

The Parkwood Post

Senior Living Apartments • Villas • Patio Homes For Sale

Winter Birthdays

Remember to wish these residents a Happy Birthday!

Betty L
Duwayne S
Mitt W
Grace W
Margaret V
Rudy C
Connie B
Janina B
Lou M
Florence B
Helen T
Mary D
Loretta W
Mary M
Betty R
Helen H
Jo G
Bill E
Lee M
Josephine B
Audrey H
Amelia H
Ralph C
Pauline E
Marylyn S
Gert G
Norma A
Mary C
Eunice B
Elenore B
Janet T

Safety at Home



Sharon Weinel
Executive Director

Regardless of where home is, it's important to implement a safety checklist to help lessen the possibility of injury for the senior in your life. At Parkwood Heights we strive to create a safe and secure living environment which is crucial in avoiding injuries that can be prevented. We want to share ideas with you to help keep you or your loved one safe. It will give you a starting place in creating your own list. Please refer to these ideas often so they're not forgotten.

Bathroom Safety

- Keep water temperature at 110 degrees or below
- Use a night light or leave a light on in the bathroom at night
- Use a non-skid bath mat in the tub
- Install grab bars in tub/shower and by toilet

Living Room

- Arrange furniture so there is a clear easy pathway
- Eliminate extension cords
- Remove all clutter from the floor
- Use only non-skid rugs and refrain from putting layer rugs over carpet

Kitchen

- Move all commonly used items to easy to reach shelves – between waist and eye level to eliminate climbing of any kind
- Make sure appliances are in good working order without any frayed cords

- Keep flammable items such as towels away from stove
- Make sure all cooking/work areas are well lit

Bedroom

- Have a lamp within reach beside the bed
- Have all walking aids within reach as well
- Have a phone and list of numbers by the bed
- Keep the path to the bedroom door completely clear
- Electric blankets should not be tucked in and refrain from using heating pads in bed

General Home Safety

- Start from the floor and work up when looking for safety issues
- Everywhere you walk needs to be free from clutter – remove stacks of newspapers or magazines
- Electrical cords that you have to step over are dangerous
- Hand rails on all stairs are advisable as well as in hallways
- Have good lighting throughout the house and use non-glare bulbs of 100 watts or greater
- Use night lights generously
- Post emergency numbers and a list of current medications on the fridge or by the phone
- Smoke detectors should be located throughout the house and kept in working order
- A carbon monoxide detector is also necessary

Call me at (315) 986-9100

Healthy Holiday Eating for Seniors

by Marsha Fuller, RD, CDN



The holiday season is a time to celebrate with family and friends. Sometimes, for many it becomes a time for over-eating and weight gain. According to the National Institutes of Health, holiday eating can result in an extra pound or two every year. And, unfortunately, most of us remain with that weight gain after the holidays.

For seniors, it's especially important to realize that they should accept their doctor's recommendations for diet and exercise during this time. Noncompliance can result in exacerbation of existing medical conditions that can ultimately shorten both quantity and quality of life. Happy holidays should focus on a healthy balance of food, activity, and fun, instead of weight gain. By implementing a few simple tips you can stay healthy through the holiday season.

Here are my suggestions for success that have worked for senior holiday revelers:

Be realistic

Shoot for weight maintenance, instead of loss, through the holidays. Plan time for exercise! There's 3500 calories to a pound, so a 1-2 pound average weight gain equates to about an extra 100-150 calories per day over a 6 week period. A half hour walk daily will help even the score as well as reduce that holiday stress!

Do you think sleep affects diet? Studies have shown that people who sleep less tend to weigh more. It could be metabolic or more probably, that people tend to make poorer food and exercise decisions when sleep deprived. When sugar gives you a short burst of energy, it's easier to say yes to too many Christmas cookies! For seniors, it's difficult to acclimate to greater activity and change of schedule, including eating. So try to keep set schedules with ample rest time in between.

Keep regular meal schedules

Make it a habit to eat some fruit or vegetables before you go to a party. You will be less tempted to over-indulge. Bring a healthy dish to parties to help give everyone healthy options. Fill your holiday plate with greater portions of fruits and vegetables and smaller portions of calorie dense foods. If you overeat on one meal, go light on the next.

Eat slowly!

It takes 20 minutes for your brain to signal your belly that it's full.

Cook only what you need

There are many of web sites, including talkabouthealthy.com, that will calculate recipes for the number of portions you need. Fewer leftovers mean you can get back to eating healthy quicker!

Eat your calories, don't drink them

Sugary beverages provide significant calories but do nothing to satisfy

hunger. And alcohol reduces inhibitions that can make you more prone to other poor choices, as well.

Finally, take the focus off food and place it where it belongs, the spirit of the season and precious time with those we love. Enjoy food in the right portions, with a healthy frame of mind.

Happy, Healthy, Holidays!

About The Author

Marsha Fuller, RD, CDN, is the Dietary Consultant for Parkwood Heights Senior Living

Rochester Resource

Parkwood Heights Senior Campus
1340 Parkwood Dr. Macedon, NY
315. 986.9100 / 585.223.7595
www.parkwoodheights.com



Parkwood Heights Veterans Day Celebration



Fun Activities and Resident Trips



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
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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 & Assisted Living Program

Do you know about our ‘Short Term & Respite Stay Program’?

Parkwood Heights Independent Living offers ‘Short Term & Respite Stays’ to those who could benefit from:

- 3 nutritious meals per day
- Social activities, outings and entertainment
- Transportation to medical appointments
- 24 hour emergency response system
- Housekeeping
- Free Grocery & Pharmacy Delivery

Apartment Amenities Include:

- Full kitchens
- Grab bars in showers
- Large windows for a well-lit, cheerful environment
- Individually controlled HVAC
- Lots of closet space
- Patio or balcony
- Friendly neighbors galore!



Rates are charged on a daily basis at \$85/day for a Studio apartment or \$95/day for a Traditional one bedroom apartment. This Program offers the opportunity to know you or your loved one is safe and well cared for while maybe during the winter months, summer vacation or during a time of transition.

For more information, or to schedule a tour call (315) 986-9100. Visit our website for more information about Parkwood heights and all it has to offer – www.parkwoodheights.com.