

THE WOODLAND CONNEXION

RESIDENTS' NEWSLETTER

October 2012



OFFICE HOURS

Bus. Office M-F 8:30-4:30

IMPORTANT NUMBERS

24 Hours (434) 392-6106

Hot Line (888) 391-1163



The Woodland Connexion

Karen M. Kitchen, Editor

Alison Kitchen, Asst. Editor

kkitchen@thewoodland

inc.com

(434) 392-6106

A Vibrant Community



Your Neighborhood for Life

The Woodland offers residents, visitors, guests and family members a variety of cozy lounges, attractive restaurants and fun club rooms where they can visit, chat, read, watch TV, play games and enjoy refreshments.

Bingo, bridge, poker, arts and crafts, movies, outings, socials, parties corn hole, Zumba, word games and sing alongs are just some of the many activities available.

Continuing Care

Independent Living -

maintenance and care-free living in spacious, comfortable 1 and 2 bedroom apartments, fully equipped kitchens include washer/dryer, dishwasher, microwave, private, fenced in patios and carports, from \$885 monthly***

Assisted Living - companion suites, private residences or efficiency apartments with personalized care as needed from \$1800 monthly for a companion suite***

Rehabilitation Therapy - Highly skilled nurses and therapists provide optimal environment and care for recovery, Medicare and Medicaid accepted

Long-Term Care - a positive and nurturing environment

***Prices subject to change without notice. For information call **434 392-6106** or visit us at www.thewoodlandinc.com

Peace of Mind with Safety Alert

The Woodland health care staff responds swiftly 24 hours a day if a resident needs help. All residents in Assisted and Independent Living are issued a complimentary safety alert pendant that lets staff know when a resident needs help.

Physician's Practice

Located on campus, The Woodland Family Practice provides convenient medical care to Woodland residents.

The Woodland Pharmacy

Also, conveniently located right on the campus, The Woodland Pharmacy accepts all major insurance providers.

A Great Value!

New residents and their families are delighted to find out that there is **no entrance fee** for joining The Woodland. Residents can move from Independent Living in the Cottages to the Assisted Living Unit or a Skilled Care Unit as needed.

NO Entrance Fee!



Health & Fitness

Our Mission...



Greg Cole, CEO

The Woodland was founded in 1967 by a group of local business people with the mission of providing quality care at affordable prices. Forty-five years later, that is still our mission. We have expanded to a neighborhood of almost 30 acres and have become the region's premier retirement community.

We offer every level of service and have state-of--the-art facilities. We have created a home-like environment with five star dining options and numerous amenities.



Wellness and Therapy

The Woodland offers a wide range of therapy and fitness programs to enhance the quality of life for residents, all at affordable prices.

* **Aquatic Exercises** - whether one-on-one, or in a small group,

exercise in heated salt water pools is a fun and great way to stay fit.

* **Treadmills & Ellipticals** - all muscles, including that all important heart muscle, benefit from a good workout.

* **Therapy** - experienced therapists trained in occupational, physical and speech therapy help restore vital functioning.



Restaurant Review

Lots of Choices

Guests, residents and their family members can choose from numerous restaurants on campus, each with its own ambiance and specialties;



The Jefferson - "The food is exquisite," says resident Wayne Carroll

The Java Station - casual and fun, offering gourmet coffees, soft ice cream, bagels, muffins and more!

The Woodland Cafe -best burgers and hot dogs in town!

Varner Hall - cheerful and bright, from 7 a.m. to 7 p.m.



In Their Own Words ...



"I like how quiet and peaceful it is here ... and everyone's so friendly." - Gladys Lott



Hubert Atchley enjoys scooting around in his deluxe vehicle!

Visit With Residents ...

For more information on **The Woodland** and to find out how our residents feel, please visit www.thewoodlandinc.com or call us at **434 392-6106** to schedule a tour.



"I love the comfort and convenience, and the people are so congenial." - Shirley Rice



"This is an ideal place to live." - Elsie Wilson



When asked what he liked about The Woodland, Clifford Morris simply said, "Everything!"



Services

On-site Physician

On-site Pharmacy

Pain Management

Fabulous Gym

Two Heated Pools

Inpatient Therapy

Outpatient Therapy

Two Beauty Salons

Activities Galore

Gift Shop

Chaplaincy

Recreational Therapy

Transportation

Suites for Visitors



Pictured (left to right) **George Elliott**, who has lived at **The Woodland** for 19 years, entertaining his friends and neighbors on his beautiful patio, reminiscent of a formal English garden. Mr. Elliott says, "I have made lovely friends here ..." **Bessie Ransome** adds, "This is a great place with great people; a most enjoyable place." **Ruth Nicholson** says, "**The Woodland** is a lovely place" and **Ann MacIntyre** says, "I love this place. I am well protected and everyone is so friendly. I have learned a lot of Virginia history!"



Pictured (left to right) Residents **Flora Grant**, **Charles Booker**, **Pam Angello** and **Hubert Atchley** enjoy each other's company and a fun game of **Rummicubes**,