



Redefining Memory Care



THE FOUNTAINS
AT RIVERVUE
A WATERMARK RETIREMENT COMMUNITYSM

ASSISTED LIVING • MEMORY CARE



PREMA MEMORY SUPPORTSM:

Nurturing Environment

Dining for the Soul

Gourmet Bites Cuisine

Engaging Programming

24-hour support from dedicated Nayas who are specially trained in the latest methods for supporting individuals with Alzheimer's disease and dementia

Extraordinary Outings

OUR VISION

Cultivating Connection and Well-Being

Watermark's Prema Memory SupportSM program is based on **more than 30 years of experience** delivering outstanding care in an intimate and supportive environment and creating a one-of-a-kind, dynamic lifestyle through our innovative programming.

Every resident brings a unique life experience to our community, and we incorporate their **personal background, 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 are here for you 24/7.





NURTURING ENVIRONMENT

Days Filled With the Things You Look Forward to and Enjoy



We create 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**, from cooking meals together, creating a scrapbook, filling the bird feeders on the patio, planting flowers in the garden, listening to music that is the soundtrack of the resident's life, and more.





DINING FOR THE SOUL

Favorite Foods With Good Friends

Beyond being nutritious and delicious, meals are a time to gather, connect, and enjoy life's simple pleasures. Personal favorites and interesting new delights are always on the menu, and we encourage residents and their loved ones to share treasured recipes.

Gourmet Bites Cuisine enhances independence and restores the joys of dining for individuals with cognitive or physical challenges. Expert chefs transform freshly prepared and high-quality menu items into delicious, easily handled bite-size portions to make meals more enjoyable.

Pantry Program provides residents with personal space to store favorite foods or personal mementos so items that give them comfort and joy 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 for an alternative form of communication beyond words.

Physical Wellness

From traditional fitness classes to innovative offerings such as yoga and dance classes, our physical fitness programs are tailored to each individual's abilities, preferences, and needs.





Life Histories

By using past occupations, preferred hobbies, and treasured talents, we create opportunities for meaningful connections, along with feelings 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, with something for everyone. Enjoy *The Writer's Circle*, *Conversational Spanish*, *Music and Movement*, and *Facebook for Seniors* to name a few.

EngageVR®

Virtual technology offers residents the opportunity to immerse themselves in exciting 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

Specially trained caregivers – *Nayas* – provide customized care and one-on-one support 24/7 in a secure, supportive environment that cultivates a deep sense of community, connection, and well-being.

Nayas incorporate residents into the rhythms of daily living, creating mindful moments of discovery. Together, residents and Nayas engage in each moment as the days unfold, focusing 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 residents of a senior living community.

Our residents, associates, families, and volunteers work together to plan **safe, adapted outings** to ensure our residents thrive and enjoy meaningful experiences. From overnight camping to day trips to a local winery, a night out at the ballet, hot air balloon rides, museum tours, picnics in the park, and everything in between, the opportunities for adventure, exploration, and fun are endless.



DISCOVER A WORLD OF WELL-BEING

*Curated Programming Inspires
Longevity and Vitality*

Enjoy wide-ranging enrichment opportunities to connect, explore, and rejuvenate in our vibrant community of friends.



Make some
noise in
drum talk

Play
billiards
with friends

Relax in
meditation
class

Trolley into
Tuckahoe

Get creative in
jewelry making

Pop popcorn
and watch
the big game

Master
your golf
swing

Express
yourself in
Fine Art 101

Enjoy a
manicure at
the salon

Plant
vegetables
or fruit in
the garden

Find your
balance during
Chair Yoga

Sway to the
music in
dance class

Paint a
beautiful
watercolor

Complete a
puzzle with
friends

Sing along
to favorite
songs



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