



The Parkwood Post

Summer 2021

Senior Living Apartments • Villas • Patio Homes For Sale

SUMMER BIRTHDAYS

Remember to wish these residents a Happy Birthday!

APARTMENTS & VILLAS

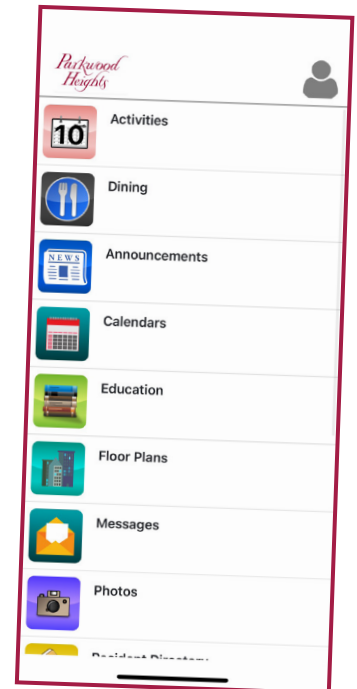
7/9 Rita B.
 7/15 Muriel B.
 7/16 Carol Ann K.
 7/16 Phyllis B.
 7/18 Marianne W.
 7/18 John M.
 7/26 Theresa F.
 7/27 Kay M.
 8/3 Sharon S.
 8/7 Barbara G.
 8/7 Mary H.
 8/14 Donat P.
 8/14 Patricia T.
 8/17 John M.
 8/17 Vera T.
 8/18 Norman B.
 8/22 Jennifer W.
 8/23 Jessie R.
 8/25 Narman T.
 8/28 Peter C.
 8/30 Lanny P.
 8/30 Florence H.
 9/2 Jean H.
 9/4 Edward B.
 9/6 Dorothy W.
 9/10 Mary Jo F.
 9/12 Mary Jane V.
 9/13 Helga H.
 9/16 Ellen N.
 9/16 Joseph H.
 9/22 Sharon M.
 9/25 Mary D.
 9/26 Liz F.

PATIO HOMES

7/5 Jennifer W.
 7/6 Pat McGlory T.
 7/9 Howard H.
 7/14 Jim T.
 7/17 Miguel B.
 7/27 Barbara L.
 8/5 Bill W.
 8/6 Bill M.
 8/21 Edward S.
 9/5 Magin C.
 9/17 Barbara H.
 9/22 John V.
 9/27 Michael O.

Coming Soon to a Tablet, Computer or Smartphone Near You...

Parkwood Heights newest addition to keep you connected wherever you are, Touch Town. Download the app or navigate to the website and use your unique login information to access things like upcoming menus, activities, place a transportation request and so much more. Find people with like interests by searching the resident directory or see when your favorite menu item is on. The possibilities are endless. Once we have all features up and running smoothly we will be able to add more functions such as live streaming of activities, photo galleries and additional new content each month. As this new technology rolls out keep your eye out for informational and instructional sessions we will be holding to help people acclimate to using all the features Touch Town has to offer. We hope you will be as excited about Touch Town as we are to offer it. This is another investment Parkwood is making in the long term wellbeing of our residents.



Nutrition and Eye Health

Your eyesight is perhaps your most important sense. Unfortunately, many people find that their eyesight worsens as they age. Is this inevitable? Maybe not. While genetics certainly have an impact on your vision, a healthy lifestyle can help prevent many eye diseases. Diet has an impact on your eye health, so let's take a look at some common eye issues and how the right nutrients can help.

As people age, the risk of developing an eye disease increases. The level of risk depends on factors like age, genetics, lifestyle, and various chronic diseases. Common eye diseases include:

- **Cataracts:** The leading cause of blindness worldwide, age-related cataracts cause the eyes to become clouded.
- **Diabetic retinopathy:** This condition, associated with diabetes, develops when high blood sugar levels damage the blood vessels in the retina.
- **Dry eye disease:** With this condition, insufficient tear fluid causes the eyes to dry up, leading to discomfort and potential problems with vision.
- **Glaucoma:** This is a group of diseases involving progressive degeneration of the optic nerve, which is responsible for transferring visual information from the eyes to brain.
- **Macular degeneration:** One of the main causes of blindness in developed nations, age-related macular degeneration affects the central part of the retina.

A healthy lifestyle, including regular exercise and a nutrient-dense diet, can help keep these ailments at bay. Certain nutrients, however, are particularly important for eye health. To help maintain healthy vision, a person's diet should include:

- **Vitamin A is vital for maintaining the photoreceptors- the eye's light-sensing cells.** The best way to get vitamin A into your diet is by eating liver, egg yolks, and dairy products. Vitamin A is also present in antioxidant plant compounds called provitamin A carotenoids, which can be found in foods like kale, spinach, sweet potatoes, and carrots.
- **Vitamin C seems to be an especially important antioxidant.** There's a higher concentration of vitamin C in the aqueous humor than in any other bodily fluid, and the amount found there is directly related to the

dietary intake of vitamin C. This vitamin helps protect against cataracts, and can be found in citrus fruit, peppers, tomatoes, guava, strawberries, broccoli, and kale.

