



## THE VILLA: REDEFINING MEMORY CARE

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**INDEPENDENT LIVING • ASSISTED LIVING • 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. Each 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.

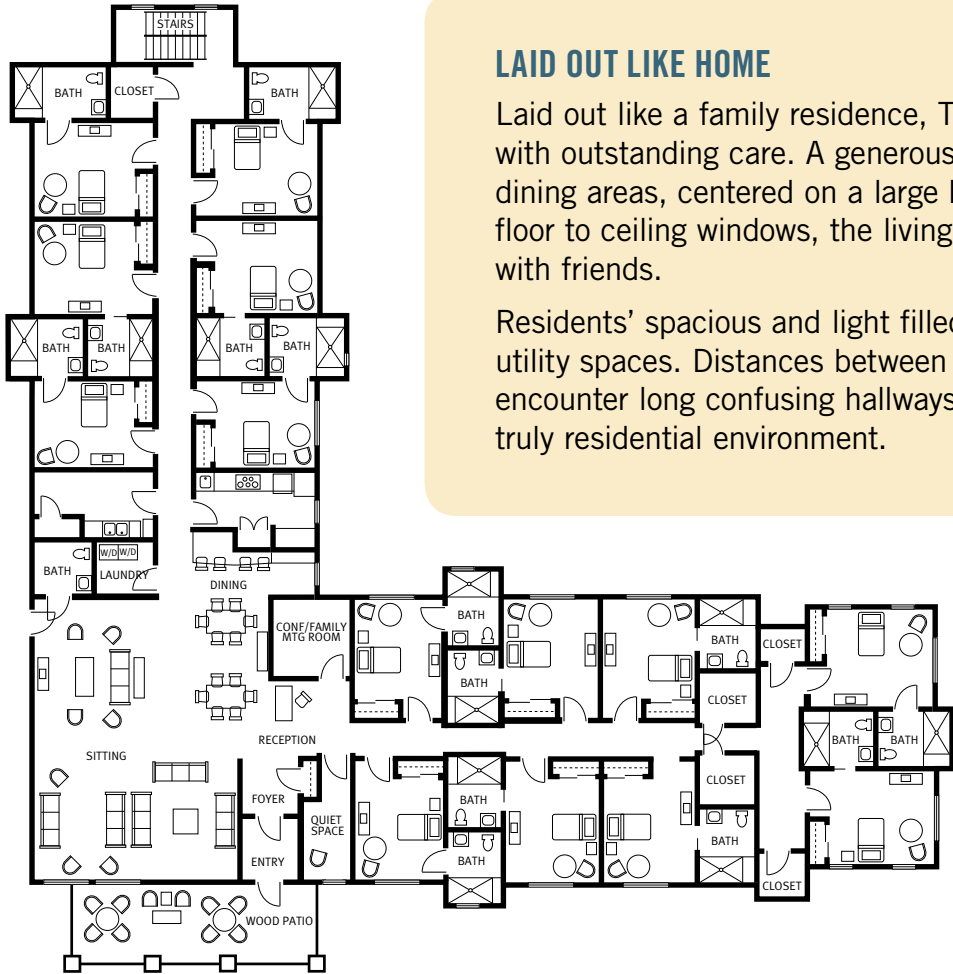
### THRIVE MEMORY CARE:

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





# ALL THE COMFORTS OF HOME AND THEN SOME



## LAID OUT LIKE HOME

Laid out like a family residence, The Villa takes the best of comfortable, communal living and combines it with outstanding care. A generous, open floor plan spans a living room, centered on a stone hearth, and dining areas, centered on a large kitchen. Filled with inviting seating areas and flanked on two sides by floor to ceiling windows, the living room is a focal point for relaxing, taking in a favorite movie or chatting with friends.

Residents' spacious and light filled private suites radiate off the kitchen, dining room, living room and utility spaces. Distances between bedrooms and common areas are relatively short and residents will not encounter long confusing hallways, stairs or elevators. The result is life, lived simply and with joy in a truly residential environment.





**DAYS FILLED WITH THE THINGS YOU  
LOOK FORWARD TO AND ENJOY.**

### **NURTURING ENVIRONMENT**

To create The Villa, we borrowed the best parts of disappearing traditions like multigenerational households, local bed & breakfasts and country inns to craft an intimately-scaled home where up to 14 seniors can truly thrive surrounded by wonderful aromas, music, laughter, fresh flowers, natural light and even pets.

The kitchen is the heart of the home, where all are welcome. There, people cook together, swap stories and recipes and chat while they work side by side. Visiting family members can join in with the preparation of the meal or sit back and relax in the living room with a glass of wine. Residents enjoy their own private suites, providing the perfect personal retreat just steps from the center of the home.





## 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 *Yoga*, *Walking Club*, *Indoor Putting* and *Aerobics*, 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 *Poetry Group*, *Society & Culture*, *Music History Through the Decades* and *Blast Off Your Creativity*, 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.



## 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.





NOTICE NATURE AT  
AUDUBON SOCIETY  
BIRD SANCTUARY



HARVEST HERBS  
IN GARDENING



RELAX  
WITH GUIDED  
MEDITATION



CONTRIBUTE  
A THOUGHT  
FOR THE DAY



GET CURRENT  
WITH DAILY  
NEWS & COFFEE



DINE OUTDOORS  
WITH PICNICS



JOURNALING  
WITH FRIENDS



UNWIND  
WITH MASSAGE  
THERAPY



NOURISH  
YOUR MIND  
WITH COGNITIVE  
LEARNING



MAKE SOMEONE  
HAPPY IN  
KNITTING CLASS



BUFF UP WITH  
NAILS & TAILS



GET MOVING AT  
CUMBIA SPIRIT  
DANCE PARTY

