

FHCN PHOTOS BY NERISSA JOHNSON



# Life begins again at Woodland Towers



**G**ladys Byham moved into Woodland Towers in July 2002. “There’s something for everyone here,” observes the retired registered nurse. “They provide a lifestyle that makes residents feel like we have all the money in the world. It’s like living in a ho-

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Gladys appreciates the hotel lifestyle she experiences at Woodland Towers.

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Woodland Towers is for seniors who appreciate the perfect blend of gracious living, friends, many amenities, and a range of quality care options, provided by expertly trained, compassionate staff members. Its apartment-style setting offers a choice of several floor plans, lovely dining room areas, a full activities calendar, and beautiful common areas that all provide a friendly environment promoting social interaction. For more than a decade, it has been dedicated to providing its resi-

dents with a quality, carefree, independent retirement lifestyle. Sherry Helsley, marketing director at Woodland Towers, elaborates on the multicare options at Woodland Towers. “We provide two distinctive levels of care: both independent living and assisted living. This special combination of health care offers multiple levels

of assistance on an as-needed basis so residents are able to choose their own services to fit their individual needs and lifestyle. We’ve designed each apartment to provide either independent or assisted living, so as our residents’ needs change, they can remain in their own apartments. That makes it especially nice for couples when one spouse requires special assistance while the other one is still living independently.”

process to their extended care services when required.

“Our spacious living accommodations at Woodland Towers include choices of one-bedroom, one-bath or two-bedroom, two-bath apartments, as well as one-bedroom apartments with a den and two extra closets,” describes Sherry. “They all have individual, spacious, screened-in porches, a combination living and dining area, and kitchen, and each apartment has its own hot water heater and heat and air conditioning unit so residents can keep their homes at the temperature they choose.

“Our community facilities also include modern appliances, private telephone system, emergency call system, handrails, free laundry facilities, cable television, smoke detectors, emergency generator, and private and guest parking.

“Additionally, we have a heated, screened-in swimming pool where residents can relax or participate in aqua fitness throughout the warmer months,” says Sherry, “and we have a chair lift for residents who require special help getting in and out of the pool.”

## Friends and activities

“When I first came to Woodland Towers I couldn’t help but notice its lovely décor and cleanliness,” recalls Gladys.

“Once I moved in, I got to know people right away. I was invited to this activity and that activity. But even before I moved in, I could sense its cheerfulness. I had several friends living at Woodland Towers, and, consequently, I had several meals with them here.”

At Woodland Towers, two

meals a day are included with rent and are served to residents in one of two beautiful dining rooms. An optional breakfast, therapeutic diets, and room service are also available.

“On my first visit to Woodland Towers it was the friendliness that most impressed me,” remembers Gladys. “People were laughing, talking, and smiling, and the staff was so nice and helpful. I felt like I was home — I really did.”

After looking at several independent and assisted living com-



munities both up north close to family and in the central Florida region, the former Deltona resident decided to actually make Woodland Towers her home.

“Now, when new people move in, two members from our resident council visit them,” explains Gladys, “and we also have a welcoming committee.”

Gladys was elected by her peers to the 12-member resident council board, on which she will serve for two years.

“We go through all the many activities available at Woodland Towers with our new residents, find out their likes and dislikes, and offer to take them to activities that interest them,” says Gladys. “We have bridge or any kind of card game, stretch and flex exercises six times a week, a library, and coffee socials, and I’m a charter member of our Red Hat Society.”

The Red Hat Society is for

women who share an interest in friendship, silliness, and an enthusiasm for wherever life takes them. They can be identified socializing in their purple clothing and red hats. “We have an annual Red Hat breakfast where we all wear purple pajamas,” laughs Gladys.

“We also have coffee klatches for all the residents five mornings a week for those who want to participate,” notes Sherry. “We serve coffee and pastry, and some mornings we have a guest speaker. On the last Monday of the month the administrator attends and speaks with the residents and answer any questions they might have concerning such matters as timelines for future plans within the community.

“Then every Thursday we offer free art classes with Brenda Starr, DeLand’s local artist, and we have a country store where residents volunteer their services.” Additional activities include crafts, billiards, table bowling, and bingo.

“Fridays are big days here,” continues Sherry. “On the first Friday of the month we hold a birthday party for all the residents to celebrate the birthdays that month. The second Friday we have entertainment such as singers or pianists. The third Friday is the ice cream social, and the fourth Friday we have a pizza party.

“Along with all of that, we have our monthly dinner party with cocktails, dinner, and entertainment, which brings us to our sizable population of single men. We have a men’s group that meets once a month; we have also had our share of romances at Woodland Towers.” According to Sherry, one such romance ended with wedding bells.

## Amenities and conveniences

“I have a housekeeper every week, and she’s a jewel,” confides Gladys. “The service is wonderful.” Weekly housekeeping services are included in the monthly rent at Woodland Towers.

“Maintenance is also included — even changing light bulbs — and we offer a daily shuttle service to nearby shopping, doctor appointments, and church on Sundays,” says Sherry. “Our physical and speech therapists provide exceptional rehabilitation care, and we have a 24-hour nursing staff.”

“I feel safe and secure at Woodland Towers,” assures Gladys. “Living here is wonderful. They even have guest quarters for when my daughter and son come to visit me, and it’s lovely.

“I want to live here the rest of my life.” **FHCN**—Kris Kline

## Experience the art of living well

*The professional staff of Woodland Towers, located at 113 Chipola Ave. in DeLand, welcomes your questions regarding the services, amenities, and care available at their distinctive assisted living community. For more information or a tour, please call (386) 738-2700, and ask for the marketing department.*

For more information, please visit [www.woodlandtowers.com](http://www.woodlandtowers.com).