

500 Sandy Bank Road Media, PA 19063 **610-565-1405** rosetreeplace.watermarkcommunities.com

PERSONAL CARE MEMORY CARE





THRIVE MEMORY CARE:

Dementia Awareness Experience

Nurturing Environment

Dining for the Soul

Gourmet Bites Cuisine

Engaging Programming

Specialized Training and Certification (National Council of Certified Dementia Practitioners)

Extraordinary Outings

Universal Caregivers

EngageVR (virtual reality)

Thriving Through Music

Pantry Program

Watermark University

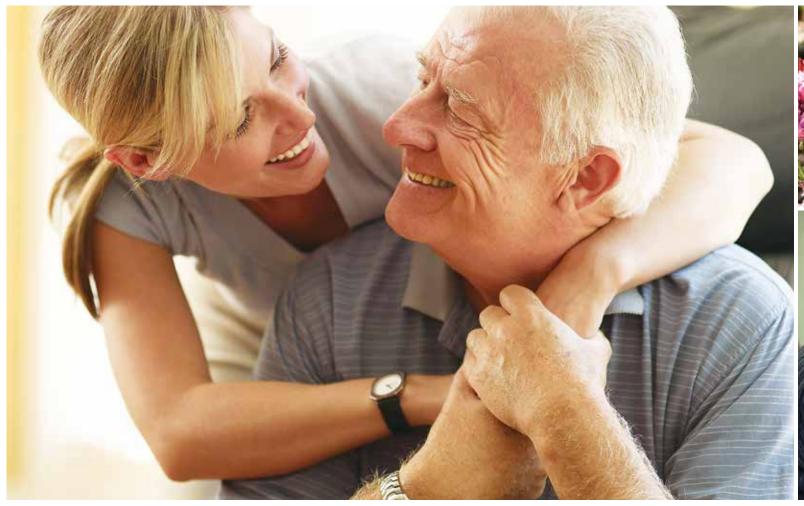
OUR VISION

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 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 History of Baseball, Science for Seniors, The Artist Within, Mindful Meditation, Bible Study and more.

EngageVR (virtual reality)

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







MEET THE CAREGIVERS

Guidance, Care and Connections

Specially trained and certified universal caregivers 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 caregivers how to incorporate residents into the rhythms of daily living. Together, residents and caregivers 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, a day exploring Philadelphia, a trip to Waterford Horse Farm, ballpark tours and even a pontoon boat excursion.

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.

