



LAKESIDE PARK

A WATERMARK RETIREMENT COMMUNITY

**EXTRAORDINARY ASSISTED LIVING
SPECIALIZING IN DEMENTIA CARE**

CELEBRATING YOUR PERSONAL JOURNEY EVERY DAY



Caring for individuals living with dementia is our sole focus. It's all we do and it's what we're passionate about. Our community was even designed from the ground up with this purpose in mind. That translates to a nurturing, comfortable environment, specialized programming, focused training, better outcomes and more joyful days.

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.

Our broad spectrum of innovative programs give residents a deep sense of purpose and contribution, while offering the freedom and flexibility to feel good about participating at whatever level they desire. We empower residents to do as much for themselves as possible. This results in confidence, comfort, and natural daily rhythms, plus it creates meaningful connections.

PHYSICAL ACTIVITY

Healthy bodies and positive outlooks are directly related. We offer programs to enhance range of motion, fine motor skills, strength, balance and even holistic exercises such as yoga, Tai Chi, Qi Gong and more.

SENSORY AWARENESS, SELF-EXPRESSION AND SPIRITUALITY

We believe in the healing power of creativity. Music, singing, crafts, painting, dance – these pursuits offer outlets for creative expression and nonverbal communication.

FAMILY AND FRIENDS SUPPORT GROUP

To best provide for those we love, it's important that we practice self-care to ensure we are happy, healthy, and feel prepared and supported in our daily lives. Take this opportunity to connect with friends, family members and experts at Lakeside Park as you share experiences and gain helpful insight.

A CONNECTION TO NATURE

Here, life includes plenty of natural therapeutic outdoor activities such as tending the community garden, walking along the Oakland lakeshore, spending time on the patio and taking part in engaging weekly excursions.

FAMILY AND COMMUNITY

Our door is always open for family and friends to join us for programs, meals and special events. We support and uplift each other and provide feedback and education.



AN OPTION FOR EVERY APPETITE

Fresh, local, healthy and delicious. That's a good start to describing dining at Lakeside Park. Residents have easy access to a wide variety of healthy plated options, finger foods, nutritional shakes, fresh fruit, salads and favorite snacks. With our Gourmet Bites Cuisine signature program, we are restoring the joys of dining for individuals with cognitive, physical or neuromuscular challenges, so they can enjoy favorite foods without assistance, utensils or distractions. With support from friendly associates, residents can help with favorite recipes. The memories, aromas and social interactions help define our community and make it successful and unique.



TODAY'S SELECTIONS:

- Chicken Barley or Split Pea Soup
- Pork Chop with Apples
- Zucchini with Red Peppers and French Baked Potato
- Rosemary Chicken with Veggie Orzo and Cranberry Coleslaw
- Lemon Herb Tilapia with Sautéed Asparagus Spears and Savory Brown Rice
- Shrimp Bites with Baked Tortilla Strips
- Chocolate Mousse Pie or Pineapple Whipped Cheesecake
- Mary's Grandma's Raspberry Thumb Print Cookies



IN THE MOMENT MEMORY CARE

Our In the Moment enrichment program sets us apart from other communities. We learn everything there is to know about an individual, and we pay close attention to changes in their developments and behaviors. From this knowledge, a unique and ever-changing tailored care plan filled with enrichment and engagement is designed just for them. Through this style, strong relationships form, coupled with our intimate setting and diverse programs, resulting in a community that is dramatically different, of which we are proud to share.



Three delicious chef-prepared meals per day

Full-service housekeeping

Caring, trained associates available 24 hours per day

Complete apartment maintenance

All utilities except phone service, cable and internet

Scheduled local transportation

Dynamic calendar of Watermark University classes, programs and Extraordinary Outings

Innovative wellness programs

Family education and support services

Coordination with health care providers

Best Move move-in coordination service



IN THE CENTER OF IT ALL

Our spacious neighborhood design, safe, secure outdoor spaces and charming location near scenic Lake Merritt and Lakeside Park combine to create a welcoming, residential atmosphere. Outside our doors residents and their families enjoy all that Oakland has to offer, including the best in dining, music, art, history and shopping. We're also in close proximity to the best physicians and medical services the East Bay area has to offer.



Numerous East Bay
farmer's markets

Fourth Street shops

Gardens at Lake Merritt

Zellerbach Hall

Oakland Museum of California

Paramount Theatre of the Arts

Grand Lake Theater

Tilden Park

University of California, Berkeley

Alta Bates Summit
Medical Center

Oakland Medical Center

Highland Hospital

At Watermark Retirement Communities, we're committed to creating extraordinary and innovative communities where people thrive. Watermark communities are known for highly trained associates, a lifestyle built on choice and innovative signature programs, including our award-winning Watermark University featuring a wide variety of engaging classes and programs for residents and locals, alike. A privately held company with a reputation for service, innovation, integrity and financial stability, Watermark manages more than 50 retirement communities nationwide and has been certified as a Great Place to Work by Fortune Magazine. Learn more about the Watermark difference at watermarkcommunities.com.





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