



REDEFINING MEMORY CARE

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ASSISTED LIVING • MEMORY CARE

RCFE LICENSE #015601492





**CREATING EXTRAORDINARY
COMMUNITIES WHERE PEOPLE THRIVE.**

OUR VISION

Watermark's Thrive Memory Care program is based on more than 25 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 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 tea, sitting on a light-colored wooden tray. Next to the mug are several scones and cookies, including a stack of three round cookies with a dark filling. The background is softly blurred, showing a textured surface.

FAVORITE FOODS WITH GOOD FRIENDS

DINING FOR THE SOUL

Here, dining goes far beyond nutritious and delicious. Meals are a time to gather, connect and enjoy the simple pleasures of life. Old favorites and interesting new delights are always on the menu. Our individual Pantry Program provides residents with personal space to store favorite items such as tea and scones, mint Milano cookies, tomato bisque and saltines... Whatever flavors provide comfort and joy, we make sure they're 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 *Drumming to Good Health*, *Tai Chi for Beginners* and *Easy Chair Yoga*. 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 *Pottery*, *Dancing*, *Storytelling*, *Reading Roundtable* and *Instant Quilting* – 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. Best of all, **all-inclusive living** means no “tiers” or unexpected expenses to worry about. Whatever assistance is needed, you can count on us to deliver it.

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 dark, wet fly reel with a pattern of circular holes is prominent. Behind it, another reel with green accents is visible. A fly fishing rod with a cork handle and a fly is also present. 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.



A COASTAL
EXCURSION TO
MONTEREY BAY



MEET FRIENDS
FOR SUNDAY
AFTERNOON
HYMN SING



ENJOY FRESH
LEMONADE ON
THE OUTDOOR
PATIO WITH
NEIGHBORS



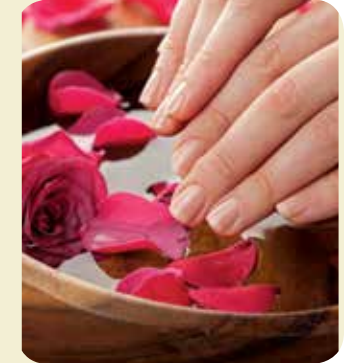
SNAP IN THE
FINAL PIECE
OF A PUZZLE



ENJOY AN
AFTERNOON
STROLL IN THE
ROSE GARDEN



GET PAMPERED
AT OUR
INDULGE SALON



MAKING
HOMEMADE
ICE CREAM
AND OTHER
AMAZING TREATS



TAKE A FITNESS
CLASS IN THE
WELLNESS PATIO



ENJOY A PICNIC
LUNCH AT LAKE
DEL VALLE
REGIONAL PARK



INTERACTING WITH
FRIENDS IN OUR
STORYTELLING
GROUP



TRY OUT THE
SEAFOOD RAVIOLI
FOR DINNER



WIN THE
WATERMELON
EATING CONTEST

