



WHITE CLIFFS

SENIOR LIVING
A WATERMARK RETIREMENT COMMUNITYSM

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**ASSISTED LIVING
MEMORY CARE**

23-KWC-9950A 



Redefining Memory Care



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THRIVE MEMORY CARE:

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

EngageVR®

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 *Tai Chi*, *Sit and Dance*, and *Armchair Fitness*, 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, such as *The Writer's Circle*, *Conversational Spanish*, *Music and Movement*, and *Facebook for Seniors*.

EngageVR®

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



MEET THE NAYAS

Guidance, Care, and Connections

Specially trained and certified universal 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** to train our Nayas how 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

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 a skydiving adventure, day trips to a local winery, a night out at the ballet, overnight camping trips, hot air balloon rides, museum tours, and picnics in the park.

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.



Greet the day with
Chair Yoga

Improve your
strength and
flexibility at a yoga
class

Snap in the
final piece of
a puzzle

Laugh with
friends at
wine and
cheese socials

Explore the
Grand Canyon in
virtual reality

Make some
noise in *Heart
and Soul
Drumming*

Feel refreshed and
rejuvenated at our
spa and salon

Attend a
book club

Savor the
relaxation
and fluid
movements at
Tai Chi

Indulge your
senses with a
manicure

Develop your eye
for floral design

Create your next
masterpiece in
The Artist Within

Relish the
camaraderie in a
fun game of bingo

Engage in a
strategic game
of billiards

Appreciate
today with daily
reflections