OUR VISION
Watermark’s Thrive Memory Care program is based on more than 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

CREATING EXTRAORDINARY AND INNOVATIVE COMMUNITIES WHERE PEOPLE THRIVE.

THRIVE MEMORY CARE:
- Nurturing Environment
- Dining for the Soul
- Thrive Dining™
- Thrive Programming
- Specialized Training and Certification
- Extraordinary Outings
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.

DAYS FILLED WITH THE THINGS YOU LOOK FORWARD TO AND ENJOY.
DINING FOR THE SOUL

Beyond nutritious and delicious, meals are times to gather, connect and enjoy life’s simple pleasures. Old favorites and interesting new delights are always on the menu and with Thrive Dining™, those same choices come in attractively served, bite-size portions to make meal times even more enjoyable. Our Pantry Program even provides residents personal space to store favorite items like mint Milano cookies or tomato bisque, so comfort foods are always close at hand.
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.

GROW AND CONNECT IN MEANINGFUL WAYS

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.
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.

GUIDANCE, CARE AND CONNECTIONS

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.
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

MAKE PERSONAL HISTORY IN LEGACY BOOK MAKING

HOMEMADE CARDS AND INSPIRATION STATION

TEST HOW WELL YOU KNOW YOUR NEWS

GET CRAFTY IN CRAFTER’S CORNER

VISIT WITH PENEOLE THE MINIATURE HORSE

VISIT WITH VEGAS AND OLIVIA FROM COMFORT CANINES

DIP A BRUSH IN WHIMSICAL WATERCOLORS

MASTER GARDENING IN OUR VEGETABLE GARDEN

TRY SPIRITED ART OR CHALK PASTELS WITH AUBRIE

PLAY SUPERMARKET SWEEP

VISIT WITH VEGAS AND OLIVIA FROM COMFORT CANINES

STUDY THE AMAZING ALPHABET