

Experience Extraordinary Senior Living



THE WATERMARK
AT SAN RAMON

ASSISTED LIVING • MEMORY CARE

REDEFINING SENIOR LIVING

At The Watermark at San Ramon, 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 intimate and tranquil park-like wellness setting caters to your every want and need, featuring contemporary studio suites and spacious one- and two-bedroom apartments, outstanding gourmet cuisine, best-in-class programs, lush outdoor patio areas and private garden, stunning panoramic hillside views, and grand-scale amenities and services designed to enhance your optimal wellness journey.

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



Tastefully appointed
restaurant

Beauty salon and barber shop

Laundry rooms

Concierge services

Well-stocked library

Spacious and beautifully
landscaped grounds

Wellness room with physical
therapy equipment

All-purpose and high-tech
clubroom for exclusive
programming and social
events

Resident call response system

Pet-friendly community



AN OPTION FOR EVERY APPETITE

At The Watermark, meals are more than sustenance. They are culinary celebrations of good taste, good health, and good company. Gather with friendly neighbors to share stories while you indulge in cuisine beyond compare, with laughter at the table, gracious service, and impeccable attention to every detail. Our unique menus are overflowing with flavorful and nutritious choices, and our expert chefs will dazzle your palate with an array of tempting culinary creations from upscale selections to comfort food favorites prepared using only the freshest ingredients.

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.

AT THE WATERMARK, THE CHOICE IS YOURS.



Elegant dining room

Breakfast, lunch, and dinner
served restaurant style

Heart-healthy selections

Catering options



MIND AND BODY WELLNESS

Stimulating the mind and strengthening the body have enormous benefits at any age, so we have created a vibrant atmosphere that inspires you to pursue what you love and discover new interests. Through Watermark University, our robust classes breathe new life into each day, with invigorating opportunities to connect, grow, and learn.

Enjoy unlimited access to dynamic mind and body fitness classes, events, programs, and outings all just steps from your door. Our class catalog is full of engaging classes from *Chair Yoga* and *The Artist Within* to *Wine Pairing*, and dozens of other options, so you can learn (or teach) something new every day. Call to request a copy of our current program catalog, and enroll in a class or two today.

EMBRACE YOUR PASSIONS, EXPLORE NEW INTERESTS, AND INDULGE IN WHATEVER INSPIRES YOU.



- Charcoal Drawing
- Travelogues Around the World
- Sign Language
- Ballroom Dancing
- Jewelry Making
- Photography Club
- Oil Painting
- Intro to Computers
- Creative Cooking
- Spanish 101



ASSISTED LIVING

When it comes to Assisted Living, unparalleled personalized care and choice are the order of the day. You won't find cookie-cutter apartments, boring stereotypical events, or health care delivered on a schedule so rigid that it becomes the center of your day.

Discover a welcoming atmosphere with a world of options, including exceptional floor plans, delicious and healthy meals, and a dynamic calendar jam-packed with engaging Watermark University classes, events, programs, and outings. Enjoy personalized care and wellness plans tailored to your needs, on your schedule. We take care of everything so you and your family can enjoy peace of mind in a safe and supportive environment.

Whether you need assistance with daily living routines, help getting to appointments, or a little more joy in your day, our seasoned associates will make it happen.

DISCOVER OUR UNIQUE APPROACH TO INTEGRATIVE CARE AND WELL-BEING.



Bright, cheerful residences with modern kitchenette (patios in select residences)

Delicious and healthy chef-prepared meals

Resident call response system

Watermark University classes

Weekly housekeeping and linen service

Scheduled local transportation services

Senior wellness programs

Guest accommodations



A NEW KIND OF MEMORY CARE

At The Watermark at San Ramon, we're borrowing from the traditions of the multigenerational households and local bed and breakfasts to create a place that suits everyone. Suites are comfortable, filled with bright colors, soft natural light, and high-end finishes. Common areas such as living rooms, patios, libraries, and kitchens encourage friendly gatherings. Meals are cooked right in the kitchen, and anyone can roll up their sleeves to help prepare the meal. Just like home, this household revolves around the kitchen table, where food and conversation connect residents, associates, friends, and family.

WE CHALLENGE TRADITIONAL ASSUMPTIONS OF WHAT IS POSSIBLE.



