



FREMONT HILLS

A WATERMARK RETIREMENT COMMUNITY

REDEFINING MEMORY CARE

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ASSISTED LIVING • MEMORY CARE

RCFE LICENSE #019200761





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:

- 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
- Naya* Caregivers
- Pantry Program
- Thriving Through Music
- Watermark University



**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 we encourage residents and family members to share their treasured recipes. Our Gourmet Bites Cuisine signature program provides independence, dignity and accessibility to flavorful, nutritious and favorite foods by transforming traditional menu items into visually pleasing, easily handled bite-size portions to make meal times even more enjoyable. Our Pantry Program provides residents with personal space to store favorite items such as tea and scones, mint Milano cookies or tomato bisque and saltine crackers, so flavors that provide comfort and joy are always close at hand.





GROW AND CONNECT IN MEANINGFUL WAYS

ENGAGING 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 seated fitness classes, to innovative offerings such as *Tai Chi*, *Sit and Be Fit* and *Music and Motion*, our physical fitness programs are tailored to residents' abilities, preferences and needs.

LIFE HISTORIES: We recognize that everyone brings a unique life experience to our community. 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 *The Artist Within*, *Armchair Travels*, *Chinese Calligraphy* and *Flower Arranging*, to name a few.



GUIDANCE, CARE AND CONNECTIONS

MEET THE NAYAS

We believe 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. Nayas know that behaviors are a response to an unmet need. 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 in the rhythms of daily living. Together, they work side by side cooking, cleaning, preparing and serving homestyle meals, and doing anything else that evokes a sense of joy and purpose throughout each day.



EXPERIENCES THAT MAKE A DIFFERENCE

EXTRAORDINARY OUTINGS

Our group trips shatter the expectations of what's possible for residents in a retirement living community. Our residents, associates, families and volunteers work together to plan safe, adapted outings to ensure our residents thrive and have meaningful experiences. Recent outings from Watermark communities nationwide include fishing trips, hot air balloon rides, a day at the beach, picnics in the park, visits to a local winery, an overnight camping trip and so much more.



GREET THE DAY
WITH CHAIR YOGA



SLEEP LATE
LISTENING TO
THE RAIN



OUTING TO THE
FARMERS MARKET



HELP MIX
DOUGH FOR
AFTERNOON
COOKIES



TRY CHINESE
CALLIGRAPHY



POP POPCORN
AND WATCH
THE BIG GAME



ENERGIZE
WITH TAI CHI



RELAX WITH
A MANICURE



DISCUSS
CURRENT EVENTS



UNWIND AT A
PIANO CONCERT



STAY STRONG AT
SIT AND BE FIT



COFFEE SOCIAL
AT THE BISTRO

