



Redefining Memory Care

 **WHITTIER PLACE**
A WATERMARK RETIREMENT COMMUNITY®



THRIVE MEMORY CARE:

Nurturing Environment

Dining for the Soul

Gourmet Bites Cuisine

Engaging Programming

Specialized Training and

Certification (National

Council of Certified

Dementia Practitioners)

Extraordinary Outings

Naya Caregivers

EngageVR (virtual reality)

Thriving Through Music

Pantry Program

Watermark University

OUR VISION

Cultivating Connection and Well-Being

Watermark's Thrive Memory Care program is based on **more than 30 years of experience** delivering outstanding care in an intimate and supportive environment and creating a one-of-a-kind, dynamic lifestyle through our innovative programming.

Every resident brings a unique life experience to our community, and we incorporate their **personal background, preferences and needs** into everything we do. We challenge traditional assumptions about what is possible, and we always focus on what residents *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 Filled with the Things You Look Forward to and Enjoy



We create Memory Care neighborhoods that are comfortable and familiar. Our residents are surrounded by wonderful aromas from delicious meals, music, laughter, family members, fresh flowers, natural light, children, pets, the changing of the seasons and reminders of things to look forward to today, tomorrow and beyond.

We fill the days with favorite pastimes and make sure to create **plenty of meaningful moments**, from cooking meals together, creating a scrapbook, filling the bird feeders on the patio, planting flowers in the garden, listening to music that is the soundtrack of the resident's life and more.





DINING FOR THE SOUL

Favorite Foods with Good Friends

Beyond nutritious and delicious, meals are a time to gather, connect and enjoy life's simple pleasures. Personal favorites and interesting new delights are always on the menu, and we encourage residents and their loved ones to share treasured recipes.

Gourmet Bites Cuisine enhances independence and restores the joys of dining for individuals with cognitive or physical challenges. Expert chefs transform freshly prepared and high-quality menu items into delicious, easily handled bite-size portions to make meals more enjoyable.

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

ENGAGING PROGRAMMING

Connect and Grow in Meaningful Ways

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 Yoga*, *Zumba Drumming*, *Tai Chi* and *Music and Movement*, our physical fitness programs are tailored to each individual's abilities, preferences and needs.





Life Histories

By using past occupations, preferred hobbies and treasured talents, we create opportunities for meaningful connections, along with feelings of true accomplishment, purpose and joy.

Watermark University

Residents, 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, with something for everyone, including *Culinary Creations*, *Brain Games*, *The Artist Within*, *Mindful Meditation*, *Wine Pairing* and more.

EngageVR (virtual reality)

EngageVR offers residents the opportunity to immerse themselves in exciting adventures, such as experiencing the Apollo 11 moon landing, exploring the Titanic or embarking on an African safari.





MEET THE NAYAS

Guidance, Care and Connections

Specially trained and certified universal caregivers known as *Nayas* **communicate through validation** to show understanding and support. From this thoughtful foundation, we cultivate a sense of well-being and connection.

We partner with the **National Council of Certified Dementia Practitioners** to train our *Nayas* how to incorporate residents into the rhythms of daily living. Together, residents and *Nayas* engage in each moment as the days unfold, focusing on whatever evokes a sense of joy and purpose.







EXTRAORDINARY OUTINGS

Experiences that Make a Difference

Our group trips shatter the expectations of what's possible for residents of a senior living community.

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

Recent outings include fishing trips, exploring and shopping in Old Town Whittier, a trip to the beach, ballpark tours, a picnic in one of Whittier's lush 19 parks, visits to a local winery, a day at Huntington Beach Pier and even a boat excursion to Catalina Island.



DISCOVER A WORLD OF WELL-BEING

*Curated Programming Inspires
Longevity and Vitality*

Enjoy wide-ranging enrichment opportunities to connect, explore and rejuvenate in our vibrant community of friends.



Try your
hand at cake
decorating

Make some
noise in
drumming class

Watch the
sunrise while
doing Tai Chi

Relax
with Mindful
Meditation

Take on
new shapes
in ceramics

Blossom in
sensory container
gardening

Log miles
in Walking
Club

Dip a brush
in Whimsical
Watercolors

Watch the
first pitch on
opening day

Laugh with
friends at wine and
cheese socials

Experiment
with treasured
recipes

Cuddle
with canine
companions

Explore the
Grand Canyon in
virtual reality

Indulge your
senses with a
manicure

Appreciate
today with daily
reflections



12315 Burgess Ave.

Whittier, CA 90604

562-777-1477

whittier.watermarkcommunities.com

ASSISTED LIVING
MEMORY CARE

