

# Discover the Watermark Difference



**ROCKLAND PLACE**  
A WATERMARK RETIREMENT COMMUNITY®

**ASSISTED LIVING  
TWO LEVELS OF MEMORY CARE**

# REDEFINING SENIOR LIVING

More than 30 years of experience has taught us that today's seniors want more choices and a more active lifestyle, different than generations before. That's why we opened Rockland Place, a community with those two criteria at the foundation.

Our community is based on a culture of choice, offering a variety of programs to engage every individual to stay active. From apartment choices and individualized wellness programs, to events and outings, classes, and more, you'll find that the choices are endless.

**WE'RE NOT WHAT YOU'D EXPECT,  
AND THAT'S A PROMISE.**



Elegant dining room

Private dining available

Outdoor courtyards

Full-service beauty salon  
and barber shop

Library with fireplace

Spa with whirlpool tub

The Brandywine Room

Fitness Center

On-site physical, occupational,  
and speech therapy

Computer Center



# AN OPTION FOR EVERY APPETITE

Dining at Rockland Place might surprise you. Do you expect your meals to be prepared by a chef in whites? Our culinary team even uses resident-grown, fresh vegetables and herbs from the community's gardens. This isn't a dining room in a retirement community, this is an evening spent at one of your favorite restaurants. Whether you prefer fine dining or quick and casual, the choice is yours.

Dine well as we prepare your food to your tastes. We always offer vegetarian, diabetic-friendly, heart-healthy, and gluten-free options. Also, if you or your loved one faces cognitive or neuromuscular challenges, explore our signature Gourmet Bites dining program and enjoy your favorite foods without assistance, utensils, or distractions.

**AT ROCKLAND PLACE, CHOICE IS ALWAYS ON THE MENU.**



## SAMPLE MENU:

Mesclun of Baby Greens

Maryland Crab Cakes

Roasted Prime Rib Au Jus  
with Whipped Potatoes

Pasta Marinara

Spring Vegetables

Freshly Baked Cherry Pie



# WATERMARK UNIVERSITY

Stimulating the mind and strengthening the body have enormous benefits at any age. That's why, as part of Watermark Retirement Communities®, we created Watermark University. You'll have unlimited access to all of our mind and body fitness classes, which are just steps from your door. Our ever-changing calendar of classes feature *Yoga*, *Creative Cuisine*, *The Artist Within*, and dozens more, so you can learn (or teach) something new every day. These classes aren't just for residents. Call 302-777-3099 to enroll in a class today.

**CREATE A LIFESTYLE THAT SUITS YOUR PREFERENCES.**



- Classical Composers
- Social Networking for Seniors
- Creative Cuisine
- Photography
- Abstract Art
- Beading
- Chair Yoga
- Yoga
- Fishing



# ASSISTED LIVING WITH A DIFFERENCE

Forget cookie-cutter apartments, stereotypical activities, tedious intercoms, and associates in scrubs pushing medication carts. Instead, discover a world of choices, friendly faces, and wellness.

Our assisted living community is easy to navigate, maintaining an intimate neighborhood feel. Let the days unfold with a dynamic calendar of classes and outings, dining with friends and loved ones, and personal pursuits. You'll have access to top-notch care tailored to your needs, on your schedule – not ours – so the care you want never interrupts the day's plans.

Need a little more than just a taste? At Rockland Place, you have the opportunity to immerse yourself in our lifestyle during a short-term stay. Please call 302-777-3099 for details.

**OUR UNIQUE APPROACH INTEGRATES MIND  
AND BODY WELLNESS INTO DAILY LIFE.**



Spacious studios with ample kitchenettes

One-bedroom apartments with full kitchens

Trained associates available 24 hours

Courtyard views

Three chef-prepared meals daily

Watermark University classes

Variety of senior wellness programs

Housekeeping and linen services

Town car or van transportation

Wireless resident call system



# TWO LEVELS OF MEMORY CARE

What sets both of our memory care neighborhoods apart is our associates. These specially trained and certified associates are called Nayas. Originating from the ancient language of Sanskrit, Naya means a guide, person of wisdom, and a leader who is engaged in the present moment. We partner with the National Council of Dementia Practitioners to train our Nayas.

Nayas communicate through validation rather than correction to show understanding and support. We know that behaviors are a response to an unmet need. With this empathy-based approach, we cultivate a positive sense of well-being and connection. Residents are welcome to assist Nayas with cooking, cleaning, and serving home-style meals, or anything else that fulfills their sense of purpose.

We understand that everyone's memory care journey is unique. For this reason, we offer two levels of memory care, both in safe and secure neighborhoods: Our Place and Pathways. All memory care residents have access to our specially designed signature programs including Expressive Arts, Watermark University, Life Histories, Physical Wellness, and Extraordinary Outings. We've designed these programs to help memory care individuals make positive connections with themselves, each other, families, and associates.

## OUR PLACE

Ideal for seniors who are just beginning to experience issues related to memory loss. Our Place is a secure residential neighborhood offering greater independence and access to all areas of Rockland Place.

## PATHWAYS

Our traditional memory care neighborhood offers a safe, secure environment with a higher level of memory care services.

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



Customized wellness plans

Trained associates available 24 hours

Three healthy, delicious meals daily

Snacks available at all times

Intimate, easy-to-navigate community

Sensory Garden

Specially designed memory courtyard

Extraordinary Outings

Watermark University classes

Artistic Expressions Program

Pantry Program



# AMENITIES AND SERVICES THAT MAKE LIFE GREAT

Having such a variety of amenities and services at your disposal allows you to relax and spend free time how you like. Take a stroll, have a friendly chat, or simply watch the birds in our private courtyards. Transport yourself to the rolling hills of Italy's countryside with EngageVR. Or pair your afternoon tea with a good book pulled from our quaint library. At Rockland Place, your interests and preferences are always considered.

For appointments, outings, and errands, let us do the driving. We offer personal transportation to and from shops, appointments, and social or cultural outings.

**AFTER YOU CHOOSE ROCKLAND PLACE,  
YOU'LL WISH YOU HAD SOONER.**



Housekeeping and linen services

Complete apartment  
maintenance services

Daily transportation services

Trained associates available  
24 hours

Outdoor courtyards and  
sensory garden

Paved walking path

Well-stocked library  
with fireplace

Computer center

Fitness center

Spa with whirlpool tub

The Brandywine Room

Laundry rooms

Full-service beauty salon  
and barber shop

On-site physical, occupational,  
and speech therapy



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.**





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