



W THE WATERMARK
AT BELLINGHAM

**INDEPENDENT LIVING
PERSONAL CARE • MEMORY CARE
REHABILITATION & SKILLED NURSING**

REDEFINING SENIOR LIVING



At The Watermark at Bellingham, we're creating an extraordinary and innovative community where people thrive. More than 30 years of experience have taught us that today's seniors want more choices and are leading a more active lifestyle than generations before. Our charming community offers endless options thrive with a carefree, fun-filled lifestyle, featuring spacious studio, one-bedroom or two-bedroom residences, high-quality, restaurant-style dining, outstanding chef-prepared cuisine, Watermark University mind and body fitness classes, social events and outings, beautifully landscaped grounds with outdoor courtyard and walking paths, salon and barber services and so much more. At The Watermark, you can be active as much as you prefer, or sit back, relax and unwind.

As a continuing care retirement community (CCRC), we offer peace of mind for today, tomorrow and beyond, with all the benefits of Independent Living, Personal Care, Memory Care and on-site Rehabilitation and Skilled Nursing. With multiple levels of care on one campus, residents enjoy each day without having to worry about what might come next. Choose the program that's right for you, and enjoy the flexibility to add more services should your needs change. It's all part of our culture of choice.

IT'S NOT WHAT YOU'D EXPECT, AND THAT'S THE WHOLE POINT.



- Cards room
- Beauty salon and barber shop
- Outdoor patio area
- Courtyard
- Billiards room
- Fully stocked library
- Balcony/terrace
- Pet-friendly environment

AN OPTION FOR EVERY APPETITE



Variety is the spice of life at The Watermark at Bellingham, and you can rest assured that choice is always on the menu. Enjoy a daily culinary celebration of good taste, good health and impeccable service in an extraordinary setting. Our ever-changing menu features an array of flavorful, fresh and nutritious choices, with everything from upscale selections to comfort food favorites, prepared just how you like them by our expert culinary team. Our Gourmet Bites Cuisine signature program is restoring the joys of dining for individuals with cognitive, physical or neuromuscular challenges, so they can enjoy favorite foods without assistance, utensils or distractions.

If you love to cook, create your favorite dish in your personal kitchen, but it's great to know that a delectable meal among good company (without the cooking, cleaning or dishes) is always just steps from your door. At The Watermark, the choice is yours.



TODAY'S SELECTIONS:

Italian Wedding Soup

Strawberry Fields Salad

Grilled Rainbow Trout with

Tomato Basil Relish

Stuffed Portobello Mushroom

Penne alla Vodka Sauce

WATERMARK UNIVERSITY

Cultural programs, interesting classes and Extraordinary Outings are simply a part of everyday life at The Watermark at Bellingham. Stimulating the mind and strengthening the body has enormous benefits at any age, and that's why we created Watermark University. You'll love having unlimited access to all mind and body fitness classes just steps from your door. Our offerings include *Floral Design, Chair Aerobics, Cake Decorating, Conversational Spanish, Wine Tasting, Yoga* and dozens more, so you can learn (or teach) something new every day. These classes aren't just for residents, so call to sign up for a class or two today.



Pilates
Charcoal Drawing
Creative Cooking
Line Dancing
Jewelry Making
Oil Painting
Tap Into Technology
Tai Chi

WEST CHESTER LIVING



Discover our warm and welcoming community, where bright days are matched by our dedication to providing unparalleled care. Set in beautiful West Chester, Pennsylvania, our community encompasses 15 acres of historic and beautiful countryside in Chester County. Residents are spoiled with rich history and charming culture, but enjoy easy access to modern amenities, entertainment, shopping dining and esteemed health care providers at Paoli Hospital and Chester County Hospital should they ever need it.

Our very own community farmhouse was originally built in 1720, and the stone house was home to Benjamin Garrett, a noted watchmaker throughout the Revolutionary War. Our community is the exact site of the former Grist Mill, where flour was shipped to George Washington's troops at Valley Forge. Today, the stone house holds our library, quaint meeting rooms and a full-service kitchen for private parties. The wooden beams and stone from the barn have been graciously repurposed into a restaurant-style dining room. Our residents enjoy the charm of yesteryear in every corner of this historical gem.



Nestled in the heart of Pennsylvania's Brandywine Valley

Chester County Historical Society

Longwood Gardens

Brandywine Valley Wine Trail

American Helicopter Museum & Education Center

Brandywine River Museum of Art

Tyler Arboretum

Valley Forge National Historical Park

West Chester Railroad

TOWN CENTER LIVING



At The Watermark, we've created a culture built on choice. Trade the headaches of home maintenance, countless bills and endless errands for the lifestyle you deserve. Enjoy the fun side of life in a perfectly sized, vibrant, lively community filled with exceptional associates who know more than just your name. At The Town Center, we know your preferences, and we love exceeding every expectation. Here, you'll find fun, friendship and freedom everywhere you turn. Our residential options run the gamut from spacious studio to our gorgeous two-bedroom residences with private baths and large closets. Visit us and discover fascinating people, a beautiful environment, delicious cuisine, concierge services and so much more.

You can have it all in a simple monthly rental with no buy-in requirements. Give us a call to schedule a visit, and see for yourself what carefree, fun-filled retirement living is all about at The Watermark.



