



The Parkwood Post

Senior Living Apartments • Villas • Patio Homes For Sale

Spring Birthdays

Remember to wish these residents a Happy Birthday!

4/2 Stu S.
 4/3 Doris S.
 4/8 Frank C.
 4/8 Marie R.
 4/10 Jefflyn P.
 4/16 Ella J.
 4/17 Bonnie R.
 4/20 Jacqueline D.
 5/3 Tom S.
 5/3 Nancy S.
 5/4 Marjorie H.
 5/6 John K.
 5/9 Edna P.
 5/10 Louise P.
 5/10 Jay R.
 5/15 Jessie M.
 5/15 Jane N.
 5/17 Barbara B.
 5/18 Ann A.
 5/20 Wilma G.
 5/22 Joan R.
 5/28 Charles M.
 5/31 Arline P.
 6/10 Betty W.
 6/20 Clara D.
 6/21 Ardis V.
 6/22 Nathalie F.
 6/24 Pat H.
 6/28 Peggy D.

PATIO HOME RESIDENTS

4/3 Ron K.
 4/4 John F.
 4/9 Jean R.
 4/15 Cathie B.
 4/24 Joan S.
 5/21 Luella K.
 6/6 Helma B.
 6/7 Linda P.
 6/14 Alfred H.
 6/19 Richard L.
 6/21 Ernest V.
 6/28 Sherry H.

A Time to Celebrate

Another winter has come and gone and brought us to the Parkwood Heights annual appreciation dinner. Many weeks of planning go into this yearly event where the staff, patio home owners, villa and apartment residents come together to celebrate the wonderful people and place they call home. A happy hour consisting of beer, wine and hors d'oeuvres accompanied by musical entertainment set the tone for a relaxing evening full of friends and fun. From the jumbo shrimp cocktail to the 4 layer gourmet cakes for dessert, this dinner is sure to please everyone.

The appreciation dinner is just one of the many ways we show our appreciation to the residents. It is also an opportunity for the residents to show their gratitude in return. We received countless thank you notes and cards along with residents' verbal appreciation the night of the event and for many days after. All the kind words we received following the event magnify the great feeling we already had from putting on the annual dinner.

We all have many different reasons to be thankful for our residents and this event is just one way for us to show our continuing gratitude. For me, the residents are like

my extended set of grandparents. I look forward every day to the waves I receive in passing, seeing the family members I have gotten to know over the years or the funny jokes some stop in to tell me from time to time. It all ties in to the sense of family you feel when join a great community like Parkwood Heights.

*Jadon Weinel, Executive Director,
Independent Housing*



May is National Stroke Awareness Month

Strokes can affect people of all ages and backgrounds. Learn how to safeguard yourself against a stroke.

Every 40 seconds, someone in the United States has a stroke. In 2008 alone, more than 133,000 Americans died from stroke—or one person every four minutes—died from a stroke, making it the fourth leading cause of death in the United States.

A stroke, occurs when a blockage stops the flow of blood to the brain or when a blood vessel in or around the brain bursts. Although many people think of a stroke as a condition that affects only older adults, strokes can and do occur in people of all ages. In fact, nearly a quarter of all strokes occur in people younger than age 65.

Each year, almost 800,000 strokes occur in the United States. To help protect yourself and your loved ones, learn what steps you can take to prevent a stroke and how to spot a stroke if one occurs.

Lowering Your Risk for Stroke

Demographic factors such as family history, age, sex, and race/ethnicity can all play a role in an individual's stroke risk. Regardless of your background, however, there are several things you can do to lower your chances of having a stroke.

- Exercise regularly.
- Avoid smoking and second hand smoke
- Control your blood pressure
- Control your cholesterol
- Eat a healthy diet that's low in sodium.
- Maintain a healthy weight.
- Prevent or control diabetes.
- Limit your alcohol intake

Recognizing the Signs of A Stroke

When responding to a stroke, every minute counts. The sooner a patient receives medical treatment, the lower the risk for death or disability. If you or someone you know exhibits the following signs or symptoms, call 9-1-1 immediately.

