

W THE WATERMARK
AT NAPA VALLEY

ÉLAN COLLECTION

THRIVE
MEMORY
CARE



THRIVE MEMORY CARE

Dementia Awareness Experience

Nurturing Environment

Dining for the Soul

Gourmet Bites Cuisine

Engaging Programming

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

Extraordinary Outings

Naya Caregivers

Engage – Virtual Reality (VR)

Circadian Lighting

Thriving Through Music

Pantry Program

Watermark University



OUR VISION

**Creating Extraordinary and Innovative
Communities Where People Thrive**



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 they cannot.

NURTURING ENVIRONMENT

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



We create “**like home**” Memory Care neighborhoods that are comfortable and familiar. Our residents are surrounded by wonderful aromas from delicious meals, music, laughter and family to 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.**





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. Old favorites and interesting new delights are always on the menu, and we encourage residents and family members to share their treasured recipes.

Our **Gourmet Bites Cuisine** signature program provides independence, dignity and accessibility to flavorful, nutritious and favorite foods by transforming traditional menu items into visually pleasing, easily handled bite-size portions to make meal times more enjoyable.

Our **Pantry Program** provides residents with personal space to store favorite items such as tea and scones, mint Milano cookies, tomato bisque and saltines, so flavors that provide comfort and joy are always close at hand.

ENGAGING PROGRAMMING

Grow and Connect in Meaningful Ways



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 and Be Fit*, *Wake and Shake*, *The Conductor's Workout* and *Tai Chi*, our physical fitness programs are tailored to individuals' abilities, preferences and needs.

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**, with something for everyone, including *French Pastry Cooking Class*, *Dramatic Acting Workshop*, *Cocktail Creations*, *Virtual Reality Traveler*, *Mindful Meditation*, *Artful Expressions*, and more.

LIFE HISTORIES

We recognize that everyone brings a unique life experience to our community. By using past occupations, preferred hobbies and treasured talents, we create opportunities for meaningful connections, along with feelings of true accomplishment, purpose and joy.

ENGAGE – VIRTUAL REALITY (VR)

Engage VR offers residents the opportunity to immerse themselves in exciting experiences and adventures, such as experiencing the Apollo 11 moon landing, exploring the Titanic or embarking on an African safari.





MEET THE NAYAS

Guidance, Care and Connections



We believe 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're partnering with the **National Council of Certified Dementia Practitioners** to train our Nayas how to incorporate residents in the rhythms of daily living. Together, residents and Nayas work side by side cooking, cleaning, preparing and serving homestyle meals, and doing anything else that evokes a sense of joy and purpose throughout each day.

EXTRAORDINARY OUTINGS

Experiences That Make a Difference

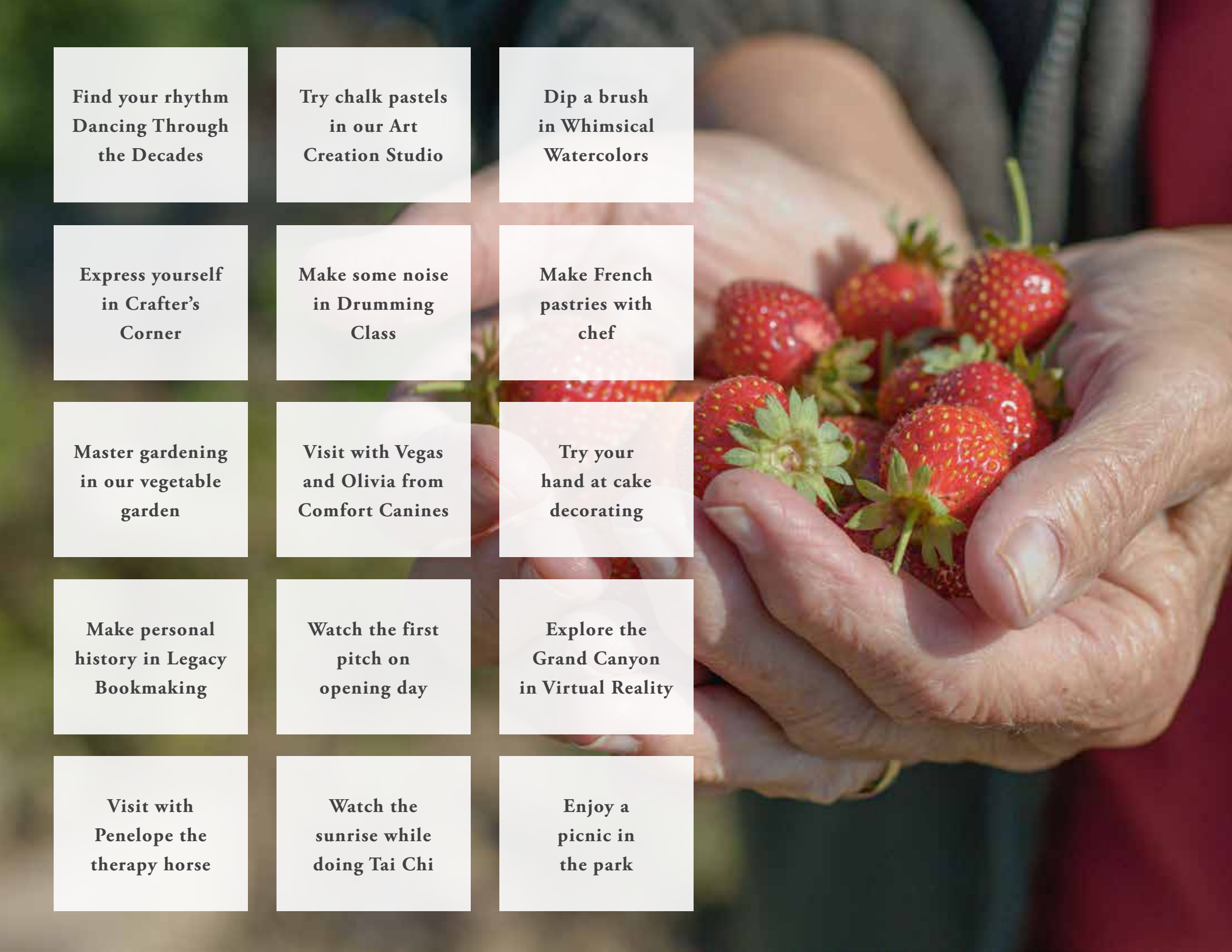


Our group trips shatter the expectations of what's possible for residents of a retirement community.

Our residents, associates, families and volunteers work together to plan **safe, adapted outings** to ensure our residents thrive and have meaningful experiences.

Recent outings nationwide include fishing trips, a day at the beach, an overnight camping trip, train ride to Washington, D.C., visits to a local winery and ballpark tours, or a night out at the ballet.





**Find your rhythm
Dancing Through
the Decades**

**Try chalk pastels
in our Art
Creation Studio**

**Dip a brush
in Whimsical
Watercolors**

**Express yourself
in Crafter's
Corner**

**Make some noise
in Drumming
Class**

**Make French
pastries with
chef**

**Master gardening
in our vegetable
garden**

**Visit with Vegas
and Olivia from
Comfort Canines**

**Try your
hand at cake
decorating**

**Make personal
history in Legacy
Bookmaking**

**Watch the first
pitch on
opening day**

**Explore the
Grand Canyon
in Virtual Reality**

**Visit with
Penelope the
therapy horse**

**Watch the
sunrise while
doing Tai Chi**

**Enjoy a
picnic in
the park**



ÉLAN COLLECTION

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Committed to providing the very best
for our residents and their families,
now and into the future.

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