

Experience Extraordinary Senior Living



SUMMIT
SENIOR LIVING

A WATERMARK RETIREMENT COMMUNITY®

ASSISTED LIVING
MEMORY CARE

REDEFINING SENIOR LIVING

More than 30 years of experience has taught us that today's seniors want more choices and a more active lifestyle, different than generations before. That's why we created a community with those two criteria at our foundation. Our community is based on a culture of choice with endless ways to engage and stay connected. From apartment choices, including cozy studio suites and spacious two-bedroom apartments, to delicious cuisine options, a full calendar of events, plus mind and body fitness classes, there are endless ways to connect, engage and thrive.

**WE'RE NOT WHAT YOU'D EXPECT,
AND THAT'S A PROMISE.**



Beautifully furnished sitting areas

Contemporary dining room

Private dining room for visiting family and friends

Casual bistro

Lush landscaped grounds

Raised gardening beds

Spacious courtyard patio with bocce ball court and putting green

Theater

Library

Arts and crafts center

Fitness center

Computer room

Beauty salon and barber shop

Pet-friendly



AN OPTION FOR EVERY APPETITE

One of the joys of life is breaking bread in the company of good friends. Here, friends and neighbors connect to share meals, stories and laughs. Our ever-changing menu features everything from upscale selections to comfort food favorites. Yet, if you feel like staying in, you can opt for room service. Find comfort in knowing you have options, and that a delectable meal among friends (without the cooking, cleaning or dishes to wash) is always just steps from your door.

**AT SUMMIT SENIOR LIVING,
CHOICE IS ALWAYS ON THE MENU.**



SAMPLE MENU:

Chef's Green Salad

Yankee Pot Roast with
Sautéed Yellow Squash

Almond Crusted Chicken with
Roasted Rosemary Potatoes

Honey Grilled Shrimp with
Garlic Pasta

Apricot Cobbler



PROGRAMS, OUTINGS AND WATERMARK UNIVERSITY CLASSES

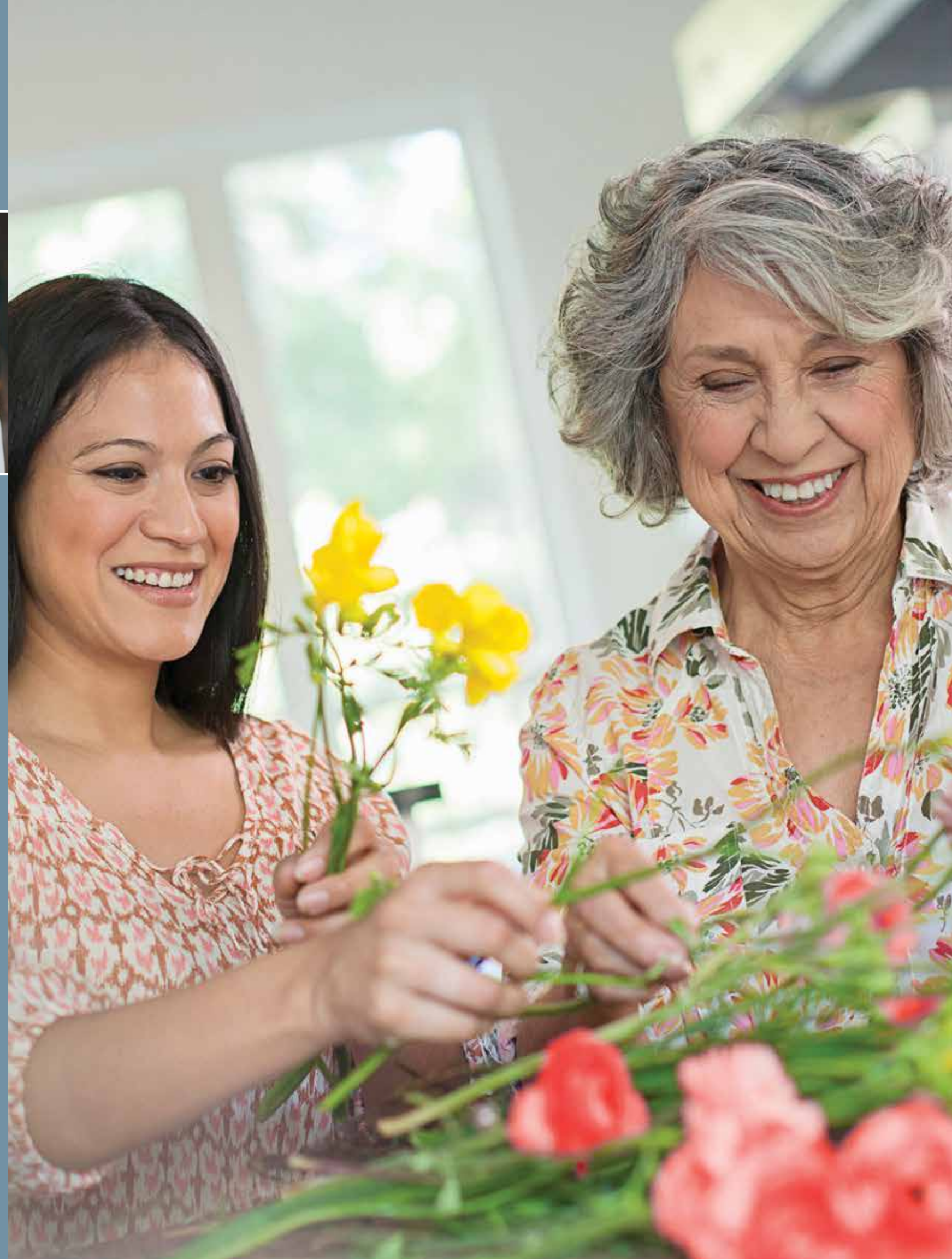
There is always something happening at Summit Senior Living. Cultural programs, interesting classes and Extraordinary Outings are simply a part of everyday life. There's always plenty to explore solo or with friendly neighbors.

