



REDEFINING MEMORY CARE

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INDEPENDENT LIVING | PERSONAL CARE | MEMORY CARE | REHABILITATION & SKILLED NURSING





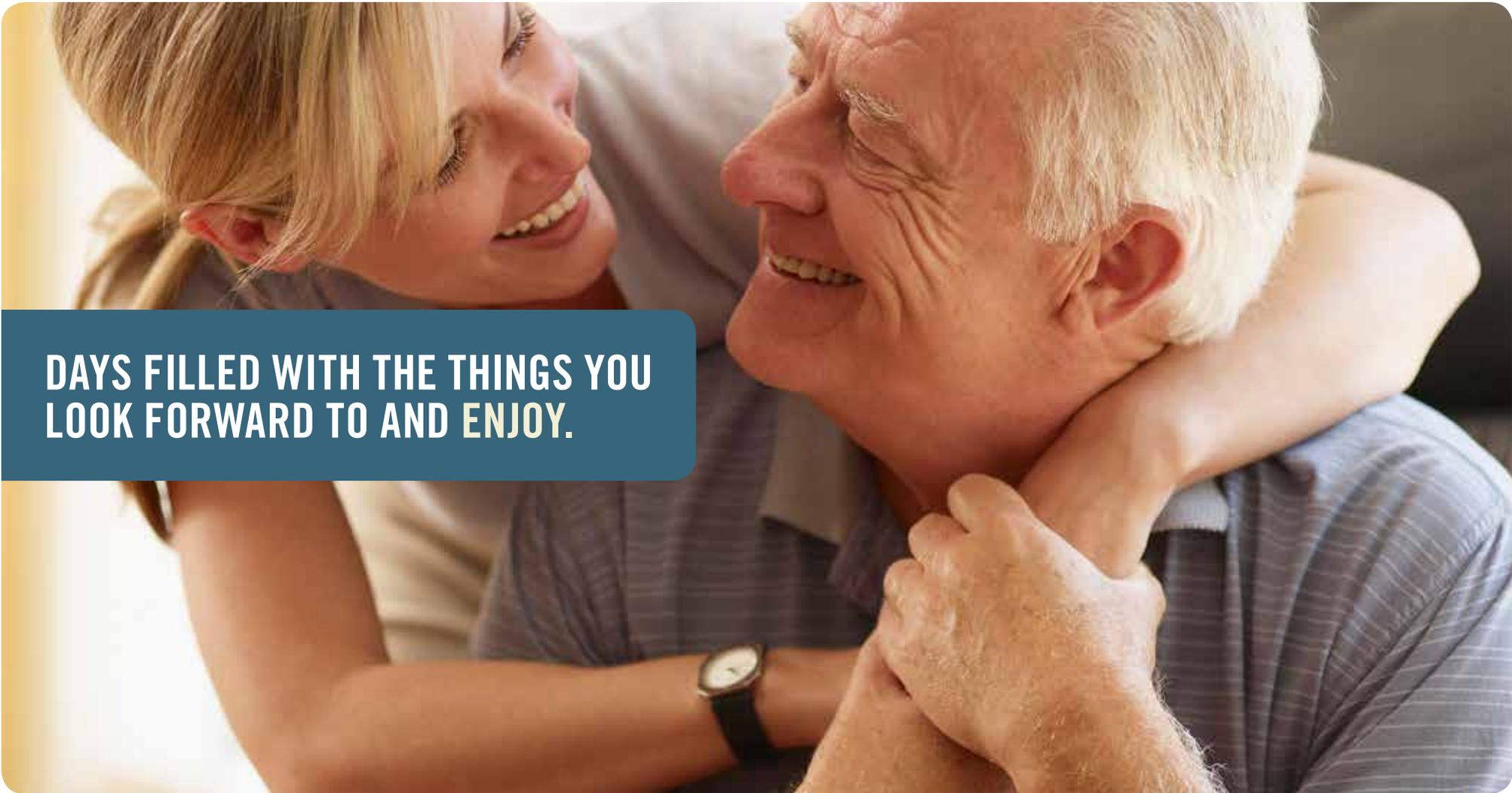
**CREATING EXTRAORDINARY
COMMUNITIES WHERE PEOPLE THRIVE.**

OUR VISION

Watermark's *Thrive* Memory Care program is based on over 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 cup filled with tea, sitting on a light-colored wooden tray. Next to the cup are several scones and cookies, including a large round scone with a white glaze and a stack of smaller cookies. 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 *Arm Chair Zumba*, *Line Dancing* and *Tai Chi*, 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 *Art Exploration*, *History of A Nation*, *Baking*, and *Sights and Sounds of the Season* to name a few.



GUIDANCE, CARE AND CONNECTIONS

THE BEST IN CARE

Here, care giving is not only a compassionate vocation, it's also part art and part science. We stay abreast of the latest research and offer our memory caregivers the knowledge and skills they need to provide the best care possible. Our specially trained and certified caregivers communicate through validation rather than correction to show understanding and support. We also 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 caregivers how to incorporate residents in the rhythms of daily living. Together, they work side-by-side to provide a sense of meaning, belonging and purpose.

A photograph of a train in motion, blurred to suggest speed. The train is silver and grey. Above the train, a white sign with black text reads "To New York". The background shows green trees and a clear sky.

To New York

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 Jersey Shore beach and Atlantic City, a train trip to New York City and even an overnight camping excursion.



DESIGN WITH ART IN
YOUR HEART



MAKE CAKES IN
BAKERS DELIGHT



CREATE
HOMEMADE
GIFTS IN CRAFTY
CREATIONS



EXPRESS
YOUR SELF IN
WHIMSICAL
WATERCOLORS



LEARN AND GROW
IN GREEN THUMB
GARDENERS



TRAVEL IN PLACE
DURING JOYFUL
JOURNEYS



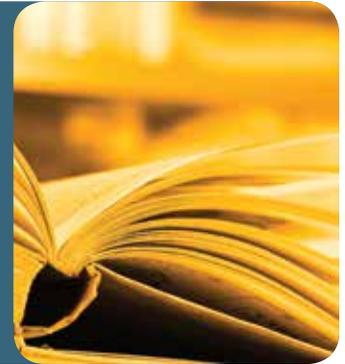
FITNESS IS FUN IN
LIGHT AND LIVELY



FEEL THE GROOVE
IN MUSICAL
RHYTHM



HEAR FABLES AND
FOLK TALES



RELIVE
HOLIDAYS
THROUGH
SEASONAL SENSES



CHERISH
MEMORIES DURING
TREASURE TIME



MAKE MINDFUL
CONNECTIONS
IN TRIVIA

