



PREMA MEMORY SUPPORTSM

This is the place
where your family
becomes our family.

Watching someone you love experience memory changes due to dementia or Alzheimer's disease is difficult, and trying to determine what steps to take next can be overwhelming. We can help.

We're redefining what's possible.

Building on more than 30 years of experience in providing innovative, high-quality memory care nationwide, Watermark is once again raising the bar with our signature Prema Memory Support program.

This unique approach brings together state-of-the-art cognitive and wellness support to create mindful moments

of connection, discovery, and growth. Residents engage fully in the rhythms of daily life, from preparing meals together to singing along to music and enjoying the loving companionship of friends and family.

It all begins with our *Nayas*.

Named after the ancient Sanskrit word for "guide," these exceptional professional caregivers pour their hearts and souls into connecting with each resident to create meaningful ways for them to explore, grow, and live life to the fullest.

Nayas are trained in the latest methods for supporting those with Alzheimer's disease and other forms of dementia. Watermark offers an advanced certification for dementia training that's recognized by the Alzheimer's Association.

*“It’s been so comforting ...
I know that he is well taken
care of. He is with family.”*

– WIFE OF A WATERMARK RESIDENT



Guided by the latest cognitive health science, we’re not just keeping up with the standard – we’re setting it. Our enhanced program focuses on each resident’s capabilities, honors their preferences, and celebrates their experiences. Our approach empowers residents to thrive across all aspects of life – mind, body, spirit, and community.

*In Sanskrit, prema means
“love” or “affection.”*



Personalized Nutrition and Comfort-Centered Spaces

New resident-focused options and personalized menus are designed to meet each person’s tastes and nutritional needs.

Hydration stations feature signature refreshments that boost wellness.

Snacks and supplemental nutrition provide additional protein and carbohydrate intake between meals.

With **ideal lighting and sound levels for calm**, environments are designed to be accessible, inviting, and engaging.

Mindful Innovations

Extraordinary Outings are excursions and experiences that go beyond day-to-day outings and shatter expectations of what’s possible for residents.

Gourmet Bites Cuisine, a leading innovation developed specifically to benefit residents with cognitive, physical, or neuromuscular challenges, transforms familiar meals into hand-held culinary creations.

Pantry Program provides each resident with space to store favorite foods and treasures that evoke positive experiences.

Thriving Through Music ensures each resident has a personalized playlist available at any time of day. Music can be therapeutic, creating a relaxing moment of reflection, an energizing experience, or an impromptu sing-along.

Watermark University is our award-winning program that promotes lifelong learning and sharing personal passions. Newly revitalized classes focus on community partnerships and offer even more ways to engage.



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