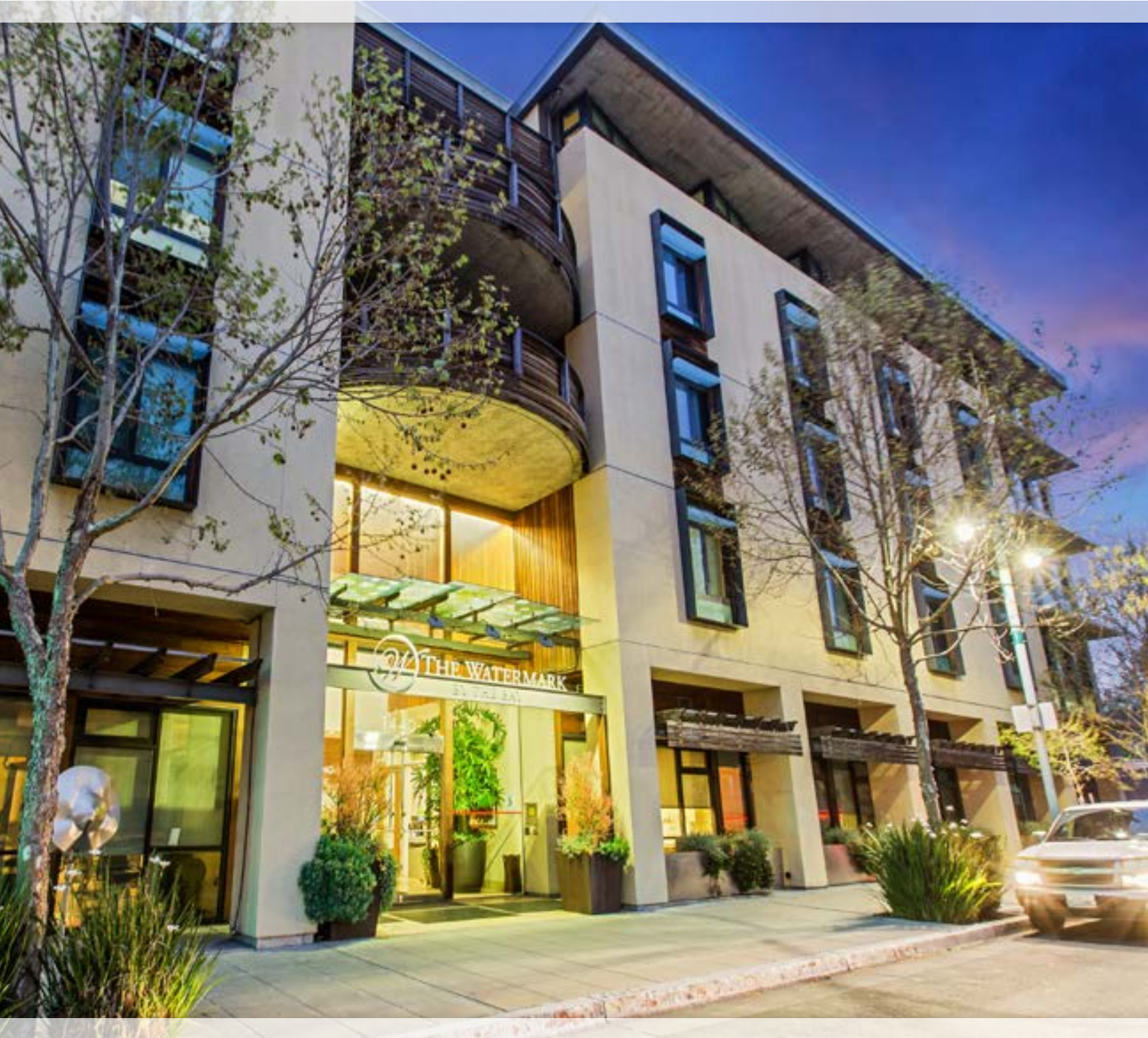




THE WATERMARK
BY THE BAY

Artful. Urban. Connected.







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. That's why we created an artful, vibrant community with an urban feel that's filled with modern options, apartments with oversized windows, great cuisine, world-class care and an active lifestyle of growth and discovery. It's all part of our culture of choice.

ARTFUL. URBAN. CONNECTED.

We are not what you'd expect, and that's the whole point.

- Arts studio
- Light-filled courtyard
- Secure parking garage
- Atrium coffee bar
- Public Wi-Fi
- Wellness and fitness center
- Beauty salon and barber shop
- Furnished guest apartments



ASSISTED LIVING

Our community and programs foster independence by allowing residents in our community to access services and programs when, where and how they need them. As those needs change, so do the offerings. Our Partners in Care model is a flexible, customized framework that empowers each individual – associates, residents, families and health providers – to contribute to the community within a supportive, collaborative environment.

Our experience has taught us that the best in care doesn't have to mean an environment that feels "medical." At The Watermark by the Bay, the atmosphere is friendly and comfortable and care is customized to your needs and preferences. After all, what good is outstanding care if it's the same for everyone?

