

Redefining Memory Care





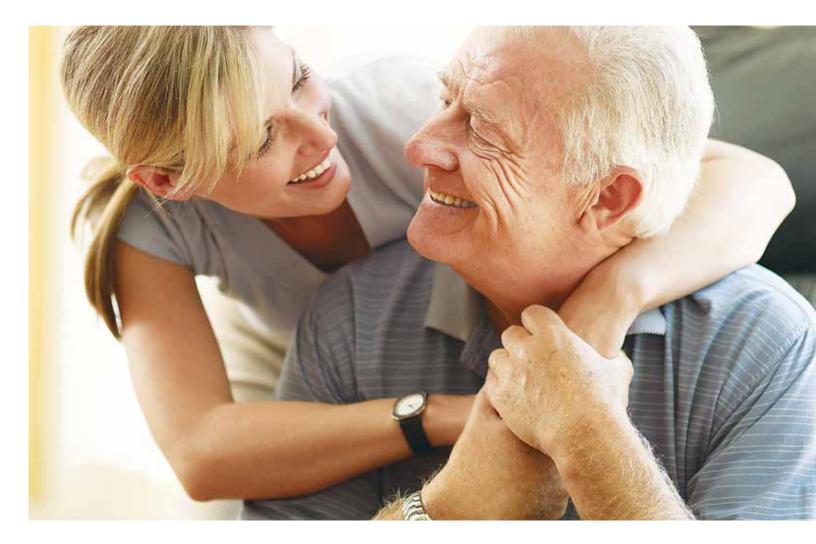
THRIVE MEMORY CARE:

Nurturing Environment Dining for the Soul Gourmet Bites Cuisine Engaging Programming Specialized Training and Certification (National Council of Certified Dementia Practitioners) Extraordinary Outings Naya Caregivers EngageVR (virtual reality) Thriving Through Music Pantry Program Watermark University

OUR VISION

An Extraordinary Community Setting with a Groundbreaking Approach to Memory Care

With more than 30 years of expertise delivering outstanding care and innovative programming in an encouraging, residential environment, Memory Care at The Gardens challenges traditional assumptions to create new possibilities. We focus on what residents can do, never what they cannot, and we honor each individual's unique needs, life experience and personal background to create a thriving community.





NURTURING ENVIRONMENT

Days Filled with the Things You Look Forward to and Enjoy

Comfortable and familiar, our Memory Care neighborhood feels like home. Music, laughter, the wonderful aroma of deliciously cooked meals, fresh flowers, natural light and the splendor of the changing seasons are all reminders of things to look forward to today, tomorrow and beyond. Each day is filled with favorite pastimes and meaningful moments.





DINING FOR THE SOUL Good Food Shared with Good Company

A time to gather, connect and savor life's simple pleasures, dining at The Gardens is flavorful and nutritious. Old favorites, interesting new delights and even family recipes shared by residents fill the menu with taste and variety. Plus, our exclusive Gourmet Bites Cuisine program transforms traditional menu items into easily handled bite-size portions to help restore independence and joy for individuals living with physical, neuromuscular and cognitive changes – and our Pantry Program gives each resident personal space to store favorite items so they're always close at hand.

ENGAGING PROGRAMMING

Meaningful Ways to Engage and Connect

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 fitness classes to innovative offerings such as Chair Yoga, Zumba Drumming and Music and Movement, our physical fitness programs are tailored to each individual's abilities, preferences and needs.





Life Histories

By using past occupations, preferred hobbies and treasured talents, we create opportunities for meaningful connections, along with feelings 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 in meaningful ways. We feature dozens of classes, with something for everyone, including History of Baseball, Science for Seniors, The Artist Within, Mindful Meditation, Bible Study and more.

EngageVR (virtual reality)

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.





MEET THE NAYAS Guidance, Care and Connections

Specially trained and certified Nayas know that behaviors are a response to an unmet need and they communicate through validation to show understanding and support.

In partnership with the National Council of Certified Dementia Practitioners, our Nayas have developed an unparalleled level of expertise to help residents incorporate the rhythms of daily life. Together, residents and Nayas fully experience each day to evoke a sense of joy and purpose.





EXTRAORDINARY OUTINGS

Experiences that Make a Difference

Our Extraordinary Outings shatter the expectations of what's possible, giving residents at The Gardens new opportunities to thrive. Our residents, associates, families and volunteers work together to plan safe, adapted excursions to ensure every event is an enriching experience meant to make memories. Fishing trips, a day at the beach, picnics in the park, hot air balloon rides and so much more – everything is possible and within reach.

DISCOVER A WORLD OF Well-Being

Curated Programming Inspires Longevity and Vitality

Enjoy wide-ranging enrichment opportunities to connect, explore and rejuvenate in our vibrant community of friends.



	Try your	Make some	Sit back and	Relax	Take on
	hand at cake	noise in	relax on mystery	with Mindful	new shapes
	decorating	drumming class	scenic tours	Meditation	in ceramics
1	Blossom in	Log miles	Dip a	Learn	Laugh with
	sensory container	in Walking	brush in Whimsical	about saddlebred	friends at wine and
	gardening	Club	Watercolors	horses	cheese socials
	Experiment	Cuddle	Explore the	Indulge	Appreciate
	with treasured	with canine	Grand Canyon in	your senses with	today with daily
	recipes	companions	virtual reality	a massage	reflections



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ASSISTED LIVING MEMORY CARE