

# Discover the Watermark Difference



 **LEGACY**<sup>®</sup>  
WATERMARK RETIREMENT COMMUNITIES<sup>®</sup>

# REDEFINING SENIOR LIVING

Watermark Retirement Communities® is proud to manage the Legacy family of communities. 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. With Legacy, we've built on our heritage by creating communities with those two criteria at the foundation.

Legacy communities are based on a culture of choice, offering a variety of programs to engage every individual to stay active. From apartment choices and individualized wellness programs, to events and outings, classes and more, you'll find that the choices are endless.

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



# AN OPTION FOR EVERY APPETITE

One of life's greatest joys is dining with friends and neighbors. At Legacy communities, meals are a time to connect with one another, sharing stories and laughs. The menus are ever-changing and feature an array of flavorful and nutritious meals, with everything from upscale selections to comfort food favorites. Skilled chefs accommodate special diets and preferences as requested. Also, if you or your loved one faces cognitive or neuromuscular challenges, explore our signature Gourmet Bites dining program and enjoy your favorite foods without assistance, utensils or distractions.

**AT LEGACY COMMUNITIES,  
CHOICE IS ALWAYS ON THE MENU.**



## SAMPLE MENU:

- Chef's Minestrone Soup
- Buttermilk Chicken Caesar Salad
- Pan-Seared Blackened Atlantic Salmon with Whipped Potatoes
- Garlic Lemon Shrimp with Wild Rice Pilaf
- Steak of the Day with Onion Strings
- White and Dark Chocolate Bread Pudding



# PROGRAMS, OUTINGS AND WATERMARK UNIVERSITY CLASSES

There are no dull moments here at Legacy Watermark Communities. Cultural programs, interesting classes and Extraordinary Outings with friends and neighbors are simply a part of everyday life.

Stimulating the mind and strengthening the body have enormous benefits at any age. That's why we created Watermark University. You'll have unlimited access to all of our mind and body fitness classes, which are just steps from your door. With dozens of classes to choose from, you can learn (or teach) something new every day. These classes aren't just for residents. Call to enroll in a class today.

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



## SAMPLE CLASSES\*

- Charcoal Drawing
- Travelogues Around the World
- Sign Language
- Fun with Facebook
- Jewelry Making
- Photography Club
- Oil Painting
- Intro to Computers
- Creative Cooking
- Spanish 101
- Tai Chi
- Hip Hop Dance 101
- Conversational French
- Art from the Heart
- Secrets of Central Park

*\*Classes vary at each location*



# INDEPENDENT LIVING LEGACY

Enjoy the fun side of life in a lively community with associates who know more than just your name. It is our priority to get to know you, what your preferences are, and exceed your expectations. Legacy residences run the gamut from cozy studio apartments to luxurious two-bedroom suites and golf course villas. Should you need care, we have the ability to provide that to you, whether temporary or more permanent. We have options that can suit every budget and lifestyle.

**WE TAKE CARE OF EVERYTHING  
SO YOU CAN THRIVE!**



Continental breakfast and  
chef-prepared lunch or dinner daily

Housekeeping, laundry and  
linen services

Maintenance services

Dynamic calendar of classes,  
programs and outings

Variety of senior health and  
wellness programs

All utilities  
(some exclusions may apply)

Scheduled transportation services  
(extra fees may apply)



# INDEPENDENT LIVING VILLAS

Limited availability, unlimited access. That describes Legacy Villas to a T, and they're available at four Legacy communities. Welcome to your own private sanctuary that is open and spacious. Enjoy full access to the benefits, services and amenities Legacy Watermark Communities has to offer. Host a family barbecue on your private patio or relax and watch the leaves fall. And best of all, you don't have to rake them.

