



# The Parkwood Post

Senior Living Apartments • Villas • Patio Homes For Sale

## Winter Birthdays

Remember to wish these residents a Happy Birthday!

1/1	Janina B.
1/2	Lou M.
1/5	Helen L.
1/6	Helen T.
1/11	Norm T.
1/11	Sally S.
1/13	Jo G.
1/15	Gale E.
1/15	Bruce M.
1/17	L. Yvonne P.
1/30	Raymond N.
2/8	Josephine B.
2/19	Audrey H.
2/24	Mary S.
2/24	Ralph C.
2/25	Barbara O.
2/27	Louis C.
2/28	Marlyn S.
3/3	Mary C.
3/5	Robert M.
3/9	Shirley D.
3/10	Eunice B.
3/13	Irene F.
3/15	Joanne G.
3/15	Audrey Z.
3/19	Joan G.
3/20	Elenore B.

## PATIO HOME RESIDENTS

1/4	Jerry T.
1/5	Barbara L.
1/6	Diane D.
1/8	Robert V.
1/13	Theresa P.
1/17	Dave F.
1/18	Joe M.
1/24	Shirley L.
1/25	Sharolyn T.
1/25	Carole P.
2/4	Sally C.
2/10	Winona V.
2/13	Gene J.
2/14	Huguette B.
2/14	Jean L.-E.
2/15	Roy V.
3/2	Gerry K.
3/4	Paul B.
3/10	Jim S.
3/28	Betsy W.

## Parkwood Heights Welcomes Molly White, Enriched Living Program Coordinator

Molly grew up in Victor and graduated from Victor High School. She spent several years on the West Coast and met her husband, Bill, in Seattle, Washington. They moved back to Victor with their 2 young children in 1994. In the past 16 years, Molly has worked at three senior housing locations. Her background is in social work, sales/marketing, and management. She thoroughly enjoys being part of a senior community- especially getting to know the residents, staff, and families. She is excited to join the Parkwood Heights team.

The Enriched Living program provides additional services to residents as they need them. The main components of this program are: Case Management, medication management, assistance with showering, weekly laundry service, bed making, three meals daily, and

general assistance, as needed, 24 hours a day.

The beauty of the Enriched Living program at Parkwood Heights is that Independent Living residents who may need the extra services of the Enriched Living program are able to stay in their current

apartment and our staff will come to them.

The Enriched Living program is licensed by NYS Department of Health and meets the regulations established by the state of New York. Please contact us for more information about Parkwood Heights Enriched Living program.



## Parkwood Heights Senior Living 12th Annual Soup Tasting

Help us choose our  
"Signature Soup" for 2017!

Saturday, January 28th  
1:00 - 3:00 pm

Free and Open to the Public

Sample a variety of delicious soups  
& vote for your favorite

Enter to win a Gift Basket and prizes

Community tours available

RSVP not required, but appreciated



# How to Beat the Winter Blues

The “winter blues” are a difficult time for many of us. Less sunshine and longer hours of darkness can make us feel tired, lethargic and lacking in our normal enthusiasm for life.

Fortunately, there are some things that can be done to counteract the winter blahs and improve one’s outlook, physical health and emotional wellbeing. Experts in the medical profession agree that the following tips can be very useful to seniors in beating “old man winter:”

## Let the Sun Shine!

Daily doses of sunshine are essential for counteracting winter’s long hours of darkness. Frequent bursts of sunlight help us feel more energized, optimistic and engaged. Take some time each day to get outside when the sun is shining and take advantage of the sun’s energy boosting rays. Have your vitamin D levels checked and take supplement vitamin D to make up for the lack of sun.

## Try a “Light Box”

Another option for overcoming the enervating effects of the long days of darkness is bright light therapy. The light box mimics the light from the sun and when used for 20 or 30 minutes a day, has been shown to improve the moods of those suffering from winter blues.

## Get Enough Exercise

Get moving! Research has shown that exercise can be a miracle worker when it comes to improving mood, overall health, mental sharpness, susceptibility to illness. Walking can be an excellent form of exercise for seniors and when the weather is too inclement to venture outside, Parkwood residents can walk our warm halls. Also many shopping malls have scheduled walking times in the

early morning hours. Mall walking is great way to get your daily dose of exercise because the surface is flat and the environment is climate controlled and comfortable. Walking with a friend or family member is a great way to work your muscles while socializing.

## Stay Connected & Maintain Your Social Calendar

Maintaining an active social calendar and networking with your friends is another important way to enjoy yourself and help the winter season pass by. Continue to do the things you enjoy or try something different as a change of pace to spice up your normal routine. Social engagement is a recognized health booster for all seasons. Check out Parkwood Heights’ very active social calendar.

## Maintain a Healthy Diet

The darkness, colder winter temperatures and the sense of “hibernation” can cause us to overeat and to crave sweets and carbohydrates – a clear prescription for unhealthy weight gain. Try to stay with healthy foods and balance your food intake with sufficient physical activity and exercise. Soups with meat for protein and an assortment of vegetables can be a warm, satisfying alternative to high calorie foods.

## Practice “Winter Hygiene”

With the cold weather months comes the cold and flu season. Coming down with an illness can make winter seem even longer and more unpleasant. To increase your chances of staying healthy, practice what healthcare workers do. Because they are constantly exposed to germs in their work environment, they wash their hands thoroughly and frequently throughout the day. Wash your hands with soap and warm water for roughly 20-25 seconds each time to remove the germs. Also, use a sanitizer to wipe down the “high touch” areas of your home such as doorknobs, phones and other commonly used surfaces to keep them germ free.

## Think Positive!

Remember, winter doesn’t last forever. Try to envision the coming days of spring and the sunshine, flowers and songbirds that come with it. In the meantime, keep things in perspective and enjoy a good book and a warm beverage while you watch the snow fall outside. This too will pass and warm sun-filled days will follow!

## The History of Soup Tasting

Soup – considered to be as old as the history of cooking, is welcomed by all especially during the cold winter months. From simple broth soups to thick stews, a bowl or cup of soup not only nourishes but also warms you up from the inside out. It was the foundation for the first public restaurants in the 18th century where they made their debut.

An event that started out as a friendly competition among co-workers is now a huge public event looked forward to by many. It began as a rivalry between chefs to see whose soup the residents liked better and now determines Parkwood’s signature soup for the year based on votes collected from the hundreds of attendees. Each year the Chefs at Parkwood make 6 phenomenal soup choices and the friends, families and residents sample each one, sometimes twice 😊, and cast a vote to nominate their favorite. 2017 will be the 12th anniversary of the first time the event was held. The event features live music and gift raffles as well as a chance to interact with the Parkwood staff. Attendees are also provided with the previous year’s winning recipe among other goodies. Tours of the campus and apartment building are also available during the event. Mark your calendars for the last Saturday in January and we hope to see you there.

## 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



## CHORUS MEMBERS NEEDED

*Public Welcome*

PWH Chorus Recruitment  
 Soup & Salad Lunch  
 Tuesday, February 7th  
 at 11:30 am in the Skyline Room  
 Please RSVP to 315-986-9100



# 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"*



PRSRT 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  
www.parkwoodheights.com



**Apartments & 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**