

# Experience Extraordinary Senior Living



THE WATERMARK  
AT SOUTHPARK MEADOWS

ASSISTED LIVING  
MEMORY CARE

# REDEFINING SENIOR LIVING

## This Must Be the Place

The Watermark at Southpark Meadows is building on more than 30 years of experience in transforming health and wellness programs that promote enriched lifestyles, vitality, and well-being.

Discover an intimate and welcoming setting featuring affordable and spacious residences and community spaces designed to captivate your mind, body, and spirit. Ideally located near the best of everything Austin has to offer, our community boasts a contemporary blend of Hill Country casual with Texas flare.

We invite you to create your health and wellness journey with innovative programs, engaging classes and events, chef-prepared cuisine, expert care tailored to meet your needs, vibrant community life, and more.

**WE'RE NOT WHAT YOU'D EXPECT.  
THAT'S PRECISELY THE POINT.**



- Fine dining restaurant
- Casual bistro
- Private dining room
- Full-service beauty salon and barber shop
- Community Wi-Fi
- Creative design studio
- Fitness studio
- Media room
- Beautifully landscaped courtyards with covered patios



# SAVOR THE GOOD LIFE

## An Option for Every Appetite

At The Watermark at Southpark Meadows, meals are culinary celebrations of good taste, good health, and good company. Connect and share stories with friends and neighbors in our exceptional in-house restaurant with laughter at the table, gracious hospitality, and impeccable attention to every detail. Using only the freshest ingredients, our expert culinary team creates flavorful options that always hit the spot.

Gourmet Bites Cuisine makes meals more accessible and restores independence and the joys of dining for those with cognitive or physical challenges. Menu items are transformed into bite-size portions and enjoyed without assistance, distractions, or utensils.

**VARIETY TRULY IS THE SPICE OF LIFE.**



### TODAY'S SELECTIONS:

French Onion Soup

Butternut Squash Soup

Marinated Tomato Salad

Caesar Salad

Braised Beef Brisket with  
Lemon Seasoned Potatoes  
and Spring Vegetables

Rosemary Chicken  
with Vegetable Orzo and  
Cranberry Coleslaw

Salmon Filet with Honey  
Balsamic Glaze, Sautéed Spinach,  
and Steamed Rice

Warm Apple Cobbler

Pear à la Caramel



# MIND AND BODY WELLNESS

## Discover a World of Well-Being

Pursue your cherished passions and try something new with our enticing calendar of programs, outings, events, and classes offered through Watermark University.

Stimulate your mind in *Music and Movement* or *Conversational Spanish*, bring a new recipe to life in *Creative Cuisine*, discover a new artistic talent in *The Artist Within*, or strengthen your body with *Chair Aerobics*. You can even explore Paris' Eiffel Tower with EngageVR (virtual reality). With dozens of classes taught by residents, associates and professional partners, you'll always find meaningful ways to connect, explore, and learn.

**EXPLORE NEW INTERESTS.  
INDULGE IN WHATEVER BRINGS YOU JOY.**



### SAMPLE CLASSES INCLUDE:

- Armchair Travels
- Flower Arranging
- Line Dancing
- Drama Club
- Sign Language
- Jewelry Making
- Photography Club
- Oil Painting
- Charcoal Drawing
- Wine Tasting



# ASSISTED LIVING WITH A DIFFERENCE

## Customized Care + Support + Independence

Designed for comfort, engagement, and enjoyment, we've created a community you and your loved ones can connect with and the perfect blend of support and independence you need to live a fulfilling life. Caring and trained associates have your health covered 24/7, with thoughtful care and services tailored to meet your needs and preferences.

From simple daily living routines to more comprehensive wellness plans, our person-centric approach will keep you feeling centered, strong, and thriving. You and your family can enjoy the peace of mind that comes with knowing your care needs will be met, even as your needs change.

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



Choice of spacious studio, one-bedroom, or two-bedroom residences

Light-filled apartments with modern kitchenettes

Three chef-prepared meals daily in our restaurant-style dining space

Dynamic calendar of events, programs, Extraordinary Outings, and Watermark University classes

Diverse wellness programs

Housekeeping and maintenance services

Scheduled transportation services

Caring and trained associates available 24/7

Short-term stays in a fully furnished apartment

Wireless resident call system

Pet-friendly environment



# A NEW KIND OF MEMORY CARE

## Because No Two Journeys Are Alike

We understand that memory loss is different for each individual. That's why we've created a warm and welcoming Memory Care neighborhood designed with you and your loved ones in mind.

