



REDEFINING MEMORY CARE

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INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE • REHABILITATION & SKILLED NURSING





CREATING EXTRAORDINARY AND INNOVATIVE COMMUNITIES WHERE PEOPLE THRIVE

OUR VISION

Watermark's Thrive Memory Care program is based on more than 30 years of experience delivering outstanding care and innovative programming in an encouraging, residential environment. Every resident brings a unique life experience to our community and we incorporate their personal background, preferences and needs into the daily fabric of our program. We challenge traditional assumptions about what is possible and we always focus on what residents *can* do, never what they cannot.

THRIVE MEMORY CARE:

- Nurturing Environment
- Dining for the Soul
- Thrive Dining™
- Thrive Programming
- Specialized Training and Certification
- Extraordinary Outings



**DAYS FILLED WITH THE THINGS YOU
LOOK FORWARD TO AND ENJOY**

NURTURING ENVIRONMENT

We create “like home” 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.





FAVORITE FOODS WITH GOOD FRIENDS

DINING FOR THE SOUL

Beyond nutritious and delicious, meals are times to gather, connect and enjoy life's simple pleasures. Old favorites and interesting new delights are always on the menu and with Thrive Dining™, those same choices come in attractively served, bite-size portions to make meal times even more enjoyable. Our Pantry Program even provides residents personal space to store favorite items like mint Milano cookies or tomato bisque, so comfort foods are always close at hand.





GROW AND CONNECT IN MEANINGFUL WAYS

THRIVE PROGRAMMING

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 *Stretch and Balance*, *Chair Yoga* and *Zumba Gold*. Our physical fitness programs are tailored to residents' abilities, preferences and needs.

LIFE HISTORIES: 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: 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 and examples include *Mindful Meditation*, *Fundamental French*, *Drum Circle*, and *Watercolor Mandala Painting* – to name a few.



GUIDANCE, CARE AND CONNECTIONS

MEET THE NAYAS

Here, the art of caregiving goes beyond the traditional title, so we call our caregivers *Nayas*, a word originating from the ancient language of Sanskrit. A Naya is a guide, person of wisdom and a leader who is engaged in the present moment. Specially trained and certified Nayas communicate through validation rather than correction to show understanding and support. We know that behaviors are a response to an unmet need. From this thoughtful foundation, we cultivate a sense of well-being and connection.

We partnered with the National Council of Certified Dementia Practitioners to train our Nayas how to incorporate residents in the rhythms of daily living. Together, they work side-by-side cooking, cleaning, preparing and serving homestyle meals, and anything else that evokes a sense of purpose.

A close-up photograph of fishing equipment. In the foreground, a black fly fishing reel with a white fly lure is prominent. Behind it, another reel with a green and black design is visible. The items are resting on a light-colored woven basket. A brown leather strap with a metal buckle is also visible in the background.

EXPERIENCES THAT MAKE A DIFFERENCE

EXTRAORDINARY OUTINGS

Our group trips shatter the expectations of what's possible. Our residents, associates, families and volunteers work together to plan safe, adapted outings to ensure our residents thrive. Recent examples from Watermark communities coast to coast include fishing trips, a day at the beach, a train trip to New York City and even an overnight camping excursion.



JOIN FRIENDS
FOR AN OUTING
TO THE MARITIME
AQUARIUM



START A NEW
PROJECT IN THE
WOODWORKING
STUDIO



SNAP IN THE
FINAL PIECE
OF A PUZZLE



POPCORN MATINEE
FEATURING
CASABLANCA



JOIN A
COMPETITIVE
BILLIARDS GAME



MEET NEIGHBORS
FOR BREAKFAST
AND COFFEE AT THE
GALLERY CAFÉ



TAKE A STRENGTH
TRAINING
CLASS IN THE
STATE-OF-THE-ART
REHAB CENTER



TREAT
YOURSELF TO A
SALON SERVICE



SKYPE WITH
GREAT-GRANDKIDS
IN THE COMPUTER
CENTER



ATTEND THE
LATEST SHOWING
IN THE ART
GALLERY



RELIEVE STRESS
AND REFOCUS
THE MIND DURING
MEDITATION HOUR



GET FIT WITH
WATER AEROBICS
IN THE
HEATED POOL

