



# Redefining Memory Care

 THE WATERMARK  
AT SOUTHPARK MEADOWS



## THRIVE MEMORY CARE:

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

EngageVR (virtual reality)

Thriving Through Music

Pantry Program

Watermark University

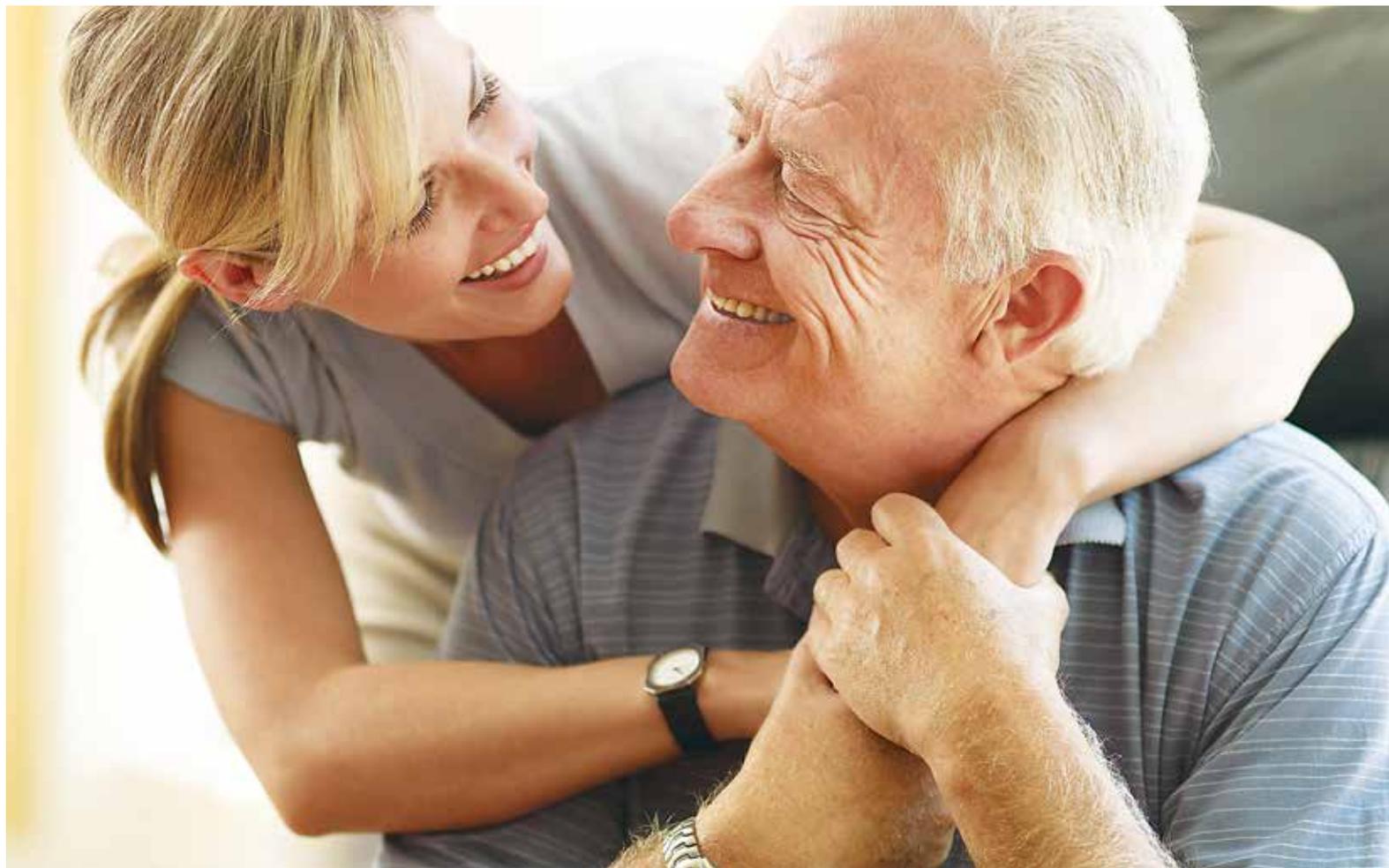
## OUR VISION

### *Cultivating Connection and Well-Being*

Watermark's Thrive Memory Care 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.

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*



We create Memory Care neighborhoods that are comfortable and familiar. 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 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 provide 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 *Chair Yoga*, *Sit and Stretch*, and *Music and Movement*, 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, including *Culinary Creations*, *Brain Games*, *The Artist Within*, *Mindful Meditation*, *The Writers Circle*, and more.

### EngageVR (virtual reality)

Residents can go anywhere at a moment's notice and immerse themselves in exciting virtual 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 and certified universal caregivers known as *Nayas* **communicate through validation** to show understanding and support. From this thoughtful foundation, we cultivate a sense of community and well-being.

We partner with the **National Council of Certified Dementia Practitioners** to train our Nayas how to incorporate residents into the rhythms of daily living. Together, as the days unfold, residents and Nayas create deep connections and focus on anything that 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. Residents, associates, families, and volunteers work together to plan **safe, adapted outings** to ensure our residents thrive and enjoy meaningful experiences.

Recent outings include fishing trips, hot air balloon rides, picnics in the park, scenic lake trips with paddleboarding, visits to a local winery, exploring the botanical garden and arboretum at the University of Texas at Austin, overnight camping trips, and more.



# DISCOVER A WORLD OF WELL-BEING

*Curated Programming Inspires  
Longevity and Vitality*

Enjoy wide-ranging enrichment opportunities designed to help you or a loved one connect, explore, and feel your best every day in a supportive environment.



Try your  
hand at cake  
decorating

Dip a brush  
in Whimsical  
Watercolors

Soar to  
new heights  
with a hot air  
balloon ride

Greet  
the day with  
Chair Yoga

Select fruits and  
veggies at the  
farmers market

Make some  
noise in  
drumming class

Experiment  
with treasured  
recipes

Relax with  
Mindful  
Meditation

Sip lemonade  
on the patio

Explore Paris  
with  
virtual reality

Watch the  
sunrise while  
doing Tai Chi

Cuddle  
with canine  
companions

Take on  
new shapes  
with ceramics

Indulge your  
senses with a  
manicure

Make popcorn  
and watch  
the big game



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**ASSISTED LIVING**  
**MEMORY CARE**