- Numbness or weakness of the face, arm, or leg, especially on one side of the body.
- Confusion, trouble speaking, or difficulty understanding.
- Trouble seeing in one or both eyes.
- Trouble walking, dizziness, or loss of balance and coordination.
- Severe headache with no known cause.

Remember, getting immediate medical attention for a stroke is crucial to preventing disability and death, so **don't delay—dial 9-1-1.**

Fall-Proof Your Home!

As you get older, you may find yourself faced with additional health concerns and challenges that you did not give a second thought a decade or two ago. It is time to fall-proof your home! Take one or all of these steps and you'll feel safe and secure in no time!

Facts About Falls

Unfortunately, falls are quite common and can be quite serious. Even minor injuries caused by falls, such as twisting or spraining a joint, can lead to reduced mobility, and the fear of falling can be debilitating as well. Being less active, whether through reduced mobility after a fall or not doing certain activities due to fear of falling, can further exacerbate the problem as inactivity can cause your joints to weaken, and thus be more susceptible to injury should you fall. But there are some simple and practical adjustments you can make sure to ensure you are able to get around with no fear.

Eliminate Stairs

If you are truly worried about your mobility due to an illness or other condition, you may want to consider moving into a one-story home or into senior housing. Buildings like those at Parkwood Heights are designed to lessen the chance of a fall. Stairs can present a serious challenge to many seniors, and are the scene of many falls each year.

Fall-Proofing Your Bathroom

A common site for falls is the bathroom. This is due to the often slippery nature of bathroom floors, especially after a shower or bath, in addition to the trouble many seniors have in getting into and out of the shower or tub. Showers like those in the bathrooms at Parkwood Heights are much safer for seniors than tubs. A great way to prevent falls in the bathroom is to install handles in the shower to help you get up from a bath without the risk of slipping on wet surfaces. You can also install a seat in your shower to help you stay steady and reduce the risk of falling while you wash. Also be sure to have non slip rugs down outside your shower so you don't risk creating a slippery surface for you to fall on!

Taking Precautions Outside

Some final tips for safety proofing your home involve making sure your home is safe outside, again this is an area where stairs should be eliminated if possible. When there's inclement weather, be sure to correctly treat outside surfaces – for instance, putting down salt when there's snow or ice – and consider hiring a professional to clear your driveway and sidewalk if there is significant snowfall. If you do go outside in the rain or snow, be sure to wear proper attire such as padded snow pants and boots with strong grips, to reduce the impact should you fall or to prevent you from falling altogether. You will find that properly planned senior housing buildings such as Parkwood Heights have been designed with flat exterior surfaces and are professionally maintained in inclement weather.

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

On-Site Weekly Lab Service

Fun Activities



*Working on the 2017
Calendar shoot...
Stay tuned!*



Amenities & Services

- Friendly, Caring 24 Hour Staff
- Full Service Back-Up Generator
- Chef Prepared Meals in the Fireside Dining Room
- Scheduled Transportation to Medical Appointments
- 150+ Activities Monthly
- Shopping Trips, Seminars, Outings
- In-House Doctor and Lab Services
- Walking Trails, Fishing Pond
- Parkwood Heights Private Park
- Fitness Center
- Beauty Salon
- Library
- Expansive Outdoor Recreation Areas
- Independent and Assisted Living
- Rental Villas and Patio Homes For Sale
- MUCH MORE



*Call today for your tour and let Parkwood Heights
start "Your New Tomorrow"*



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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
www.parkwoodheights.com



Apartments and Villas for lease • Patio Homes for Sale
Call for more information regarding our Independent lifestyle choices & Enriched Living Program



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:

- 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



*Now offering 2 levels of care
for your individual care needs!*

Call Us Today For More Information About Our Enriched Living Program at (315) 986-9100