

A photograph of two women walking together in a lush, green park. The woman on the left is younger, with long brown hair, wearing a white long-sleeved top and white pants. The woman on the right is older, with short blonde hair, wearing a blue and white checkered button-down shirt and white pants. They are both smiling and appear to be in conversation. The background is filled with dense green foliage and trees, with sunlight filtering through the leaves.

## VRIENDSCHAP VILLAGE

 A WATERMARK RETIREMENT COMMUNITY

## REDEFINING MEMORY CARE

2602 Fifield Road • Pella, IA 50219 • **1-888-437-5962** • [www.watermarkcommunities.com](http://www.watermarkcommunities.com)  
A WATERMARK RETIREMENT COMMUNITY

**INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE • SHORT-TERM STAY**





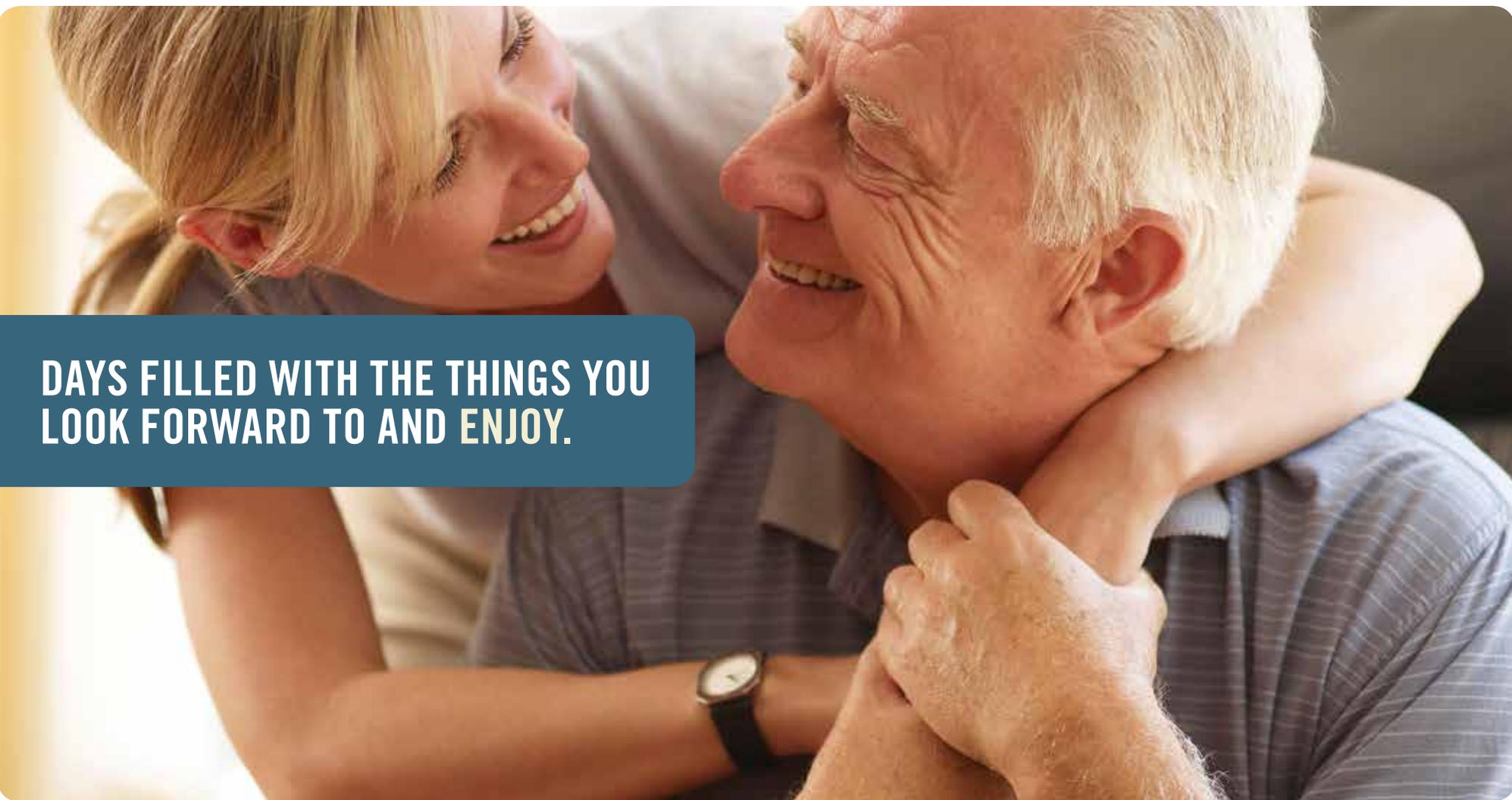
**CREATING EXTRAORDINARY  
COMMUNITIES WHERE PEOPLE THRIVE.**

**OUR VISION**

Watermark's Thrive Memory Care program is based on more than 25 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.

