



## REDEFINING MEMORY CARE

**Sales Office:** 8553 N. Silverbell Road, Suite #104 • Tucson, AZ 85743

**Community:** 8689 N. Silverbell Road • Tucson, AZ 85743

**1-520-789-6690** • [www.watermarkcommunities.com](http://www.watermarkcommunities.com)

**ASSISTED LIVING • MEMORY CARE**







**CREATING EXTRAORDINARY  
AND INNOVATIVE COMMUNITIES  
WHERE PEOPLE THRIVE.**

**OUR VISION**

Watermark's Thrive Memory Care program is based on more than 30 years of experience delivering outstanding care and innovative programming in an encouraging, residential environment. Every 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



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

### **NURTURING ENVIRONMENT**

We create “like home” 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. We fill the days with favorite pastimes and make sure to create plenty of meaningful moments.





A close-up photograph of a white ceramic mug filled with tea, sitting on a light-colored wooden tray. Next to the mug is a stack of three round cookies with a dark, possibly chocolate or mint, filling. To the right of the stack is a large, round, golden-brown cookie with a white powdered sugar coating. The background is softly blurred, showing a textured surface.

## 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. 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 seated fitness classes, to innovative offerings such as *Tai Chi*, *Sit and Be Fit* and *Music & Motion*, our 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. Class examples include *The Artist Within*, *Armchair Travels*, *Chinese Calligraphy*, *Flower Arranging* and many more.





## 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, ferry trip at Canyon Lake, equine therapy, chuck wagon cookouts at local ranches, wine tasting in Arizona wine country, and a train ride to the Grand Canyon.





GREET THE  
DAY WITH  
CHAIR YOGA



MUSIC  
EXPLORATION  
WITH RHYTHM  
DRUMMING



OUTING TO  
THE FARMER'S  
MARKET



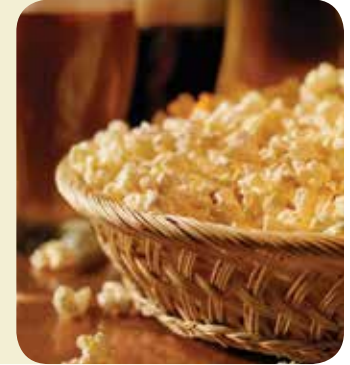
HELP MIX DOUGH  
FOR AFTERNOON  
COOKIES



LEMONADE ON  
THE PATIO



POP POPCORN  
AND WATCH  
THE BIG GAME



TRY CHINESE  
CALLIGRAPHY



UNWIND AT A  
PIANO CONCERT



ENERGIZE  
WITH TAI CHI



CHALLENGE  
YOURSELF TO  
A PUZZLE



STAY STRONG AT  
SIT AND BE FIT



DIP A BRUSH  
IN WHIMSICAL  
WATERCOLORS