**FEEL WHAT IT'S LIKE TO TRULY HAVE IT ALL.**



One- and two-bedroom  
ranch-style homes

Designer, modern full kitchens

Full baths with walk-in showers

Private attached garages

24-hour maintenance service

Lawn care and landscaping

Snow removal

Trash removal

Access to all Legacy amenities

Move-in coordination services

Pet-friendly



# ASSISTED LIVING & ENHANCED ASSISTED LIVING

## ASSISTED LIVING

We've looked at Assisted Living from all angles and challenged ourselves to raise every bar. Forget cookie-cutter apartments, boring, stereotypical activities or health care delivered on a schedule so rigid that it becomes the center of your day. At Legacy communities, you have access to a varied calendar of social, educational, cultural and recreational opportunities. Also, you can rest easy knowing you'll receive top-notch care tailored to your needs, on your schedule – not ours.

## ENHANCED ASSISTED LIVING

When Assisted Living doesn't provide all the support you'd like, but skilled nursing is not necessary, our Enhanced Assisted Living Residences may be the solution for you. You'll have 24-hour professional care, a high associate-to-resident ratio and care tailored to your individual needs – without added cost from unnecessary services. Enhanced Assisted Living offers an "in-between" option to boost your support while maintaining your preferred lifestyle.

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



All-inclusive rate with no hidden tier charges

Three delicious, healthy meals prepared daily

Weekly housekeeping, laundry and linen services

Maintenance services

Dynamic calendar of classes, programs and outings

Variety of senior health and wellness programs

Trained associates available 24 hours per day

All utilities excluding phone service

Scheduled transportation services (extra fees may apply)

Resident call system



# A NEW KIND OF MEMORY CARE

At Legacy communities, 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 always just 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, our Memory Care communities revolve around the kitchen table, where food and conversations build strong, positive connections.

## WE CHALLENGE TRADITIONAL ASSUMPTIONS ABOUT WHAT'S POSSIBLE.



24-hour staffing with 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 always welcome

Pantry Program for each resident's favorite foods

Healthy snacks available all day, every day

Structured and spontaneous programs specifically tailored to each individual

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

Family communications center

Residential environment with family photographs, keepsakes and personal histories

Housekeeping, linen and laundry 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 who are mindfully engaged in each moment to cultivate a sense of well-being, community, 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, but 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 the big picture results in a healthier, happier and more connected lifestyle.





# THERE'S A LEGACY COMMUNITY FOR YOU

Legacy Watermark Communities are the unparalleled choice for senior living in Rochester. Explore Independent Living, Assisted Living, Enhanced Assisted Living and Memory Care — there's a Legacy community waiting for you to call home.

To learn more, please visit us at [legacyrochester.watermarkcommunities.com](http://legacyrochester.watermarkcommunities.com)



Legacy at Clover Blossom in Brighton  
585-218-9000  
INDEPENDENT LIVING



Legacy at Fairways in Victor  
585-924-7043  
INDEPENDENT LIVING



Legacy at Park Crescent in Greece  
585-865-0680  
INDEPENDENT LIVING • ASSISTED LIVING  
ENHANCED ASSISTED LIVING • MEMORY CARE



Legacy at Cranberry Landing in Irondequoit  
585-244-3630  
INDEPENDENT LIVING • ASSISTED LIVING  
ENHANCED ASSISTED LIVING • MEMORY CARE



Legacy at Grande Vie in Penfield  
585-381-0680  
INDEPENDENT LIVING • ASSISTED LIVING  
ENHANCED ASSISTED LIVING • MEMORY CARE



