, instead of enjoying the days of our life. This is the time to plan ahead, long before a devastating event like a fall or sudden illness thrusts the decision on us in an instant.

As with most things in life, things go much smoother with a little planning & research. Planning for aging is no different. Though we often joke about getting older, few of us actually plan on it ever happening.

INVOLVE FAMILY & LOVED ONES:

The most prepared families include seniors and their loved ones. Seniors have discussed options with their adult children, considered services and are aware of their choices. As difficult and uncomfortable as it is, it is best to begin having the discussion with our family while we are of sound health and mind, and long before the decision becomes forced out of a crisis.

Unfortunately, it may take a "wake-up-call" to realize we need help. We may experience a medical emergency, or a moment of clarity after narrowly avoiding a self-inflicted disaster, or the sudden progression of a medical condition. These things can increase the urgency to select a senior community. In times of crisis or immediate need, we have no time to carefully evaluate our options. Being unprepared, the focus is on the convenience and capabilities of a community, with little to no regard for any kinds of extras a community may provide.

You should become aware of the various options in your community. Understand that not all people have the same needs. One size doesn't fit all when it comes to senior living. You'll want to choose the least restrictive setting where you will have the most independence. But you also want to think about future needs, and select a community that can meet your needs now and as they change. The good news is seniors today have more options than ever.

INDEPENDENT LIVING COMMUNITIES:

Independent Living communities are exactly that – apartments and villas that serve independent seniors. They

are typically ample sized units with full kitchens and all the comforts of home. In addition to living spaces, these communities offer common areas such as a dining room, library, fitness center, recreational areas, and entertainment. They offer plenty of opportunities for socialization and active involvement.

- Allows seniors to maintain independence in a supportive environment
- Maintenance & worry-free lifestyle
- Greater social opportunities than at home
- Staff offers security & peace of mind
- Activities to keep seniors engaged in life
- Relatively inexpensive compared to higher levels of care

ENRICHED HOUSING PROGRAMS:

Enriched Housing is a program offered in many senior communities that is licensed by the New York State Department of Health. Enriched housing is similar to independent living as the units are large and provide services such as meals, housekeeping, activities and transportation. In addition, help is provided with medication, shopping, homemaking, personal laundry and some personal care. There are staff on-site providing general supervision of residents, some even have staff around the clock. Many independent senior living communities also offer Enriched Housing, allowing older residents to continue to age in place, instead of having to relocate to a health care facility when their needs increase.

- Caring Staff
- Personal care & medication management
- Full apartments with kitchens
- Case management to schedule medical appointments, etc.

ASSISTED LIVING FACILITIES:

Assisted Living Facilities are designed to help seniors who have difficulty caring for themselves. Employees are trained to assist residents with their needs, and provide 24-hour supervision. Seniors are helped with their medications, bathing, dressing and other activities of daily living. They are restrictive on who can and cannot live there.

- Direct assistance to those who need to perform everyday tasks
- More restrictive, but still some independence
- Expensive
- Nurse on staff

VISIT & ASK QUESTIONS:

Whether you're planning ahead or ready to make the decision, you should call and visit several locations. Find out all you can about the services and amenities they offer. Here are some things to consider:


- What is included in the monthly fee and what services cost extra?
- How tenured & experienced are the staff?
- How many activities are available each day to the residents?
- Sample the food – ask about how they accommodate special or restrictive diets. Do the residents choose from full menus like a restaurant, or are they required to select their meals ahead?
- Observe how lively and active the community is. Are there residents out and about? Are the employees interacting with the residents?
- Talk to the residents – ask about their experience and what they like and dislike about their home.
- Ask about security & safety.
- Ask about emergency procedures.

Spring Vacation

E X C U R S I O N M O R E
 E R A G L I R E S O R T J
 L A M D E B H S Z U E L R
 A Q E O O U O U E N T U Z
 K A R E T S T N S T Z G Z
 E A A S G E E S F A C G A
 C A N A U S L C Z I A A I
 S L B N Z N N R E N R G R
 E T C R U I S E A S D E P
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|---------|-----------|------------|
| AIRPORT | CRUISE | OCEAN |
| BAGS | EXCURSION | RESORT |
| BEACH | HOTEL | STARGAZING |
| BONFIRE | LAKE | SUNSCREEN |
| BUS | LUGGAGE | SUNSETS |
| CAMERA | MOTEL | TRAIN |
| CAR | MOUNTAINS | |

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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1340 Parkwood Drive

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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



Where Every Moment Feels like Home

Your ideal Senior Living Destination in Macedon, NY

At Parkwood Heights nothing matters to us more than your comfort, health and safety. With 24/7 wellness staff, the Enriched Living Program offers senior care services to help lead a healthy and happy lifestyle.

Enriched Living Services:

- Case Management
 - Medication Management
 - 24/7 Personal Care Staff
 - Assistance with activities of daily living
 - Housekeeping/Laundry services
 - Meals
-to mention just a few



Call Us Today!

315-986-9100 or 585-223-7595

1340 Parkwood Drive | Macedon, NY 14502

For more information, visit parkwoodheights.com

Independent & Enriched Living, Ranch Villas for Lease



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