



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.
- 1/13 Jo G
- 1/13 Bill M
- 1/15 Gale E.
- 1/17 L. Yvonne P.
- 1/19 Gunhild 'Chris' C.
- 1/24 Peg B.
- 1/30 Raymond N.
- 2/1 Lorraine N.
- 2/8 Josephine B.
- 2/18 Nadia L.
- 2/24 Mary S.
- 2/25 Barbara O.
- 2/27 Louis C.
- 2/28 Marlyn S.
- 3/2 Patrick M.
- 3/3 Mary C.
- 3/5 Iris B.
- 3/5 Robert M.
- 3/6 J.Preston H.
- 3/9 Shirley D.
- 3/10 Eunice B.
- 3/15 Joanne G.
- 3/15 Audrey Z.
- 3/18 Fred J. B.
- 3/19 Joan C. G.
- 3/20 Elenore B.
- 3/24 Gail J.
- 3/29 Jacqueline D.

PATIO HOME RESIDENTS

- 1/4 Jerry T.
- 1/5 Barbara L.
- 1/6 Diane D.
- 1/8 Robert V.
- 1/12 Otto M.
- 1/13 Theresa P.
- 1/17 Dave F.
- 1/18 Joe M.
- 1/24 Shirley L.
- 1/25 Carole P.
- 1/25 Sharolyn T.
- 1/27 Tom S.
- 2/4 Sally C.
- 2/9 Dianne B.
- 2/10 Winona V.
- 2/10 Joan Patton
- 2/13 Gene Jackson
- 2/14 Huguette B.
- 2/14 Jean L.-E.
- 2/15 Roy V.
- 2/28 Jim P.
- 3/2 Gerry K.
- 3/3 Ann W.
- 3/4 Paul B.
- 3/10 Jim S.
- 3/24 Kathy V.
- 3/28 Betsy W.

Parkwood Heights Welcomes Kimberly Robinson



Kimberly Robinson

My name is Kimberly Robinson, I prefer Kim though. If you call me Kimberly, I look around for my mother! I am the Program Coordinator here at Parkwood Heights. I was lucky enough to be given the opportunity to take over for Molly White, who retired in October. In the short time that I have

been here at Parkwood, I have gotten to know the residents and most of their families; I appreciate all of the words of encouragement and support. Everyone at Parkwood is wonderful and they have made me feel right at home since the day I started. I enjoy my work and look forward to trying to put a smile on people's faces every day that I am here.

I was born and raised in the Finger Lakes area and still take pride in calling it my home. I enjoy hiking and try to take advantage of all of the state parks that NY has to offer as well as being an avid reader and animal lover. I am a graduate of Cazenovia College, where I received my degree in Business Management. I have many years' experience in a variety of different fields, but I have had the pleasure of working in senior living for the past 7 years. I am coming to Parkwood Heights from DePaul Horizons, where I began as the Administrative Assistant and was able to expand my career to become the Case Manager for the past 3 years. I have enjoyed meeting all of the residents and families that have crossed my path and look forward to doing the same at Parkwood Heights.

Please feel free to stop in, introduce yourself, and say hi any time, my door is always open.

Technology for Seniors

Technology is constantly changing and improving the way we live our lives. From tablets to cell phones to home automation systems, technology makes it easier than ever to enjoy a happy and healthy life. There are many benefits that technology can offer residents of senior living communities, which is why it's a good idea for seniors to embrace it. Here at Parkwood Heights we try to offer many of these technological conveniences such as our wireless call system for the residents, our common area remote controlled thermostats and our full building mesh Wi-Fi network that is open to all residents and visiting families to use free of charge.

Video Chat with Friends and Family

Regular phone calls are great, but seeing your loved ones while you talk to them is even better. Today's tablets, laptops, and smartphones are equipped with microphones and front-facing cameras that make video chatting possible anywhere. There are many different applications that seniors can use when living in independent apartments, such as Skype and FaceTime. Seniors can find a video chatting program for any modern device, making it easy for them to stay in touch with family and friends. Parkwood Heights' Wi-Fi network provides the connection you need to stay in touch with family and friends near and far.

Get Important Reminders

Memory problems are common as people get older. For seniors who live alone, problems with memory can mean forgetting to turn the stove off before leaving the house or failing to take medication at the proper time. Thankfully, there are many apps and devices that are designed to help seniors remember important tasks they need to complete throughout the day. Seniors can find smartphone apps that will notify them with vibration or a loud sound when it's time to take medicine or head out for an appointment.

Maintain a Safe Environment

As mentioned earlier, Parkwood Heights has a wireless call system for our residents. Each resident is provided with a necklace style pendant, which can also be converted to a watch style, to wear in and around our community. This wireless pendant is connected to a locator system; when the button is pressed, the system notifies our 24/7 staff who is in need of assistance and approximates their location. The system operates within our senior apartment building or within close proximity outside the building. These pendants eliminate the need to be within reach of a phone or even remember what number to call. This system not only works in the residents' apartments, it works in all of our common areas including the skyline room, laundry rooms and hallways as well.

