



## REDEFINING MEMORY CARE

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**INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE • REHABILITATION & SKILLED NURSING**







## 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:

- Nurturing Environment
- Dining for the Soul
- Thrive Dining™
- Thrive Programming
- Specialized Training and Certification
- Extraordinary Outings



**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.





A close-up photograph of a white ceramic mug filled with coffee, sitting on a light-colored wooden tray. Next to the mug are several bite-sized treats: a stack of three round cookies with a dark filling, and a large, round scone dusted with powdered sugar. The background is softly blurred, showing a textured surface.

## 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 with Thrive Dining™, those same choices come in attractively served, bite-size portions to make meal times even more enjoyable. Our Pantry Program even provides residents personal space to store favorite items like mint Milano cookies or tomato bisque, so comfort foods are always close at hand.





## GROW AND CONNECT IN MEANINGFUL WAYS

### THRIVE 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 fitness classes, to innovative offerings such as *Stretch and Balance*, *Chair Yoga* and *Zumba Gold*. Our physical fitness programs are tailored to residents' abilities, preferences and needs.

**LIFE HISTORIES:** Using past occupations, preferred hobbies and treasured talents, we create opportunities for meaningful connections, plus a feeling 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 and examples include *Mindful Meditation*, *Fundamental French*, *Drum Circle*, and *Watercolor Mandala Painting* – to name a few.





## GUIDANCE, CARE AND CONNECTIONS

### MEET THE NAYAS

Here, 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. We know that behaviors are a response to an unmet need. From this thoughtful foundation, we cultivate a sense of well-being and connection.

We partnered with the National Council of 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 home style meals, and anything else that evokes a sense of purpose.



A close-up photograph of fly fishing equipment. In the foreground, a black fly reel with a white line is prominent. Behind it, another reel with a green and black pattern is visible. A fly with a brown and red body lies on a piece of cork. The items are resting on a woven, light-colored basket. A dark blue semi-transparent box with white text is overlaid on the left side of the image.

## EXPERIENCES THAT MAKE A DIFFERENCE

### EXTRAORDINARY OUTINGS

Our group trips shatter the expectations of what's possible. Our residents, associates, families and volunteers work together to plan safe, adapted outings to ensure our residents thrive. Recent examples from Watermark communities coast to coast include fishing trips, a day at the beach, a train trip to New York City and even an overnight camping excursion.





JOIN FRIENDS  
FOR AN OUTING  
TO THE MARITIME  
AQUARIUM



START A NEW  
PROJECT IN THE  
WOODWORKING  
STUDIO



SNAP IN THE  
FINAL PIECE  
OF A PUZZLE



POPCORN MATINEE  
FEATURING  
*CASABLANCA*



JOIN THE MEN FOR  
A COMPETITIVE  
BILLIARDS GAME



MEET NEIGHBORS  
FOR BREAKFAST  
& COFFEE AT THE  
GALLERY CAFÉ



TAKE A STRENGTH  
TRAINING  
CLASS IN THE  
STATE-OF-THE-ART  
REHAB CENTER



TREAT  
YOURSELF TO A  
SALON SERVICE



SKYPE WITH  
GREAT-GRANDKIDS  
IN THE COMPUTER  
CENTER



ATTEND THE  
LATEST SHOWING  
IN THE ART  
GALLERY



RELIEVE STRESS  
AND REFOCUS THE  
MIND DURING  
MEDITATION HOUR



GET FIT WITH  
WATER AEROBICS  
IN THE  
HEATED POOL

