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**INDEPENDENT LIVING**  
**ASSISTED LIVING**  
**MEMORY CARE**



Redefining Memory Care



2403-WBM-4378A Accessibility icons including a wheelchair, a person with a white cane, and a paw print.



## Prema Memory Support<sup>SM</sup>:

Nurturing Environment

Dining for the Soul

Gourmet Bites Cuisine

Specialized Training and  
Certification (National  
Council of Certified  
Dementia Practitioners)

*Naya* Caregivers

EngageVR<sup>®</sup> (virtual reality)

Thriving Through Music

Pantry Program

Watermark University

Extraordinary Outings

## OUR VISION

*Cultivating Connection and Well-Being*

Watermark's Prema Memory Support<sup>SM</sup> program is based on more than 30 years of experience delivering outstanding care in an intimate, supportive environment. Through innovative programming, we foster a one-of-a-kind, dynamic lifestyle.

Every resident brings a unique life experience to the Woodbury Mews community, and we incorporate their **personal backgrounds, preferences, and needs** into everything we do. We challenge traditional assumptions about what is possible, and we always focus on what residents can do, never what they cannot.

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



## NURTURING ENVIRONMENT

*Days Filled With the Things You Look Forward to and Enjoy*

Our Memory Care at the The Gardens neighborhood feels comfortable and familiar, like family. 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 **create plenty of meaningful moments**, which can be cooking meals together, creating a scrapbook, planting flowers in the garden, listening to music that's the soundtrack of the resident's life, and more.



## DINING FOR THE SOUL

### *Favorite Foods With Good Friends*

Beyond nutritious and delicious, meals are a time to gather, connect, and enjoy life's simple pleasures. Personal favorites and interesting new dishes are always on the menu, and we encourage residents and their families to share treasured recipes.

For our **Gourmet Bites Cuisine**, expert chefs transform freshly prepared and high-quality menu items into delicious, easily handled bite-size portions to make meals more enjoyable. This program enhances independence and restores the joys of dining for anyone with cognitive or physical challenges.

The **Pantry Program** provides residents with personal space to store favorite foods or personal mementos. This means that items that provide comfort and joy are always close at hand.

# ENGAGING PROGRAMMING

*Connect and Grow in Meaningful Ways*

## Expressive Arts

We use music, art, and movement to tap into all forms of creativity and encourage communication that goes beyond words.

## Physical Wellness

From traditional fitness classes to innovative offerings such as *Chair Yoga*, *Sit and Stretch*, and *Music and Movement*, physical fitness programs are tailored to each person's abilities, preferences, and needs.



## Life Histories

By sharing past occupations, hobbies, and talents, we create opportunities for meaningful connections, along with feelings of 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 one another in meaningful ways. We feature dozens of classes with something for everyone. How about *Culinary Creations*, *Brain Games*, *The Artist Within*, *Mindful Meditation*, or *The Writers' Circle*?

## EngageVR® (virtual reality)

Residents can go anywhere at a moment's notice and immerse themselves in exciting virtual adventures. They might be present for the Apollo 11 moon landing, explore the Titanic, or embark on an African safari.



## MEET THE NAYAS

*Guidance, Care, and Connections*

Specially trained and certified universal caregivers known as *Nayas* communicate through validation to show understanding and support. Based on this compassionate foundation, we cultivate a sense of community and well-being.

We partner with the **National Council of Certified Dementia Practitioners** to train our Nayas to engage residents in the rhythms of daily living. Together, as the days unfold, residents and Nayas create deep connections and focus on whatever evokes a sense of joy and purpose.



## EXTRAORDINARY OUTINGS

*Experiences That Make a Difference*

Our group trips shatter the expectations of what's possible for Memory Care communities. Residents, associates, families, and volunteers work together to plan **safe, adapted outings** to ensure happy and meaningful experiences.

Outings have included fishing trips, a day at the Jersey Shore and Atlantic City, a train trip to New York City, and even an overnight camping excursion.

# DISCOVER A WORLD OF WELL-BEING

*Curated Programming Inspires  
Longevity and Vitality*

Wide-ranging enrichment opportunities help you or a loved one connect, explore, and feel your best every day in our loving environment.



Make some noise in *Heart and Soul Drumming* class.

Keep fit in *Sit and Stretch* class.

Explore watercolors in *The Artist Within*.

Relax with massages & manicures.

Snuggle with furry friends.

Help mix dough for afternoon cookies.

Relive history in *Life Stories* class.

Greet the day with *Chair Yoga*.

Outing to the farmers market.

Find your rhythm in *Jazz and Dance* class.

Sip lemonade on the patio.

Pop popcorn and watch the big game.