- Cheerful apartments with private baths and spacious closets
- Concierge services
- Housekeeping, linen and laundry services available
- Scheduled local transportation services
- All utilities including cable TV and local phone service
- Maintenance services for residence and built-in appliances
- Move-in coordination services
- Pet-friendly environment

PERSONAL CARE AT THE INN

At The Inn, unparalleled personalized care and choice are the order of the day. You won't find cookie-cutter apartments, boring stereotypical activities and health care delivered on a schedule so rigid that it becomes the center of your day. Discover a warm and welcoming atmosphere with a world of options, including spacious floor plans, restaurant-style dining with three delicious and healthy meals each day prepared by our expert culinary team, a dynamic calendar jam-packed with a wide variety of events, programs and outings, and top-notch care tailored to your needs, on your schedule. Enjoy peace of mind with our full continuum of care so you can live well and age right where you want to be today, tomorrow and beyond.



Cheerful apartments with private baths and large closets

Choice of spacious studio or one-bedroom residences

Housekeeping, linen and laundry services

Caring, trained associates available 24 hours per day

Scheduled local transportation services

All utilities including cable TV (internet and local phone service excluded)

Maintenance services for residence

Variety of senior wellness programs

Resident emergency response system

Move-in coordination services

Pet-friendly



A NEW KIND OF MEMORY CARE

We borrow from the traditions of the multigenerational households and local bed and breakfasts to create a place where everyone thrives. Private studio apartments are comfortable, filled with soft natural light and high-quality finishes, and common areas encourage friendly gatherings and meaningful connections. Our associates are specially trained to bring joy and a sense of family to every moment. From cooking meals side by side and putting together a scrapbook to filling the bird feeder on the patio and listening to special music that is the soundtrack of the resident's life, they do anything that evokes a sense of joy, fulfillment and purpose.

Each of our Memory Care associates undergoes training to become a Certified Dementia Practitioner. These universal caregivers whom we call *Nayas* are responsible for all aspects of a resident's well-being. The word *Naya* comes from the ancient language of Classical Sanskrit; a *Naya* is a guide, person of wisdom, conductor and leader. *Nayas* and residents share all that the day brings, forming deep, familial bonds and celebrating the natural rhythms of daily life.

In perfect alignment with our universal care model, *Nayas* and community members are mindfully engaged in each moment, and cultivate a sense of well-being, community and creativity. *Nayas* know if residents have a good appetite, how well they slept and when they last exercised or participated in a new program. They can observe how individuals react to a change in type or dosage of medicine or a new therapy. Understanding the big picture results in a healthier, happier and more connected lifestyle. From this thoughtful foundation, both residents and associates thrive.

Private studio apartments

24-hour staffing with specially trained Memory Care experts with certification through the National Council of Certified Dementia Practitioners (NCCDP)

Weekly housekeeping and linen services

Complete apartment maintenance

Pantry Program for each residents' favorite foods

Dynamic calendar of Watermark University classes and programs designed for residents with memory care needs

Structured and spontaneous programming specifically tailored to each resident

Extraordinary Outings that you would never expect in a Memory Care community

Homelike environment with resident photographs, keepsakes and family histories

Family communications center

Ongoing communication with primary care physician, other health care professionals and family members

All utilities except cable TV, internet and local phone service

Move-in coordination service



REHABILITATION AND SKILLED NURSING

Why do professionals refer so many patients to The Watermark's award-winning The Springs at Park Lane for rehabilitation? Our caring associates provide unparalleled personalized care, and we offer outstanding therapy services in our extraordinary, Medicare-certified community. For more than 30 years, we've been helping patients restore function, improve mobility, relieve pain, and prevent or limit physical disabilities from injuries or disease.

You're welcome to take full advantage of our top-notch amenities and community offerings, including outstanding chef-prepared cuisine, a dynamic calendar of Watermark University mind and body fitness classes, events, outings, and that's just the beginning.

Enjoy the ultimate experience with our personal Ambassador Program. From the moment you arrive, you'll receive a warm welcome and ongoing one-on-one attention from your personal ambassador. They will be your single point of contact, available and responsive to you and your family throughout your stay to answer any questions, provide for every comfort and offer a reassuring voice along the way. Using your family's preferred method of communication – phone, text message, email or in person – your ambassador will keep your closest relatives informed of your progress.

24-hour RN/LPN care

Short-term rehab and long-term stay

Physicians who specialize in geriatric care

Physical, occupational and speech therapy

Pain management

Home safety evaluations

Basic cable TV

Wi-Fi

Social services

Wound care

Therapeutic meals

Restaurant-style dining and room service

Laundry services

Mail and flower delivery

On-site hairdresser

Discharge planning and coordination



Watermark creates extraordinary communities where people thrive. We believe aging is about renewal rather than retirement. Watermark communities are known for highly trained and caring associates, a lifestyle built on choice, fine amenities, integrative wellness and innovative programs including the award-winning Watermark University featuring a wide variety of engaging classes for residents and area seniors. Watermark has been named in the top 25 Best Workplaces for Aging Services in a national program conducted by the Great Place to Work Institute and published on Fortune.com. A privately held company with a reputation for more than 30 years for service, innovation, integrity and financial stability, Watermark manages more than 60 retirement communities coast to coast. Based in Tucson, Arizona, Watermark is ranked as the nation's 11th-leading senior housing operator by the American Seniors Housing Association. Visit watermarkcommunities.com for more information.





 THE WATERMARK
AT BELLINGHAM

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