



# The Parkwood Post

Senior Living Apartments • Villas • Patio Homes For Sale

## Winter Birthdays

Remember to wish these residents a Happy Birthday!

1/1 Connie B.  
1/1 Janina B.  
1/2 Lou M.  
1/4 Jerry T.  
1/5 Helen L.  
1/6 Diane D.  
1/6 Helen T.  
1/6 Mary D.  
1/8 Robert V.  
1/9 Loretta W.  
1/10 Mary M.  
1/13 Helen H.  
1/13 Jo G.  
1/13 Theresa P.  
1/17 Dave F.  
1/18 George G.  
1/18 Joe M.  
1/24 Shirley L.  
1/25 Sharolyn T.  
2/5 Lucile W.  
2/6 Lee M.  
2/8 Josephine B.  
2/10 Winona V.  
2/13 Gene J.  
2/14 Huguette B.  
2/15 Roy V.  
2/18 Carol B.  
2/19 Audrey H.  
2/21 Amelia H.  
2/24 Ralph C.  
2/28 Marlyn S.  
3/2 Gerry K.  
3/3 Mary C.  
3/3 Norma A.  
3/4 Howard F.  
3/4 Paul B.  
3/10 Eunice B.  
3/10 Jean B.  
3/15 Audrey Z.  
3/17 Barbara W.  
3/20 Elenore B.  
3/24 Janet T.  
3/27 Billie T.  
3/28 Betsy W.  
3/31 Winnie S.

## Excellent Nutrition for people in their later years

*By Sheila Van Laeken, Food Service Director at Parkwood Heights*

Aging is as much a state of mind as it is a physical condition. We need to care for ourselves in our younger years so that we can stay healthier in our older ones. With regard to nutritional status, people are sometimes more difficult to nourish than teenagers. At Parkwood Heights our main goal is to provide the utmost nutritionally balanced meals possible.

Many problems, such as insomnia, anorexia, fatigue, depression, diminishing eyesight, hearing loss, fragile bones and fractures are a result of poor diets and nutritional deficiencies. Food insecurity is also a serious concern, especially when they are still living at home. Sometimes meals are skipped if they are unable to shop or prepare meals for themselves.

People in their later years may have calorie deficiencies. Calorie count can easily be increased with more food, but it must be more nutrient-rich food so that it provides important vitamins and minerals. Fiber in foods is very important to colon health and function. Eating more fresh fiber foods, such as vegetables and whole grains offers many functions.

Constipation, a common problem in older generations, can be reduced or even eliminated with adequate fiber and water. Poor fluid intake is also a common concern. Drinking enough water is crucial to good skin health, hydration and a vital part of just feeling good. Consumption of more water, herbal teas, juices and soups, as well as fresh fruits and vegetables are great sources of fluids in your diet.

Often their enthusiasm might be low for good nutrition, exercise or even life in general. When the body is struggling it is difficult to “take it out for a spin”. In a setting, like Parkwood Heights, there is much encouragement and support. Meals with friends and visiting with other residents as well as family members who come to visit give a special meaning and encouragement for living.

Think of a few people in their 60’s, 70’s or 80’s. What do you think has led to their degeneration or to their health and vitality? What are you planning for your anti-aging program? Have you already begun? It’s never too late. Later age is a new life experience. By making necessary dietary adjustments, seniors can embrace this new phase of life and enjoy it to the fullest.

*Testimonial: “Since my aunt has moved to Parkwood Heights, she has been welcomed and embraced by the community. The staff are very helpful and friendly, and take great care of her needs. Our family has great comfort and peace knowing she is well taken care of.”*

*Patty Quick*



## 2013 Festival of Trees at Granger Homestead

### People’s Choice Awards:

Best Table Top Tree - Buttons & Bows  
*Parkwood Heights*  
*Senior Living Community*

### Judges’ Choice Awards:

Buttons & Bows  
1st Runner-up Best Table Top Tree

## Senior Moments: Normal or Not?

Most everyone over a certain age — let's say 50 for the sake of choosing a number — has had a "senior moment." We can't find the car keys, or we walk into a room with a purpose but once there can't remember the purpose or we draw a blank on someone's name we know well or we are slow to come up with a word we want. For most people, these kinds of memory lapses are a normal part of the aging process, not a warning sign of Alzheimer's disease or other serious mental deterioration. Nevertheless, these lapses cause us to wonder and worry.

