



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.
4/7 Jack W.
4/16 Ella J.
4/17 Bonnie R.
4/21 Gerald W.
4/24 Gail J.
5/1 Richard L.
5/3 Tom S.
5/3 Nancy S.
5/4 Marjorie H.
5/5 Jeannie C.
5/6 Mary B.
5/6 John K.
5/9 Edna P.
5/10 Jay R.
5/12 Charles T.
5/15 Jane N.
5/17 Barbara B.
5/17 Marilyn M.
5/18 Ann A.
5/22 Joan R.
5/28 Charles M.
5/31 Arline P.
6/7 Ellen B.
6/10 Mary N.
6/21 Ardis V.
6/24 Helen P.
6/24 Pat H.
6/30 Darlene J.

PATIO HOME RESIDENTS

4/4 John F.
4/9 Jean R.
4/15 Cathie B.
4/24 Joan S.
4/27 Donald L.
4/29 Earl E.
6/6 Helma B.
6/7 Linda P.
6/19 Richard L.
6/25 Mary E.
6/28 Sherry H.



The lights are always on at Parkwood Heights...

Parkwood Heights has always put our residents' needs first and foremost. One of the great amenities at Parkwood Heights that is often overlooked is that we have full service generators on-site, one that runs the apartment building and each villa also has its own full service generator. If the power goes out for any reason, within a few short minutes the generator will be started and the building will be switched over to generator power; everything will run as it would if there were no power interruption. If you are a villa resident the switch would be almost instantaneous without the need to do anything.

The benefits of having backup power are almost endless; from the fact that your heat and air conditioning will still operate to keep you comfortable, the elevators will operate as normal, your refrigerator

will remain cold, you can continue to be able to use medical devices such as oxygen concentrators or charge your electric scooter. All safety systems within the building will be in full operation. Instead of staff scrambling to figure out how to provide service to the residents, life goes on as usual at Parkwood, there is no disruption in activities, meal service, resident services, or socialization. You can go about your day, nothing is any different, and you are not inconvenienced. Parkwood Heights is one of few senior living facilities in the area to have such a capability. Given the recent and future unpredictable weather this amenity is a must. When looking for senior housing for your loved ones, this is something to add to your must-have list for whatever facility you choose.

Parkwood Heights Daffodil Days

April 22th • 12:30-3:00pm

Join us for the 15th Annual
Daffodil Days & Open House!

Gourmet
Ice Cream
Social

Entertainment by
Towpath Volunteers Fife & Drum
followed by
"The Bug Zappers"

Raffles
& Give-
Aways!



The Benefits of Movement

One of the most important things you can do for yourself to maintain and/or improve your health is simply daily movement. Not only can movement cure chronic conditions, but research also suggests that it can slow or even reverse the aging process! Think of movement as medicine –free medicine with almost zero side effects that offers the following benefits:

- Lowers blood pressure
- Controls blood sugar
- Helps control weight
- Good for the heart
- Lowers cholesterol
- Relieves pain
- Improves sex
- Reduces falls
- Improves memory
- Enhances your immune system
- Improves bone strength
- Helps improve sleep
- Reduces stress
- Relieves constipation
- Good for most medical conditions
- Slows the aging process
- Makes you look better

Common Misconceptions

With all the evidence to support the benefits of daily movement, why don't more people do it?

- **Pain** - While it may seem counterintuitive, exercise is a good way to treat many painful conditions. Arthritis is a good example. The pain of arthritis is actually made worse by not moving. Pain in the joint may cause inactivity which leads to stiffness, which leads to increased pain, which leads to inactivity and so on. This cycle is broken through gentle exercise that increases circulation and strengthens the muscles surrounding an arthritic joint.
- **Fear of making a condition worse** - In the past, it was a commonly held belief that people with certain conditions should not exercise. However, research has now confirmed the benefits of daily activity for most common medical conditions. It is important to check with your health care provider, and in some cases have supervised exercise sessions. But rarely is it better to be inactive.
- **Fatigue** - Fatigue is another problem that is overcome by moving. In most cases it is the result of being out of shape. Build in frequent rest periods and start slowly. Over time you will begin to feel more energetic.
- **No time** - You can break the 30 minute recommendation into 10 minute increments throughout the day if necessary. Increments smaller than 10 minutes will not be as beneficial.
- **Shortness of breath** - Check with your health care provider if you have shortness of breath. While it can be a symptom of heart or lung problems, in many cases shortness of breath with activity is related to being de-conditioned. Take your time and work up slowly, adding in frequent rest periods.

Making Positive Change

Finding the energy to get moving can be the biggest battle. It may take the encouragement of a friend, the advice of a health care provider or the prospect of improving a condition with which you are dealing. But keep in mind that if you believe you can achieve something that has positive results, then you are more likely to do it. Getting encouragement from someone who you trust will help your motivation.

Making Movement Fun!

While going to the gym or fitness center is certainly one way to achieve your 30 minutes per day of movement, there are many other less “conventional” ways to meet the guidelines.

- **Wii Fit or Wii Sports games** – These interactive video games simulate bowling, tennis, golf and other sports in which you actually perform the movements of the sport with a hand held controller. Some senior living communities are starting virtual bowling leagues. The games give a surprisingly real sense of actually being there and can help you work up a sweat.
- **Move to the Music** - Research suggests that ballroom dancing is one of the best leisure activities to reduce the risk of Alzheimer's disease and other dementias. Combining music with activity can bring a new energy and interest to the most common movements. The right music almost demands that you move, and activity can take on a life of its own. Try playing some music with a good beat as you do chores at home; and put some dance moves into your stride as you go about your daily routine.

Other fun ways to get moving:

- Gardening
- Join a walking group
- Yoga
- Pool aerobics or swimming
- Find an exercise class
- Walk around your chair during every TV commercial
- Take a longer route to the dining room

It does not matter how old you are or what shape you are in now –you can benefit from simply increasing your level of activity. Research shows that your cells will age more slowly when you are active and that even those who are very frail can gain strength from exercise.

In the end, you should take the advice of the Nike folks and “Just do it.” Do whatever it takes to get started and have fun moving! You won't be sorry.

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**

2017 Appreciation Dinner



New Year's Eve Party



Rheinblick Outing



Valentine's Day Party



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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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