



## REDEFINING MEMORY CARE

Two Franklin Town Boulevard • Philadelphia, PA 19103 • **1-215-240-8915** • [www.watermarkcommunities.com](http://www.watermarkcommunities.com)

**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 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.





## 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. While three daily meals are scheduled, residents are also welcome to eat what they want, when they want. 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 *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

### 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 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.



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

