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**PERSONAL CARE**  
**MEMORY CARE**



Redefining 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.



Try your  
hand at cake  
decorating

Make some  
noise in  
drumming class

Sit back and  
relax on mystery  
scenic tours

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

Learn  
about saddlebred  
horses

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 massage

Appreciate  
today with daily  
reflections