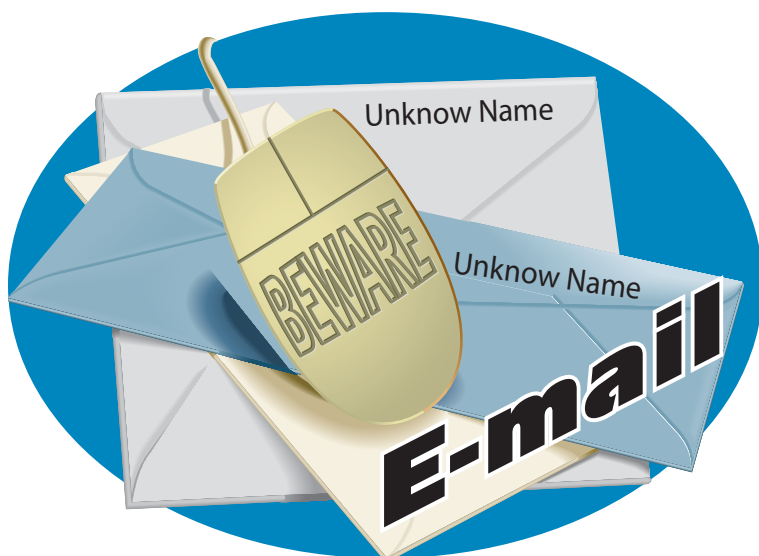
Parkwood Heights Senior Living Campus is the perfect place to experience these technological gadgets and services.

The Latest Computer Scamming Trends: Could You Be a Target?

Safety and security should be top priorities throughout life, this also applies as you get older. Today's technology makes it easier than ever to protect your finances and identity, but it also makes it easier for thieves to access this information. Learning about the latest scamming trends can help you understand if your online habits are making you a target:

Clicking on Pop-Up Ads

Pop-up ads might seem like they're offering you something that's too good to be true—and that's because it usually is. If you're visiting a website and a pop-up appears that asks for your credit card information to pay for shipping and handling for a certain product or service, it might be a scam designed to steal your financial information. Only enter your credit card information into websites that you know are secure and you know you can trust.



Opening Email from People You Don't Know

It's not uncommon to get emails from people you don't know, but you should always think twice before opening them. You should also avoid clicking on any links from these emails if you do read them, as the links might contain malware that can infect your computer and steal your information. It's best to only open emails from people and companies that you know.

Talking to Someone Who Claims Your Computer Has a Virus

Did someone recently call or message you to say that your computer is infected with a virus? Did this person claim to work for a computer or software company? This is one of the latest scams that has been responsible for stealing information and money from people of all ages. These scammers ask to take control of the computer in question so they can fix it, but they really steal information and put malware on the device. If you receive a call or message like this, hang up. If you have reason to suspect that your device is at risk, consult a trusted expert but never download software or apps that you aren't certain come from legitimate sources.

Personal emergency scam:

Scammers email or post social media messages that appear to be from someone you know saying they are in distress, such as having their wallet stolen or having been arrested. If you get such a message, find a way to verify its truthfulness, try contacting the person directly. If you get such a message from a friend or family member, there is a good chance that their account was hacked and that it's a criminal who is out to steal your money.

You owe money scam:

Be wary of emails that claim you owe money. If you hear from a bill collector or a government agency about money "owed" by you or a family member, don't reply unless you are certain it's legitimate. It's common for scammers to send "bills" to people who do not owe them money.

Speak out and don't be ashamed if you're victimized:

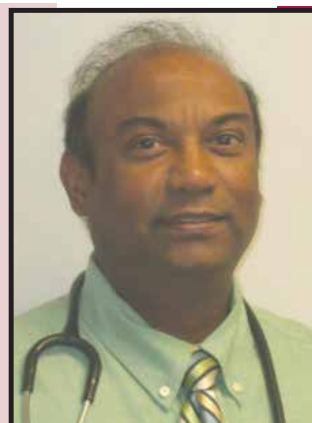
If it happens to you, report it to a trusted person and, if appropriate, law enforcement. If you find yourself being scammed, it's not your fault.



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



Do you worry about your Loved Ones having a **Power Outage?**

No Worries here at Parkwood Heights

All Apartments & Villas are supplied with back-up generator power.



- SENIOR LIVING APARTMENTS
- ENRICHED LIVING
- VILLAS FOR LEASE
- PATIO HOMES FOR SALE



1340 PARKWOOD DRIVE
MACEDON, NY 14502



13th Annual Parkwood Soup Tasting

Join us for a **FREE** gourmet soup sampling
Saturday, January 27th from 1-3 PM

You Decide Our Signature Soup
RSVP's Appreciated but not required



315-986-9100
585-223-7595

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parkwoodheights.com



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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