



# 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.
- 7/2 Nelson E.
- 7/5 Dolores K.
- 7/9 Rita B.
- 7/23 Lois M.
- 7/26 Margaret C.
- 7/27 Kay M.
- 7/29 Robert P.
- 8/2 Steve S.
- 8/7 Mary H.
- 8/9 Sheila G.
- 8/9 Margaret W.
- 8/10 Norma B.
- 8/11 Philip L.
- 8/16 Sandy K.
- 8/17 Vera T.
- 8/18 Margaret F.
- 8/18 Fran O.
- 8/25 Beverly P.
- 9/7 Ray B.
- 9/12 Mary Jane V.
- 9/14 Betty C.
- 9/15 Joyce F.
- 9/16 Ellen N.
- 9/26 Liz F.
- 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.
- 9/5 Charles M.
- 9/6 Florence F.
- 9/24 Beryl G.

## Staying Safe in the Hot Weather

During the summer months we are all at risk for developing heat-related conditions. Older adults and those with chronic medical conditions, such as cardiopulmonary conditions and high blood pressure, are at increased risk for heat exhaustion, heat stroke, and heat cramps.

Be aware that some medications such as diuretics (water pills), those for Parkinson's Disease, tranquilizers, and psychotropic medications, can increase your risk for heat related illness. Air conditioning is the strongest protective factor against heat-related illness.

*Here are symptoms to watch for and actions to take:*

### Heat exhaustion:

- Symptoms - heavy sweating, paleness, muscle cramps, fatigue, weakness, dizziness, headache, nausea, vomiting, and fainting.
- Management - Move to cool spot; drink cool, non-alcoholic beverages; take a cool shower or sponge bath.

### Heat stroke:

- Symptoms-high body temperature (Above 103° F); red, hot, and dry skin with no sweating; strong, rapid pulse; throbbing headache; dizziness; nausea; confusion; and unconsciousness.

- Management - Call for immediate assistance while someone begins cooling the victim. Move person to cool or shady spot, cool the person rapidly - spray or sponge with cool water, do not give alcohol to drink.

### Heat cramps:

- Symptoms - Muscle pain or spasms usually in the abdomen, arms or legs.
- Management - Seek medical attention if no improvement in 1 hour, stop all activity and sit quietly, drink clear juice or sports drink, do not return to strenuous activity for several hours.

*To reduce your risk of heat related illness, do the following:*

- Wear lightweight, light colored, and loose fitting clothing.
- Wear a hat.
- Drink plenty of fluids and avoid alcohol.
- Do not lie or sit in direct sunlight.
- Do not participate in strenuous physical activity.
- Eat cooler foods such as cold plates and salads.
- Use your air conditioning.

Enjoy the summer and stay safe!

## Parkwood Heights Senior Living Campus

is hosting:

## A Celebration of Our Veterans Luncheon

**Date:** Wednesday, July 5th, 2017

**Time:** 12:00pm—1:30pm

**Location:** Parkwood Heights Fireside Dining Room

SEATS ARE LIMITED! PLEASE RSVP (315)986-9100

VETERANS ONLY PLEASE

Special Guest Speaker:

Deborah Ilic, EPIC Insurance Specialist

## Keep Your Mind Active with Memory Boosting Activities

Memory loss might be a normal part of aging, but it doesn't have to be! There are many ways to maintain and even improve your memory while you're living in a senior community. The following games and activities can help you boost your memory, either on your own or with friends, family, and neighbors.

### Play with Puzzles

Whether you played with jigsaw puzzles as a kid or enjoyed crossword puzzles as a young adult, you have likely completed at least one puzzle and know the pride that comes with it. Along with this sense of pride, puzzles can also help you keep your mind active and boost your memory. According to a study from the [New England Journal of Medicine](#), seniors who regularly enjoy activities such as puzzles have a lower risk of developing dementia. Jigsaw, crossword, and Sudoku puzzles can all be fun and challenging. You can stick to crossword puzzles in the local paper or download games on your computer, phone, or other mobile device that will let you play challenging puzzles any time you want. Parkwood Heights always has a community jigsaw puzzle in the living room, everyone has the opportunity to participate.

### Have Fun with Board & Card Games

Board and card games are popular among people of all ages because they are so fun to play with family and friends. If you are looking for ways to boost your memory, these games are a great choice. Playing games causes you to use your brain, which helps keep your cognitive skills in use and avoid the dangers of memory problems. You can stick to your favorite games from the past or look for new games that will present a challenge and keep your mind working. Parkwood Heights has a calendar full of opportunities to play games.

### Read Regularly

Keeping your body active is important for physical fitness—and keeping your mind active is important for mental wellness. One of the easiest and most enjoyable ways to keep your mind active is to read regularly. Reading can keep you informed, help you learn about new experiences, and help you avoid memory problems. Visit the Parkwood Heights library for a vast selection of books.

## 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**



## Parkwood Heights Summer BBQ!

**August 10th, 4:30pm—6:30pm**

***Seating is Limited!***

***Please RSVP by July 31st***



**Horse Drawn  
Wagon Rides**

***Music By:***  
**Jimmy's Old Time  
Country Band**



**Enjoy our delicious Chicken BBQ including:**

**1/2 Chicken      Salt Potatoes      Corn on the Cob**  
**Macaroni Salad      Baked Beans      Rolls w/Butter**

**Dessert: Strawberry Shortcake!**

**\*\*\* All for ONLY \$13.95 \*\*\***

# 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"*



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**