



WHITE CLIFFS

SENIOR LIVING

A WATERMARK RETIREMENT COMMUNITYSM



redefining
Memory Care



our vision

Prema Memory SupportSM

Dining for the Soul

Engaging Programming

Extraordinary Outings

Gourmet Bites Cuisine

Pantry Program

Naya Caregivers

Nurturing Environment

Specialized Training in Methods
Recognized by the Alzheimer's
Association

Watermark University

EngageVR[®] technology

A nurturing environment where everyone feels like family.

Developed with more than 30 years of experience, Watermark's groundbreaking Prema Memory SupportSM program delivers outstanding care and innovative programming in an encouraging, residential environment.

Here, we honor the unique life experiences of each resident and incorporate every individual's personal background, preferences, and needs into daily life. We challenge traditional assumptions about what's possible and we always focus on what residents can do, never what they cannot.

Whether you or someone you love is experiencing mild cognitive impairment, Alzheimer's disease, or another form of dementia, we're here for you 24/7.

A nurturing environment with a family feel.

We create 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.



memory care



Days filled with friendship, engagement, and purpose.

We help each resident enjoy favorite pastimes and experience meaningful moments every day. That can include cooking meals together, creating a scrapbook, filling the bird feeders on the patio, planting flowers in the garden, listening to music that's the soundtrack of that person's life, and more.





dining for the soul



Indulge in favorite foods with great friends.

Shared meals are a time to nourish body and spirit. Residents connect over wholesome cuisine, engage with one another, and share their experiences. Robust menus include classic dishes and new delights, as well as treasured recipes from residents and their loved ones.

Gourmet Bites Cuisine enhances independence and restores the joys of dining for people with cognitive or physical challenges. Our culinary team transforms freshly prepared and high-quality menu items into delicious, bite-size portions to make meals enjoyable without assistance.

Pantry Program provides residents with personal space to store favorite foods or personal mementos. Items that provide them with comfort and joy are always close at hand.



A vibrant setting for connection and growth.

Expressive Arts

We use music, art, and movement to tap into all forms of creativity that allow communication beyond words.

Physical Wellness

From traditional fitness classes to innovative offerings such as *Chair Yoga*, *Zumba Drumming*, *Tai Chi*, and *Music and Movement*, physical fitness programs are tailored to each person's abilities, preferences, and needs.





Life Histories

By using past occupations, hobbies, and personal talents, we create opportunities for meaningful connections, along with a feeling of accomplishment, purpose, and joy.

Watermark University

Residents, associates, family members, and local experts share their interests and knowledge in classes that help residents to learn, grow, and connect with each other in meaningful ways. We feature dozens of classes such as *The Writer's Circle*, *Conversational Spanish*, *Music and Movement*, and *Facebook for Seniors*.

Engage VR® Adventures

Using virtual reality technology, residents immerse themselves in exciting experiences. They might take themselves to the Apollo 11 moon landing, explore the Titanic, or embark on an African safari.



meet the nayas

A caregiver with long dark hair, wearing a white short-sleeved shirt and dark pants, is sitting on a couch and holding a clipboard. She is looking down at the clipboard, which has a pen resting on it. An elderly woman with short white hair and glasses, wearing a patterned green and black top, is sitting next to her, looking at the clipboard. The background is a simple indoor setting with a wooden chair visible.

Empathy and expert care inspire confidence and deeper connections.

A caregiver with long dark hair and glasses, wearing a light blue top, is smiling and looking towards the camera. Next to her is an elderly woman with short white hair, wearing a blue top and a long blue and white beaded necklace. She is also smiling and looking towards the camera. The background is a blurred indoor setting.

White Cliffs Senior Living expands on what's possible with its Prema Memory SupportSM program. Guided by the latest cognitive health science, this approach integrates residents into the rhythms of daily living with the help of dedicated **Naya caregivers**, who are trained in accordance with guidelines set by the Alzheimer's Association. These compassionate professionals **communicate through validation**, focusing on what people can do — not what they can't.



extraordinary outings



Enriching experiences make a difference.

Group trips shatter the expectations of what's possible for residents in a Memory Care community. Our residents, associates, families, and volunteers work together to plan safe, adapted outings to ensure everyone enjoys a meaningful experience.

Notable outings include a skydiving adventure, day trips to a local winery, a night out at the ballet, overnight camping trips, hot air balloon rides, museum tours, and picnics in the park.



Innovative programs and a holistic approach to wellness create a more fulfilling lifestyle.

Our residents enjoy wide-ranging opportunities to engage, explore, and rejuvenate in our vibrant community. People revisit lifelong passions or discover new hobbies that spark curiosity and joy. It's a supportive environment with the perfect blend of encouragement and opportunities.

***It's not just about where you live —
it's about enjoying the things that make
life worth living.***



discover a world of well-being



Greet
the day with
Chair Yoga

Improve your
strength and
flexibility at
a yoga class

Snap in the
final piece of
a puzzle

Laugh with
friends at
wine and
cheese socials

Explore the
Grand Canyon in
virtual reality

Make some
noise in
*Heart and Soul
Drumming*

Feel refreshed
and rejuvenated
at our
spa and salon

Attend a
book club

Savor the
relaxation
and fluid
movements
at *Tai Chi*

Indulge
your senses with
a manicure

Develop
your eye for
floral design

Create
your next
masterpiece in
The Artist Within

Relish the
camaraderie
in a fun game
of bingo

Engage in
a strategic game
of billiards

Appreciate
today with
daily reflections



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Assisted Living & Memory Care

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