Legacy at Parklands in Churchville  
585-889-6590  
INDEPENDENT LIVING



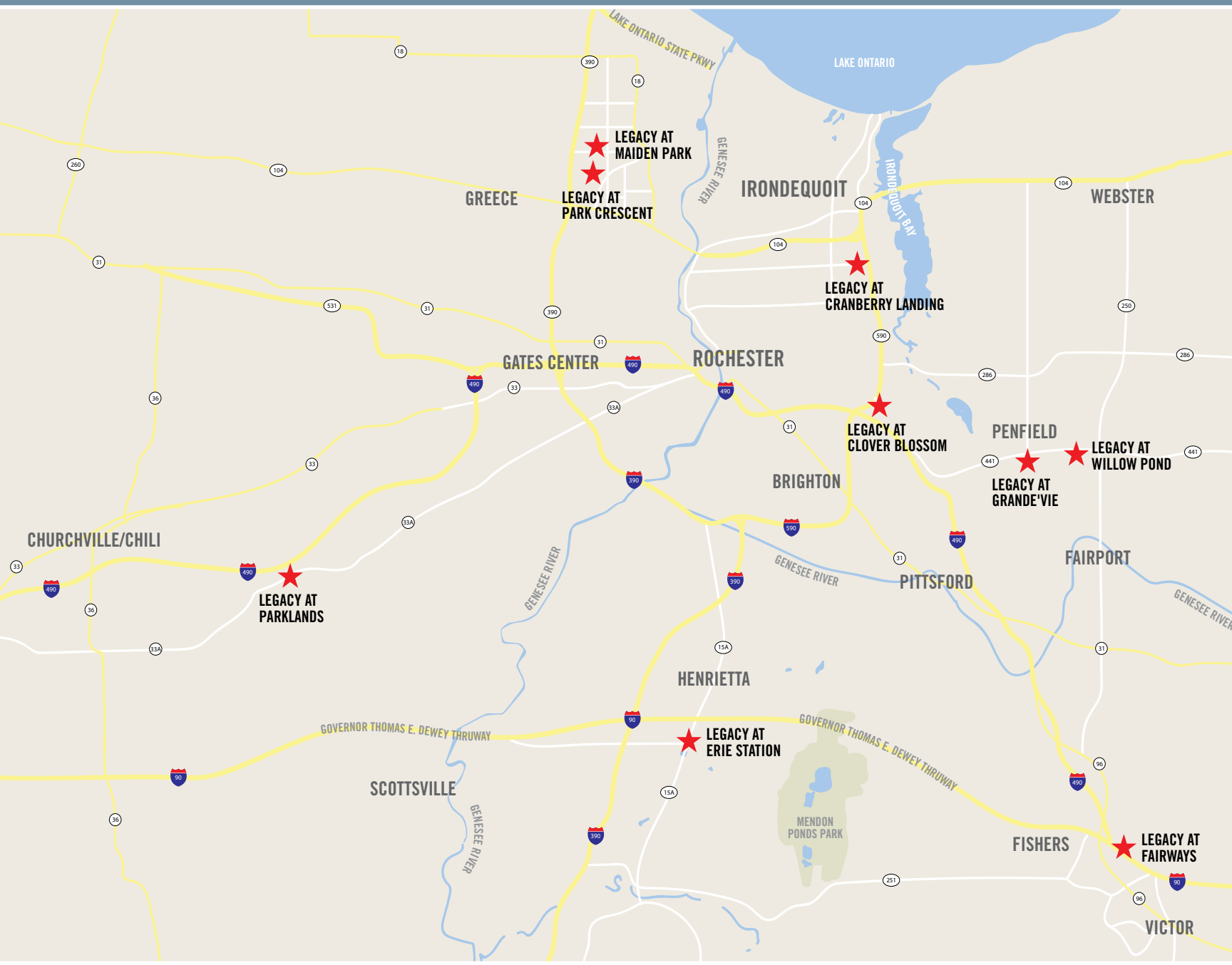
Legacy at Erie Station in Henrietta  
585-334-5006  
INDEPENDENT LIVING



Legacy at Maiden Park in Greece  
585-546-7275  
ASSISTED LIVING • ENHANCED ASSISTED LIVING  
MEMORY CARE



Legacy at Willow Pond in Penfield  
585-388-7663  
INDEPENDENT LIVING



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](https://www.watermarkcommunities.com) FOR MORE INFORMATION.**





**INDEPENDENT LIVING**  
**ASSISTED LIVING**  
**ENHANCED ASSISTED LIVING**  
**MEMORY CARE**