

 Assisted Living & Memory Care

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121 112th Avenue NE | Bellevue, WA 98004



Memory Care, Redefined

LICENSE #2626

2411-BWB-6966B 

 A WATERMARK RETIREMENT COMMUNITY<sup>SM</sup>



## Prema Memory Support<sup>SM</sup>

Dining for the Soul

Engaging Programming

Extraordinary Outings

Gourmet Bites Cuisine

Naya Caregivers

Nurturing Environment

Pantry Program

Specialized Training  
Recognized by the  
Alzheimer's Association

Watermark University

## Our Vision

*A loving, nurturing environment  
that truly feels like home.*

Compassionately developed with **more than 30 years of experience**, Watermark's groundbreaking Prema Memory Support<sup>SM</sup> program delivers outstanding care and innovative programming in an encouraging, residential environment.

Here, we honor the unique life experiences of each member and incorporate every individual's **personal background, preferences, and needs** into the daily fabric of our program. We challenge traditional assumptions about what's possible and we always focus on what members can do, never what they cannot.

Whether you or someone you love is experiencing mild cognitive impairment, Alzheimer's disease, or another form of dementia, we are here for you 24/7.



## Nurturing Environment

*Days are filled with the things you look forward to and enjoy.*

Our Memory Care neighborhood is comfortable and familiar with feelings of home – the wonderful aromas of home-cooked meals, music, laughter, fresh flowers, natural light, and the loving companionship of friends and family.

Whether preparing meals together, tending the garden, listening to music, or simply enjoying life's daily pleasures, we fill each day with **favorite pastimes and enriching experiences** to create meaningful moments.



## Dining for the Soul

*Indulge in favorite foods with great friends.*

A time to gather over the savory flavors of nutritious fare, shared meals are an opportunity to connect and engage. Robust menus include personal favorites and interesting new delights, as well as the treasured recipes from members and their loved ones.

**Gourmet Bites Cuisine** enhances independence and restores the joys of dining for individuals with cognitive or physical challenges. Our expert culinary team transforms freshly prepared and high-quality menu items into delicious, bite-size portions to make meals more enjoyable and accessible.

**Pantry Program** provides members with personal space to store favorite foods or personal mementos so items that provide comfort and joy are always close at hand.

## Engaging Programming

*A vibrant setting for connection and growth.*

### **EXPRESSIVE ARTS**

We use music, art, and movement to tap into all forms of creativity for an alternative form of communication beyond words.

### **PHYSICAL WELLNESS**

From traditional fitness classes to innovative offerings such as *Chair Aerobics*, *Circuit Training*, *Full Body Stretch*, *Gentle Yoga*, and *Tai Chi*, our physical fitness programs are tailored to each member's abilities, preferences, and needs.



### **LIFE HISTORIES**

By using past occupations, preferred hobbies, and treasured talents, we create opportunities for meaningful connections, plus a feeling of true accomplishment, purpose, and joy.

### **WATERMARK UNIVERSITY**

Members, associates, family members, and local experts share their interests to ensure we always have opportunities to learn, grow, and connect with each other in meaningful ways. We feature dozens of classes like *Brain Fitness*, *Gratitude Journaling*, *Music and Movement*, *Mindfulness 101*, and *Whimsical Watercolors*.



## Meet the Nayas

*Empathy and expert care inspire confidence and deeper connections.*

It all begins with our *Nayas*. Specially trained caregivers known as *Nayas* **communicate through validation** to show understanding and support. Together, they help members engage fully in the rhythms of daily life as the days unfold, focusing on whatever evokes a sense of joy and purpose. From this thoughtful foundation, we cultivate a sense of well-being and connection.

Guided by the latest cognitive health science, *Nayas* are trained in the most up-to-date methods for supporting those with Alzheimer's disease and other forms of dementia. Watermark offers an advanced certification for dementia training that's recognized by the **Alzheimer's Association**.



## Extraordinary Outings

*Enriching experiences make a difference.*

At The Watermark at Bellevue, group trips shatter the expectations of what's possible for members in a senior living community.

Our members, associates, families, and volunteers work together to plan **safe, adapted outings** to ensure our members thrive and enjoy meaningful experiences.

Outings may include a day trip to the Space Needle, a visit to the many vibrant art museums and cultural attractions in the area, a tour of the Bellevue Botanical Garden, an excursion to Woodinville for a wine tasting, a shopping spree at Bellevue Square, or a boat tour of Lake Washington.