DESIGNED WITH YOU IN MIND

Everything we do revolves around the personal needs and preferences of each resident. To that end, we perform in-depth individual assessments and regularly modify our services to reflect evolving care needs. We also encourage open dialogue with all of our associates, family members and others who participate in our residents' lives. Through this active sharing, we are able to solve problems and develop more creative and meaningful service plans.

EMOTIONAL WELL-BEING AND MINDFUL SUPPORT PROGRAM

Emotional or behavioral challenges or changes often occur for reasons not easily seen, such as pain, discomfort, hunger or emotional distress. That's why we try to look beyond the "what" to uncover the "why" – exploring mind, body and spiritual connections to reveal and help treat underlying causes. We find that by being creative and collaborative, and finding ways for residents to freely communicate their needs, we're able to provide effective, sustainable solutions.

Three delicious chef-prepared meals per day

Weekly housekeeping and linen services

Caring, trained associates available 24 hours per day

Complete apartment maintenance

All utilities except phone service, cable and internet

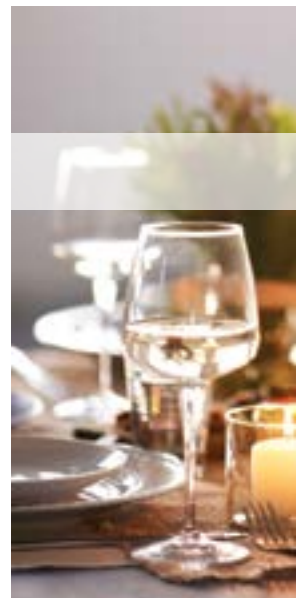
Scheduled local transportation

Dynamic calendar of classes, programs and Extraordinary Outings

Family education and support services

Coordination with health care providers

Best Move program featuring move-in coordination service







A NEW KIND OF MEMORY CARE

At The Watermark, our secure environment supports individuals experiencing the physical, cognitive and emotional effects of dementia. Our focus is on helping each resident lead their best, most fulfilling life. Research is showing the enormous benefits that a full and well-rounded daily life bring to those affected by dementia. Such a life is steeped in regular pursuits meaningful to each resident that promote self-expression; good food that supports optimal health, especially brain health; spaces with plenty of daylight that are comfortable and preserve an easy balance between community and private time; and care that is dedicated, compassionate and fully appreciates the individual resident.



24-hour staffing with 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

Healthy snacks available all day, every day

Structured and spontaneous programs 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

Beautiful central courtyard

Housekeeping, linen and laundry services

Maintenance services



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 well-being, community, spontaneity and creativity.

MEET THE NAYAS



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. Because our Nayas spend the day with residents, 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, more connected lifestyle.









Fresh, local, healthy and delicious. That's a good way to start describing dining at The Watermark by the Bay. Residents eat when they are hungry and have easy access to a wide variety of healthy options, finger foods, nutritional shakes, fresh fruit, salads and favorite snacks. Plus, with our Gourmet Bites signature dining program, individuals with cognitive, physical or neuromuscular challenges can enjoy their favorite foods without assistance, utensils or distractions. With support from friendly associates, residents can even bake and help with favorite recipes. The memories, aromas and social interactions help define our community and make it successful and unique.

AN OPTION FOR EVERY APPETITE

French Onion Soup or
Butternut Squash Soup

Marinated Tomato Salad

Caesar Salad

Braised Beef Brisket with
Lemon Seasoned Potatoes
and Spring Vegetables

Rosemary Chicken with
Veggie Orzo and Cranberry
Coleslaw

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

Fruit Salad



There is always something happening at The Watermark by the Bay. Cultural programs, interesting programs and Extraordinary Outings are simply a part of everyday life. There's always plenty to do with friendly neighbors.

MIND AND BODY WELLNESS



Stimulating the mind and strengthening the body has enormous benefits at any age. That's why we created Watermark University. You'll love having unlimited access to all of our mind and body fitness classes just steps from your door. Our course catalog is chock full of fun classes like *Art and Music Therapy*, *Yoga*, and *Creative Writing*, and everything in between. Our residents and associates can learn (or teach) something new every day. These programs and classes are beneficial, engaging and most of all, fun.

Qi Gong

Art Healing

Chair Zumba

The History of Jazz

Aging and Sexuality

Outing to the Berkeley Art Museum

World Music Jam





At Watermark Retirement Communities, we're committed to creating extraordinary and innovative communities where people thrive.



Watermark communities are known for highly trained associates, a lifestyle built on choice and innovative signature programs, including our award-winning Watermark University featuring a wide variety of engaging classes and programs for residents and locals, alike. A privately held company with a reputation for service, innovation, integrity and financial stability, Watermark manages more than 50 retirement communities nationwide and was recognized by Fortune Magazine as a Great Place to Work. Learn more about the Watermark difference at watermarkcommunities.com.





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ASSISTED LIVING • MEMORY CARE