Stimulating the mind and strengthening the body have enormous benefits at any age. You'll love having unlimited access to all of our mind and body fitness classes just steps from your door. Our offerings include Chef Demonstrations, Wags & Wiggles, Chair Yoga, Homemade Breadmaking, Arts & Crafts Class, and dozens more, so you can learn (or teach) something new every day. Watermark University isn't just for residents. Call to enroll in a class today.

**CREATE A LIFESTYLE THAT SUITS
YOUR PREFERENCES.**



- Sit and Be Fit
- Armchair Travels
- Flower Arranging
- Bible Study
- Current Events
- Chair Dancing
- Music & Motion
- Arts & Crafts



ASSISTED LIVING WITH A DIFFERENCE

When it comes to Assisted Living, we're not what you'd expect. We've looked at assisted living from all angles and challenged ourselves to raise each and every bar. That's why at The Inn, customized care and choice are the order of the day. No cookie-cutter apartments, boring stereotypical activities and health care delivered on a schedule so rigid that it becomes the center of your day. Receive top-notch care tailored to your needs on your schedule. Additionally, you'll have access to a dynamic calendar of social, educational, cultural and recreational community programs.

OUR UNIQUE APPROACH INTEGRATES MIND AND BODY WELLNESS INTO DAILY LIFE.



Open, cheerful apartments with ample kitchenette

Choice of spacious studio, one-bedroom or two-bedroom

Three delicious and healthy meals prepared daily in addition to snacks

Housekeeping, personal laundry and linen service

Complete apartment maintenance services including plumbing and major appliances

Caring, trained associates available 24 hours per day

Scheduled local transportation services to shopping, appointments and entertainment

All utilities, excluding phone service

Cable TV

Dynamic calendar of programs, classes and Extraordinary Outings

Variety of senior health and wellness programs

Move-in coordination

Emergency alert response system

Pet-friendly



A NEW KIND OF MEMORY CARE

At Summit Senior Living, we've borrowed from the traditions of multigenerational households and local bed and breakfasts to create a place where everyone feels at home. Suites are comfortable, filled with bright colors, soft natural light and high-end finishes. Common areas, such as living rooms, patios, libraries and kitchens, are only a few steps away. Meals are cooked right in the kitchen, and anyone can roll up their sleeves to help prepare the meal. Following traditional practices, this community revolves around the kitchen table where food and conversations build strong, positive connections.

WE CHALLENGE TRADITIONAL ASSUMPTIONS ABOUT WHAT'S POSSIBLE.



24-hour care from specially trained memory care experts with certification through the National Council of Certified Dementia Practitioners (NCCDP)

Three nutritious family-style meals where families and friends are welcome

Personal pantry program for each resident's favorite foods

Healthy snacks available all day, every day

Structured and spontaneous activities specifically tailored to each individual

Extraordinary Outings that you would never expect in a Memory Care community

Family communications center

Residential environment decorated with family photographs, keepsakes and personal histories

Housekeeping, personal laundry and linen services

Maintenance services

MEET THE NAYAS

The word *Naya* comes from the ancient language of Classical Sanskrit and is based on being engaged in the present moment. A *Naya* is a guide, person of wisdom, conductor and leader. These terms truly define our caregivers. In perfect alignment with our universal care model, being mindfully engaged in each moment cultivates a sense of well-being, spontaneity and creativity.

In traditional senior living models, care is divided between several associates who interact with a resident only within their particular area of limited duties. This not only results in reduced continuity; it prevents associates from seeing the big picture of each resident's well-being. Because our *Nayas* spend the day with residents, they notice the early signs of concern that might otherwise go unseen. *Nayas* know if residents have a good appetite, how well they slept and when they last exercised or participated in a new program. They can observe how individuals react to a change in type or dosage of medicine or a new therapy. Understanding our residents at this familiar level allows them to live a healthier, happier, more connected lifestyle.



AMENITIES AND SERVICES THAT MAKE LIFE GREAT

Having such a variety of amenities and services at your disposal makes Summit Senior Living a lot like a charming bed and breakfast. Relax and spend free time how you like, whether that's taking a stroll, having a friendly chat or simply watching the birds in our scenic landscaped grounds.

For appointments, outings and errands, let us do the driving. We offer personal transportation to and from shops, appointments and social or cultural outings.

Our beauty salon and barber shop are just steps from your door. Treat yourself to a cut, color, style, set, perm, or trim.

**AFTER YOU CHOOSE SUMMIT SENIOR LIVING,
YOU'LL WISH YOU HAD SOONER.**



Watermark creates extraordinary communities where people thrive. We believe aging is about renewal rather than retirement. Watermark communities are known for highly trained and caring associates, a lifestyle built on choice, fine amenities, integrative wellness and innovative programs including the award-winning Watermark University featuring a wide variety of engaging classes for residents and area seniors.

Watermark has been named in the top 25 Best Workplaces for Aging Services in a national program conducted by the Great Place to Work Institute and published on Fortune.com. A privately held company with a reputation for more than 30 years for service, innovation, integrity and financial stability, Watermark manages more than 65 retirement communities coast to coast. Based in Tucson, Arizona, Watermark is ranked as the nation's ninth-leading senior housing operator by the American Seniors Housing Association.

VISIT WATERMARKCOMMUNITIES.COM FOR MORE INFORMATION.





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