PRIVATE SUITES

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

Three nutritious family-style meals where families and friends are welcome

Pantry Program for each resident's favorite foods and personal mementos

Dynamic calendar of Watermark University classes, programs, and Extraordinary Outings designed for individuals with memory care needs

Structured and spontaneous programs and events specifically tailored to each individual

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

Residential environment with family photographs, keepsakes, and personal histories

Secure outdoor spaces

Housekeeping, linen, and laundry services

Maintenance services

MEET THE NAYAS

The word *Naya* comes from the ancient language of Classical Sanskrit and is based on being engaged in the present moment. A Naya is a guide, person of wisdom, conductor and leader. These terms truly define our caregivers. In perfect alignment with our universal care model, being mindfully engaged in each moment cultivates a sense of connection, well-being, community, spontaneity, and creativity. In traditional senior living models, care is divided between several associates who interact with a resident only within their particular area of limited duties. This not only results in reduced continuity, but it prevents associates from seeing the big picture of each resident's well-being. Our Nayas spend the day with residents, so they notice the early signs of concern that might otherwise go unseen. 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.



WHAT MAKES A WATERMARK COMMUNITY DIFFERENT?



EngageVR

EngageVR offers residents the opportunity to immerse themselves in exciting experiences and adventures, such as experiencing the Apollo 11 moon landing, exploring the Titanic, or embarking on an African safari. Virtual reality offers breathtaking environments and provides yet another innovative tool to help our residents thrive.

EXTRAORDINARY OUTINGS

Extraordinary Outings shatter the expectations of what's possible for residents of a retirement community. Our residents, associates, families, and volunteers work together to plan safe, adapted outings to ensure our residents thrive and have meaningful experiences, regardless of whether they live in Assisted Living or Memory Care. Outings include fishing trips, a day at the beach, picnics in the park, overnight camping trips, train rides, visits to a local winery, ballpark tours, or a night out at the ballet.

GOURMET BITES CUISINE

Watermark is changing lives one meal at a time with this pioneering and innovative process that enhances independence and restores the joys of dining for individuals with cognitive, neuromuscular, or physical challenges. It provides accessibility to flavorful, nutritious, and favorite foods by transforming traditional menu items into visually pleasing, easily handled bite-size portions that make meals more enjoyable.

PANTRY PROGRAM

It's a wonderful feeling to know your favorite foods or mementos are always close at hand. Our Pantry Program provides residents of our Memory Care neighborhood with their own personal space to store comfort foods and favorite items. Families and friends also use the pantries for photographs, books, games, and more for fun conversation starters during visits with loved ones.

SAGE DIVERSITY CREDENTIAL

Watermark respects, honors, and celebrates diversity in all forms and has embarked upon a partnership with SAGE, a national leader working tirelessly on behalf of LGBTQ+ elders for four decades. Watermark is committed to becoming Platinum SAGE credentialed, with at least 80 percent of associates completing SAGE training coast to coast. Armed with greater knowledge, empathy, and understanding, Watermark communities are even more poised to serve our diverse communities, associates, families, friends, and guests.

THRIVE MEMORY CARE WITH NAYA CAREGIVERS

We believe 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 leader who is engaged in the present moment. Nayas communicate through validation to show understanding and support. From this thoughtful foundation, we cultivate a sense of well-being and connection. We partner with the National Council of Certified Dementia Practitioners to train our Nayas how to incorporate residents into the rhythms of daily living.

THRIVING THROUGH MUSIC

Music helps residents connect with others, engage in our vibrant community life opportunities, and find joy throughout the day. Our *Thriving Through Music* program ensures residents living in our Memory Care neighborhood have access to music of their choice via personalized song playlists.

WATERMARK FOR KIDS

This nonprofit organization supports young leaders and empowers them to thrive. Young people are encouraged to build character, strengthen their leadership skills, and express their creativity, compassion, and spirit. Watermark Kids in turn visit our communities to share their experiences, offer a musical performance, or present a Watermark University class on their passion. Watermark for Kids adds to a fun, vibrant atmosphere and contributes to a sense of purposeful living. Visit watermarkforkids.org to learn more.

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, including *The Writer's Circle*, *Tai Chi*, *Conversational Spanish*, *Cocktail Creations*, *Music and Movement*, *The Artist Within*, *Yoga*, *Facebook 101*, and *Mindful Meditation*, to name a few.

A NEW KIND OF SENIOR WELLNESS.



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 65 retirement communities coast to coast. Based in Tucson, Arizona, Watermark is ranked as the nation's ninth-leading senior housing operator by the American Seniors Housing Association.

VISIT WATERMARKCOMMUNITIES.COM FOR MORE INFORMATION.





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