- **Vitamin E is a group of antioxidants.** Because these antioxidants are fat-soluble, vitamin E works to protect the fatty acids in the retina from oxidation. The best way to make sure you're getting enough vitamin E is to eat almonds, sunflower seeds, olive oil, and avocados.
- **Zinc can help to protect against night blindness.** While further study is needed, there is research to indicate that zinc may also help to slow the progression of macular degeneration. Good dietary sources of zinc include oysters, beef, pumpkin seeds, legumes, dairy, and eggs.
- **Lutein and Zeaxanthin may help protect against macular degeneration.** Part of the carotenoid family of plant pigments, these antioxidants help protect your eyes from UV rays and can help prevent macular degeneration. Find them in leafy greens, broccoli, asparagus, and colorful fruit like peaches, mangoes, raspberries, and papaya.

- **Fatty acids can help maintain healthy eye function.** The long-chain omega-3 fatty acids known as EPA and DHA can reduce the risk of many different eye diseases, notably dry eyes. Gamma-linolenic acid, an omega-6 fatty acid, works as an anti-inflammatory. It can be found in evening primrose oil and starflower oil, while the best sources of omega-3 fatty acids are nuts, seeds, legumes, and fish.



Aladdin's Natural Eatery Lunch



Dar's Delights



Fairport Hots Food Truck at PWH



Argyle Grill Lunch Outing

Summer Time!

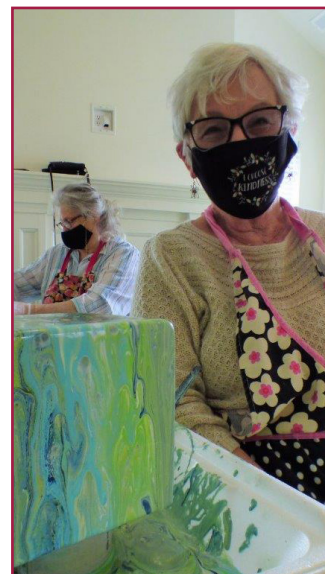
WORD SEARCH

P C K K S S L L A B E S A B
 S A C B W S E S H O R T S T
 A M A P T N U L D E C K P V
 P P P A R K A N H T F N A P
 N I K R S C U F C M L A R M
 V N C E C N S L A T O E T K
 A G A N L A E I E B W C Y A
 C H B E I C R R B O E O K Y
 A E S A T C I N V A R I T A
 T A S E V A W S I T S P L K
 I T R P P E H L P V C A A R
 O S T A R S N P A O A L K I
 N O L E M R E T A W P L E R
 S R T H U N D E R S T O R M

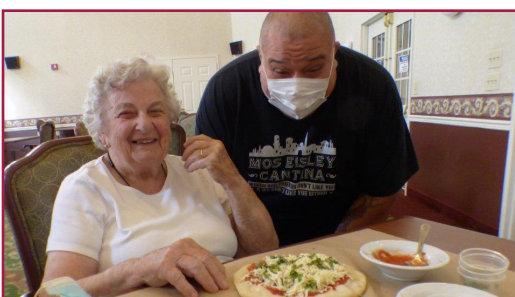
- | | | |
|------------|----------|--------------|
| CARNIVAL | HEAT | PARK |
| WAVES | OCEAN | SUN |
| SHORTS | LAKE | BASEBALL |
| POPSICLE | BEACH | THUNDERSTORM |
| WATERMELON | VACATION | FLOWERS |
| BOAT | KAYAK | BABYPACK |
| STARS | PICNIC | FAN |
| DECK | PARTY | CAMPING |



Nolan's Lunch Outing



Villa Paint Pouring



Making Pizza with Scott



PRSR 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

NOW LEASING PHASE II VILLAS



Parkwood Heights

Senior Living Campus
Independent and Enriched Living

1340 Parkwood Drive,
Macedon NY

(315) 986-9100

(585) 223-7595

www.parkwoodheights.com



AMENITIES INCLUDE:

- Granite Counter Tops
- Stainless Steel Appliances
- Gas Fireplace
- Washer & Dryer Included
- Full Service Generator
- Hard Surface Flooring
- Attached Garage
- Cathedral Ceilings
- Central Air Conditioning
- Spacious Front Porch
- Plenty Of Storage Closets
- Step Free Interiors
- Naturally Bright Great Room
- Activities & Entertainment

