



Redefining Memory Care



PARKVIEW
IN FRISCO

A WATERMARK RETIREMENT COMMUNITYSM



THRIVE MEMORY CARE:

Nurturing Environment

Dining for the Soul

Gourmet Bites Cuisine

Thrive Programming

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

Naya Caregivers

EngageVR (virtual reality)

Thriving Through Music

Pantry Program

Watermark University

Extraordinary Outings

OUR VISION

Cultivating Connection and Well-Being

Watermark's Thrive Memory Care program is based on 30+ years of experience delivering outstanding care in an intimate, supportive environment. Through innovative programming, we foster a one-of-a-kind, dynamic lifestyle.

Every resident brings a unique life experience to the Parkview in Frisco community, and we incorporate their **personal backgrounds, preferences, and needs** into everything we do. We challenge traditional assumptions about what is possible, and we always focus on what residents can do, never what they cannot.

Whether you or someone you love is experiencing mild cognitive impairment, Alzheimer's disease, or another form of dementia, we're here for you and your loved ones every step of the way.



NURTURING ENVIRONMENT

Days Filled with the Things You Look Forward to and Enjoy

Our Memory Care neighborhood feels comfortable and familiar, like family. Residents are surrounded by wonderful aromas from delicious meals, music, laughter, family members, fresh flowers, natural light, children, pets, the changing seasons, and reminders of things to look forward to today, tomorrow, and beyond.

The days are rich with **favorite pastimes and meaningful moments**, which could include cooking meals together, creating a scrapbook, planting flowers in the garden, listening to music that's the soundtrack of the resident's life, and more.



DINING FOR THE SOUL

Favorite Foods with Good Friends

Our beautifully served cuisine is nutritious and delicious – and much more. Mealtimes are a chance to gather, connect, and enjoy life’s basic pleasures. Personal favorites and interesting new dishes are always on the menu, and we encourage residents and their families to share treasured recipes.

For our **Gourmet Bites Cuisine**, expert chefs transform freshly prepared and high-quality menu items into easily handled, bite-size portions to make meals more enjoyable. This program enhances independence and restores the joys of dining for anyone with cognitive or physical challenges.

The **Pantry Program** provides residents with personal space to store favorite mementos and comfort foods. This means that items that provide joy – Mint Milano cookies, anyone? – are always close at hand.

ENGAGING PROGRAMMING

Connect and Grow in Meaningful Ways

Expressive Arts

We use music, art, and movement to tap into all forms of creativity and encourage communication that goes beyond words.

Physical Wellness

From traditional fitness to innovative offerings such as *Tai Chi*, *Sit and Dance*, and *Armchair Fitness*, our classes are tailored to each person's abilities, preferences, and needs.



Life Histories

By sharing past occupations, hobbies, and talents, we create opportunities for meaningful connections, along with feelings of 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 one another in meaningful ways. We feature dozens of classes, with something for everyone. How about *The Writer's Circle*, *Conversational Spanish*, *Music and Movement*, or *Facebook for Seniors*?

EngageVR (virtual reality)

Residents can go anywhere at a moment's notice and immerse themselves in exciting virtual adventures. They might be present for the Apollo 11 moon landing, explore the Titanic, or embark on an African safari.



MEET THE *NAYAS*

Guidance, Care, and Connections

The art of caregiving goes beyond the traditional title here. Our specially trained and certified universal caregivers, known as *Nayas*, communicate through validation to show understanding and support. Based on this compassionate foundation, we cultivate a sense of community and well-being.

We partner with the **National Council of Certified Dementia Practitioners** to train our *Nayas* to engage residents in the rhythms of daily living. Together, as the days unfold, residents and *Nayas* create deep connections and focus on whatever evokes a sense of joy and purpose.



EXTRAORDINARY OUTINGS

Experiences That Make a Difference

Our group trips shatter the expectations of what's possible for Memory Care communities. Residents, associates, families, and volunteers work together to plan **safe, adapted outings** to ensure happy and meaningful experiences.

DISCOVER A WORLD OF WELL-BEING

*Curated Programming Inspires
Longevity and Vitality*

Wide-ranging enrichment opportunities help you or a loved one connect, explore, and feel your best every day in our loving environment.



Make some noise in *Heart and Soul Drumming* class.

Keep fit in *Sit and Stretch* class.

Explore watercolors in *The Artist Within*.

Relax with massages and manicures.

Snuggle with furry friends.

Help mix dough for afternoon cookies.

Relive history in *Life Stories* class.

Greet the day with *Chair Yoga*.

Join an outing to the Farmers Market.

Find your rhythm in *Jazz and Dance* class.

Sip lemonade on the patio.

Grab some popcorn and watch the big game.



IN FRISCO

A WATERMARK RETIREMENT COMMUNITYSM

7450 Stonebrook Parkway • Frisco, TX 75034

972-377-6744

parkview.watermarkcommunities.com

INDEPENDENT LIVING
ASSISTED LIVING
MEMORY CARE



ID #106610

23-FPV-0819B