Our memory declines with the normal wear and tear of aging. Alzheimer's disease is not a normal part of that aging. According to the American Psychological Association, fewer than 1 in 5 people age 65 and older and less than half of those 85 and older have the disease. However, it is important to know that our brains do change as we age and it is helpful to be able to distinguish normal changes from those that require medical attention.

If you or a loved one is having "senior moments" that are causing you concern, don't assume that Alzheimer's disease or another form of dementia is responsible. It is important to discuss your concerns with your doctor and ask if a complete medical workup is needed as **it could be one of the following common conditions causing memory problems:**

- Medication side effects
- Vitamin B-12 deficiency
- Poor nutrition
- Dehydration
- Infection
- Poor concentration
- Thyroid imbalance
- Depression
- Anxiety
- Stress

As important as it is to consult your physician, it is just as important to assess the impact your lifestyle has on your brain. The same practices that contribute to your physical well-being also contribute to having a healthy memory. **Some practices that will help keep your memory healthy are:**

- **Get plenty of sleep** — at least 8 hours per night
- **Eat right** — plenty of fruits and vegetables
- **Drink plenty of fluids** — 6-8 times a day
- **Exercise regularly** — walking even 1 mile a day will make a difference
- **Socialize** — it improves mood and memory to connect with other people
- **Make sure you can hear and see as well as possible** — keep your hearing aids in good condition and get your eyes examined yearly
- **Think positive**

*...walking  
even one  
mile a day  
will make a  
difference...*



**There are also things you can do to help you remember:**

- Keep a calendar with your appointments and important dates posted on the refrigerator or somewhere you will look at it a couple times a day.
- Put the things you use regularly in the same place when you are not using them — such as keys, glasses, purse or wallet etc.
- Establish a routine - such as taking your medications at the same time every day.
- Keep a "to do" list in a place where you will see it — and cross off items as you complete them.
- Arrange with a friend or loved one to call you at certain times or days — it helps keep you connected.

"Senior moments" do not have to interfere with your daily life. Consider trying some of the ideas mentioned above such as establishing routines, socializing regularly, exercising daily, using a calendar or making a list. Your frustration level may decrease along with your anxiety over what could be simply normal aging. Of course, consulting your physician in addition to trying these ideas is part of the complete plan.

References: APA Office on Aging Web Site [www.apa.org](http://www.apa.org)  
Alzheimer's Association Web Site [www.alz.org](http://www.alz.org) [www.npr.org](http://www.npr.org)  
[www.webmd.com](http://www.webmd.com)

### The Doctors are 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



## Patio Homes & Villas

Parkwood Heights offers the perfect lifestyle choices to meet your needs. If you are looking for a Luxurious Patio Home either to purchase or lease; or to lease a Villa, the Campus has a full complement of amenities.

- Step free interiors
- Porches
- Attached garages
- Full use of the Community Center complete with Fitness Center, Library and much more
- Over 100 activities a month
- Parkwood Heights Park & Fishing Pond
- Walking trails
- Full service Fireside Dining Room
- Would you like to purchase a Patio Home and keep cash for retirement/eliminate mortgage payments?



**Spring  
Specials  
on our Villas**



**Call today for your appointment 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](mailto:PWH@parkwoodheights.com)

[www.parkwoodheights.com](http://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 Senior Living Campus - Assisted Living Services

In addition to our Independent Living lifestyle, Parkwood Heights apartments offers a higher level of care that is built in. Residents who need more help - such as medication management, 24/7 aides on duty, transportation, emergency response systems, meals, reminders - can find it here all under one roof. Residents will receive the appropriate assistance they need, whether it's special needs, or they just want 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



**Call Us Today For More Information About Our Assisted Living Services at (315) 986-9100**