



redefining
Memory Care



our vision



Prema Memory SupportSM

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

A loving, nurturing environment that truly feels like home.

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

Here, we honor the unique life experiences of each resident 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 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 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 residents 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 residents with personal space to store favorite foods or personal mementos so items that provide comfort and joy are always close at hand.



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 resident's abilities, preferences, and needs.



engaging
programming





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 like *Brain Fitness*, *Gratitude Journaling*, *Music and Movement*, *Mindfulness 101*, and *Whimsical Watercolors*.

Sharing and Supporting

Talking about past occupations, hobbies, talents, and experiences brings people together. We create opportunities for making those connections, while reinforcing each person's sense of accomplishment, purpose, and joy.



meet the nayas





Empathy and expert care inspire confidence and deeper connections.

Specially trained 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** and train our Nayas 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





Enriching experiences make a difference.

Our group excursions exceed expectations of what you'd find in a senior living community. Residents, associates, families, and volunteers work together to plan **safe, adapted** outings that create meaningful experiences.

Outings may include day trips to local parks, cultural attractions, community events, concerts, and even hot air balloon rides. It's a delightful way for residents to **stay connected** to their surroundings and enjoy new experiences.



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

Wide-ranging enrichment opportunities encourage residents to engage, explore, and keep growing in our vibrant community, where every detail is designed to enhance a sense of well-being and confidence. In this positive setting, each person finds the support and resources to pursue a lifelong interest or discover a new passion.

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



**discover a world
of well-being**

TRY
*your hand at
gardening*

JOIN
*a group
scenic drive*

DINE
with friends

UNWIND
*with an
evening movie*

WIN
big at trivia

STAY IN SHAPE
*in a
fitness class*

RELAX
*on a
morning walk*

INDULGE
*your senses at
the salon*

GATHER
for happy hour

PAINT
*your
masterpiece*

WATCH
*a beautiful
sunset*

CUDDLE
*with a
canine resident*

EXPLORE
*Niagara Falls in
virtual reality*

GROW
*your spirit at
prayer group*

SING
*along in
music class*

A horizontal bar with a series of small, colorful squares in shades of blue, green, yellow, and red.

Independent Living, Assisted Living, Enhanced Assisted Living & Memory Care

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