



# The Parkwood Post

Senior Living Apartments • Villas • Patio Homes For Sale

## Summer Birthdays

Remember to wish these residents a Happy Birthday!

- 7/1 Betty D.
- 7/5 Dolores K.
- 7/9 Rita B.
- 7/11 Mary S.
- 7/14 Eugene H.
- 7/23 Lois M.
- 7/27 Kay M.
- 7/29 Robert P.
- 7/29 Bruce P.
- 8/7 Ruth D.
- 8/9 Dora S.
- 8/9 Sheila G.
- 8/11 Philip L.
- 8/17 Vera T.
- 8/18 Margaret F.
- 8/18 Fran O.
- 8/24 Thelma S.
- 8/25 Beverly B.
- 8/30 Janet P.
- 9/7 Ray B.
- 9/10 Gert E.
- 9/12 Mary Jane V.
- 9/14 Betty C.
- 9/16 Ellen N.
- 9/27 Richard P.

## PATIO HOME RESIDENTS

- 7/5 Jennifer W.
- 7/6 Pat T.
- 7/14 Jim T.
- 7/17 Miguel B.
- 7/25 Kenneth R.
- 7/27 Barbara L.
- 8/5 Bill W.
- 8/6 Bill M.
- 8/18 Barbara P.
- 8/21 Edward S.
- 8/26 Jacob P.
- 8/28 Marcella J.
- 9/6 Ford F.
- 9/24 Beryl G.

*“Walk a mile in my shoes  
Hey before you abuse, criticize and accuse  
Walk a mile in my shoes”*

We all know of Elvis Presley. He sang a song called *Walk A Mile In My Shoes*.

## Through My Eyes

I was reading this morning about how someone related to another or their situation. A man was sent to live on Earth, so that He could have a similar experience and it really made me think, If only we would all take a step back... and relate.....

My reading went on to talk about someone that in order to help his staff of young architects understand the needs of those they designed senior housing for, he sent them on “sleepovers.” They put on pajamas and spent 24 hours in a senior living center in the same conditions as people in their 80s and 90s. They wore earplugs to simulate hearing loss, taped their fingers together to limit manual dexterity, and exchanged eyeglasses to replicate vision problems. He said that the biggest benefit was when he sent these young twenty something year olds out; they came back with a heart 10 times as big. They met people and understood their plights.

Now let me tell you a story – true story about a couple that spent two years traveling to other senior communities to see what did and didn’t work in those communities so they could make a place that they could be very proud of to serve the senior community in their area as well as their own parents, family and friends.

We all have them – seniors – whether it is a grandparent, a mother, a father, an aunt, an uncle, a brother, a sister, or a friend. Ours is a community filled with many advantages for our seniors. From walking trails, a catch and release pond, to well lit apartments and common area rooms, to outlets in the wall that are higher

so that your loved one isn’t bending over so far that they might fall, extra wide halls, to railings down each hallway with benches strategically placed in case they need to sit for a minute, each hall having a distinct colored handrail and border for easy recognition, centralized community rooms for socializing and easy access with lots of windows to open up the rooms and let the light in.

Parkwood is a place where they can truly feel at home. A very caring staff is carefully chosen to exemplify the unifying principles of our community. Parkwood Heights was built to overcome the obstacles seniors currently face in their current living situations while maintaining independence and increasing quality of life. Whether they choose to live in the Patio homes, villas or the apartments, we are a community that cares. Everyone can be active and social with the choices of activities that are available. Being part of our community promotes socialization to relieve loneliness, activities and outings to stimulate the mind and body, healthy meals to nourish, housekeeping to help them feel less encumbered with chores and freedom to enjoy, and transportation to relieve them from the stress of driving.

This couple walked that mile! They understood what our seniors need! Thank you Mark, Pat and Craig for acting on that vision! And thank you Richard, Bill and Darryl for believing in that vision!

*- Shari Cascio, long-time member of the Parkwood Team*



# Seven Steps to a Healthier Brain

Everyone wants to be happy, healthy, and smart. Many believe that a healthy body will get you there. Dr. Daniel G. Amen, a clinical neuroscientist, says a healthy body is not enough. He advocates maintaining a healthy brain as the best way to a productive and happy life. Here are some of Dr. Amen's suggestions:

## 1. Change your diet.

Dieting is a major trend in modern society, but most people diet to drop a few pounds. But those diets affect the brains in often negative ways. Dr. Amen's book emphasizes major food rules that will keep your brain healthy. Changing the intake of certain carbohydrates and drinking more water can result in better brain health. He recommends a diet filled with brain-healthy nutrients including low glycemic, high-fiber carbohydrates, together with healthy fats and proteins.

## 2. Exercise.

When schedules get busy, one of the first things that gets ignored is exercise. Dr. Amen stresses the importance of exercise in reducing stress on the brain, increasing the flow of oxygen, blood, and nutrients to the brain and ultimately protecting it against harmful spikes in sugar levels. He also recommends a wide range of exercises that keep different parts of the brain active, such as coordination exercises and strength training.

## 3. Meditate.

The world can get very hectic and finding time for peace and quiet can be hard to come by. Dr. Amen describes the importance of finding time for daily meditation to help calm an anxious brain.

## 4. Kill ANTs.

Dr. Amen notes that one of the most dangerous things to the brain are automatic negative thoughts, or ANTs. Negative thoughts happen to everyone, but letting them fester in the mind is a surefire way to harm your brain. Dr. Amen offers a number of strategies for taking down these ANTs, most notably questioning the thought intensely to identify how it makes you feel and how you can overturn that feeling by changing the perspective on that thought.

## 5. Listen to classical music to focus.

Focusing is a challenge that most people have thanks to busy schedules and numerous daily tasks. In his book, Amen notes that in one study, people who listened to Mozart were better able to focus and even improved social skill when engaged in an activity.

## 6. Spend time with positive people.

Dr. Amen stresses that being around negative people will undeniably rub off on every individual. Removing negativity triggers chemical alterations to the brain that lead to more positive and energized thought. Taking stock of whom you spend time with and spending more time with positive people will keep your brain healthy and make you more productive and happy.

## 7. Learn something new every day.

Einstein once said that if people spent 15 minutes a day learning something new, in a year they would be an expert and in five they'd be a national expert. Dr. Amen agrees and notes that learning new things breaks up routine and keeps the brain revitalized and stimulated.

## Seniors and Heat Illness

Seniors can get heat illness more easily than younger people.

- Seniors may not feel thirsty even when their bodies are low on fluids. Encourage them to drink plenty of cool water, juice or sports drinks.
- Their bodies do not adjust as well as those of young people to sudden changes in temperature.
- They are more likely to have a condition that upsets the body's normal response to heat.
- They are more likely to take medicines that make it harder for the body to control its temperature and to sweat.

### Warning Signs of Heat Exhaustion

Warning signs of heat exhaustion include heavy sweating, cramps, headache, confusion, nausea or vomiting, tiredness, weakness, dizziness and fainting. If heat exhaustion is not treated, it can turn into heat stroke.

### Warning Signs of Heat Stroke

Warning signs of heat stroke include red, hot dry skin; very high body temperature; dizziness; nausea; confusion; strange behavior or unconsciousness; and rapid pulse or throbbing headache.

## 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



## 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 Enriched 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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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**