



BLUE BELL PLACE

 A WATERMARK COMMUNITY

REDEFINING MEMORY CARE

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PERSONAL CARE • MEMORY CARE







**CREATING EXTRAORDINARY  
COMMUNITIES WHERE PEOPLE THRIVE.**

**OUR VISION**

Watermark's *Thrive* Memory Care program is based on over 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 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.







## FAVORITE FOODS WITH GOOD FRIENDS

### DINING FOR THE SOUL

Here, dining goes far beyond nutritious and delicious. Meals are a time to gather, connect and enjoy the simple pleasures of life. Old favorites and interesting new delights are always on the menu. Our individual *Pantry Program* provides residents with personal space to store favorite items such as tea and scones, mint Milano cookies, tomato bisque and saltines... Whatever flavors provide comfort and joy, we make sure they're 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 fitness classes, to innovative offerings such as *Sit & Be Fit*, *Wake and Shake*, *The Conductor's Workout* and *Tai Chi*, 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 in meaningful ways. We feature dozens of classes and examples include *Wacky Science Experiments*, *Table Top Creations*, *Stagecoach Theater Arts Acting Workshop*, *Hand Bell Choir*, *Spirited Art*, and *Brian's Quest for the Holy Donut* to name a few.





## 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

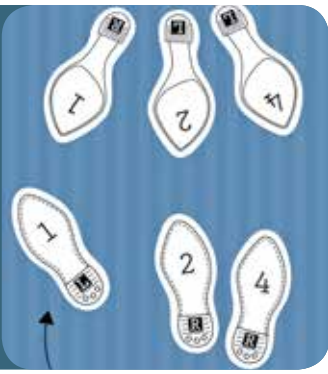
### EXTRAORDINARY OUTINGS

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, a day at the beach, a ferry trip to the Camden waterfront, train ride to Strasburg, visiting the mountains of Pennsylvania and Philadelphia stadium tours.





FIND YOUR RHYTHM  
DANCING THROUGH  
THE DECADES



GET CRAFTY  
IN CRAFTER'S  
CORNER



MASTER  
GARDENING IN  
OUR VEGETABLE  
GARDEN



MAKE PERSONAL  
HISTORY IN LEGACY  
BOOK MAKING



VISIT WITH  
PENELOPE THE  
MINIATURE HORSE



TRY SPIRITED ART  
OR CHALK PASTELS  
WITH AUBRIE



HOMEMADE CARDS  
AND INSPIRATION  
STATION



VISIT WITH VEGAS  
AND OLIVIA FROM  
COMFORT CANINES



PLAY  
SUPERMARKET  
SWEEP



TEST HOW  
WELL YOU KNOW  
YOUR NEWS



DIP A BRUSH  
IN WHIMSICAL  
WATERCOLORS



STUDY THE  
AMAZING  
ALPHABET