Our Thrive Memory Care program incorporates each individual into the rhythms of daily living, creating mindful moments of connection, engagement, and growth that inspire longevity and well-being. Specially trained and certified caregivers known as *Nayas* create deep connections with each resident, and provide customized care and one-on-one support 24/7 in a secure and supportive environment.

Whether you or a loved one is experiencing mild cognitive impairment, Alzheimer's disease or another form of dementia, we're here for you and your family every step of the way.

**WE CHALLENGE TRADITIONAL ASSUMPTIONS ABOUT WHAT'S POSSIBLE.**



Private and semiprivate 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

Healthy snacks available 24/7

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

Structured and spontaneous programs specifically tailored to each individual

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

Family communications center

Residential environment with family photographs, keepsakes, and personal histories

Housekeeping, linen, and laundry services

Maintenance services



# WHAT MAKES A WATERMARK COMMUNITY DIFFERENT?

## Let Your Senior Living Journey Unfold

Our passion for innovation and commitment to finding creative solutions has led to the development of Signature Programs. Many of these best practices are unique to Watermark and provide the basis of our success in creating extraordinary and innovative communities where seniors thrive.

### CERTIFIED DEMENTIA PROGRAM

Our commitment to extraordinary Memory Care includes our associates receiving the additional education and training required to become a Certified Dementia Practitioner (CDP). This certification is based on training created by the National Council of Certified Dementia Practitioners.

### EngageVR

Virtual reality uses computer technology to create a simulated world that transports you to another place and time. Individuals can immerse themselves in exciting experiences and adventures, such as experiencing the Apollo 11 moon landing, exploring the Titanic, embarking on an African safari, and more.

### EXTRAORDINARY OUTINGS

Group trips shatter the expectations of what's possible for residents of a senior living community. From fishing trips and visits to Austin City Limits and Stubbs BBQ to train trips and even overnight camping trips, Extraordinary Outings stretch beyond day-to-day excursions to ensure that residents have special experiences to look forward to, regardless of whether they live in Assisted Living or Memory Care.

### GOURMET BITES CUISINE

This program enhances independence and restores the joys of dining for individuals with cognitive, neuromuscular, and physical challenges. Using this innovative, pioneering process, expert chefs transform our own freshly prepared and high-quality menu items into flavorful and easily handled bite-size portions that make mealtimes 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 neighborhoods with their own personal space to store comfort foods and favorite items. Here, they can count on finding their mint Milano cookies, tomato bisque or ginger pear tea. Families and friends use the pantry spaces to store 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 LGBT elders for four decades. Watermark is committed to maintaining the Platinum SAGE credential, meaning at least 80 percent of associates have completed SAGE training. Armed with greater knowledge, empathy, and understanding, Watermark communities are even more poised to serve our diverse communities, associates, families, friends, and guests.



### THRICYCLING

There's nothing quite like the simple joy of feeling the breeze on your face while riding a bike outdoors. With the help of specially adapted bikes and in partnership with Cycling Without Aging, residents at The Watermark at Southpark Meadows enjoy leisurely rides on community paths and throughout the surrounding areas. Enjoy the great outdoors on our "Thrive Cycle," and have fun connecting with neighbors, friends, and family.

### THRIVE MEMORY CARE WITH NAYA CAREGIVERS

Our Thrive Memory Care program incorporates each individual into the rhythms of daily living, creating mindful moments of connection, engagement, and growth that inspire longevity and well-being. Specially trained and certified caregivers known as *Nayas* create deep connections with each resident, and provide customized care and one-on-one support. We partner with the National Council of Certified Dementia Practitioners to train our Nayas.

### 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 neighborhoods have access to music of their choice via personalized song playlists.

### WATERMARK FOR KIDS

Watermark for Kids is a nonprofit organization that 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. Visit [watermarkforkids.org](http://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, with something for everyone.



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](http://WATERMARKCOMMUNITIES.COM) FOR MORE INFORMATION.**







 **THE WATERMARK**  
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