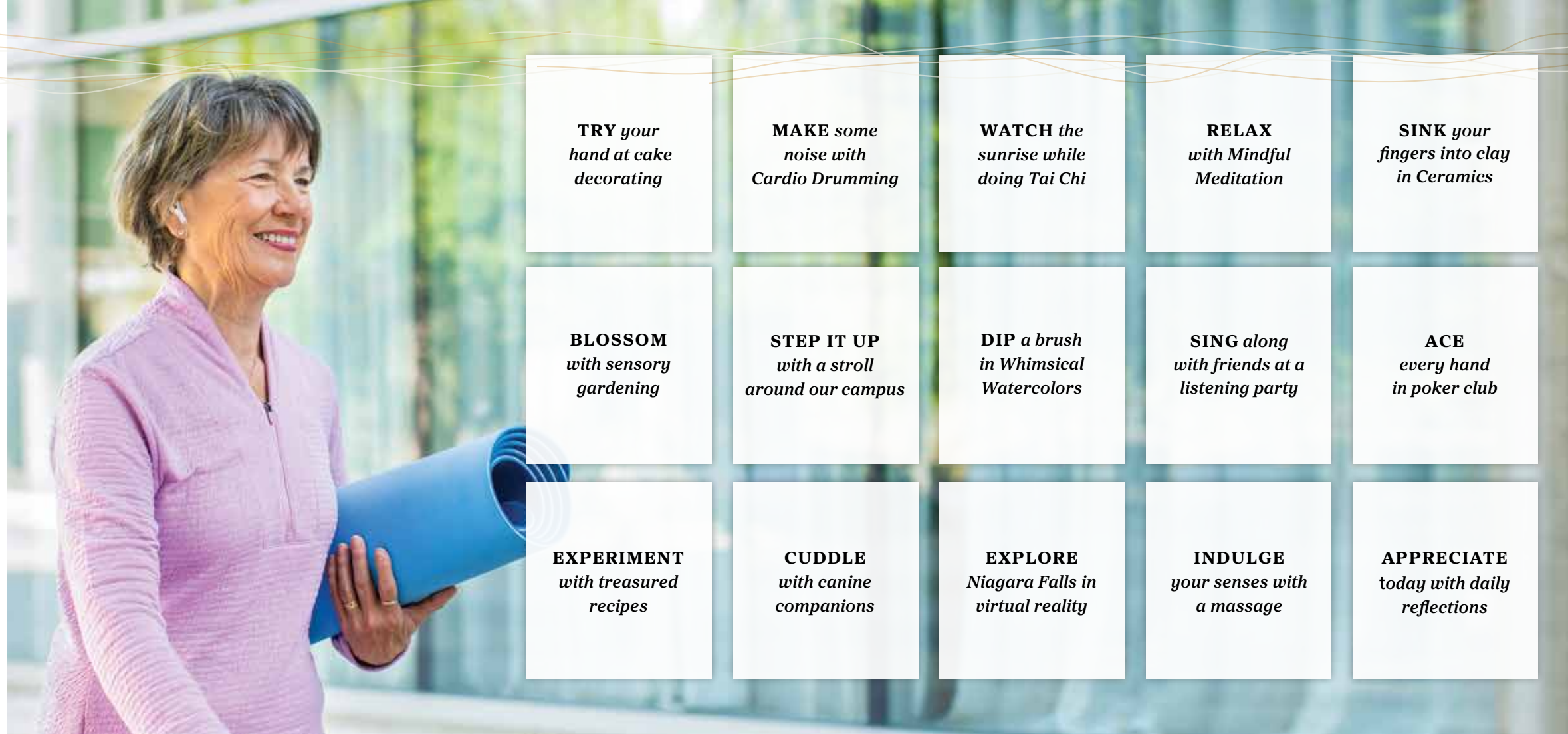


## Discover a World of Well-Being

*Innovative programs and a holistic approach to wellness create a more fulfilling lifestyle.*

Enjoy wide-ranging enrichment opportunities to engage, explore, and rejuvenate in our vibrant community, where every detail is designed to enhance your sense of well-being and purpose. Discover hobbies that spark curiosity and fill you with the rich satisfaction of living well in a safe, supportive environment with the perfect blend of comfort and connection.

Because it's not just about where you live – it's about enjoying all the things that make life worth living.



**TRY** your hand at cake decorating

**MAKE** some noise with Cardio Drumming

**WATCH** the sunrise while doing Tai Chi

**RELAX** with Mindful Meditation

**SINK** your fingers into clay in Ceramics

**BLOSSOM** with sensory gardening

**STEP IT UP** with a stroll around our campus

**DIP** a brush in Whimsical Watercolors

**SING** along with friends at a listening party

**ACE** every hand in poker club

**EXPERIMENT** with treasured recipes

**CUDDLE** with canine companions

**EXPLORE** Niagara Falls in virtual reality

**INDULGE** your senses with a massage

**APPRECIATE** today with daily reflections