**THRIVE MEMORY CARE:**

- Nurturing Environment
- Dining for the Soul
- Thrive Programming
- Specialized Training and Certification
- Extraordinary Outings



**DAYS FILLED WITH THE THINGS YOU  
LOOK FORWARD TO AND ENJOY.**

### **NURTURING ENVIRONMENT**

We create “like home” 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.



A close-up photograph of a white ceramic mug filled with tea, sitting on a light-colored wooden tray. Next to the mug are several scones and cookies, including a large round scone with a white glaze and a stack of smaller cookies. The background is softly blurred, showing a textured surface.

## FAVORITE FOODS WITH GOOD FRIENDS

### DINING FOR THE SOUL

Here, dining goes far beyond nutritious and delicious. Meals are a time to gather, connect and enjoy the simple pleasures of life. Old favorites and interesting new delights are always on the menu. Our individual Pantry Program provides residents with personal space to store favorite items such as tea and scones, mint Milano cookies, tomato bisque and saltines... Whatever flavors provide comfort and joy, we make sure they're always close at hand.





## GROW AND CONNECT IN MEANINGFUL WAYS

### THRIVE PROGRAMMING

**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 *Strength and Balance*, and *Chair Yoga*. Our physical fitness programs are tailored to residents' abilities, preferences and needs.

**LIFE HISTORIES:** Using past occupations, preferred hobbies and treasured talents, we create opportunities for meaningful connections, plus a feeling 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 and examples include *Facebook Made Easy*, *Beginning Sign Language*, *Barbershop Woodshedding*, and *Grape Growing & Harvesting* – to name a few.



## GUIDANCE, CARE AND CONNECTIONS

### MEET THE NAYAS

Here, 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 partnered with the National Council of Dementia Practitioners to train our Nayas how to incorporate residents in the rhythms of daily living. Together, they work side-by-side cooking, cleaning, preparing and serving home style meals, and anything else that evokes a sense of purpose.

A close-up photograph of fly fishing equipment. In the foreground, a black fly reel with a white fly is attached to a fishing rod with a cork handle. Behind it, another fly reel with a green fly is visible. The gear is resting on a woven wicker basket. A dark blue semi-transparent box with white text is overlaid on the left side of the image.

## EXPERIENCES THAT MAKE A DIFFERENCE

### EXTRAORDINARY OUTINGS

Our group trips shatter the expectations of what's possible. Our residents, associates, families and volunteers work together to plan safe, adapted outings to ensure our residents thrive. Recent examples from Watermark communities coast to coast include fishing trips, a day at the beach, a train trip to New York City and even an overnight camping excursion.



JOIN FRIENDS  
FOR AN OUTING  
TO PRAIRIE  
MEADOWS CASINO



SAMPLE DELIGHTS  
AT A COOKING  
DEMONSTRATION



TEACH CHEF HOW  
TO MAKE MOM'S  
CHEDDAR BISCUITS



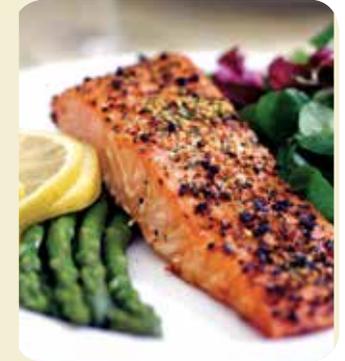
SNAP IN THE  
FINAL PIECE  
OF A PUZZLE



POPCORN MATINEE  
FEATURING  
*CASABLANCA*



TRY OUT THE  
FRESH SALMON  
FOR DINNER



ENJOY THE  
AFTERNOON  
SUN AND PLANT  
TOMATOES IN  
THE GARDEN



ENJOY FRESH  
LEMONADE ON  
THE PORCH  
WITH NEIGHBORS



SEE WHAT YOUR  
GREAT-GRANDKIDS  
HAVE BEEN UP  
TO IN FACEBOOK  
101 CLASS



ENJOY  
INTERACTING WITH  
FRIENDS DURING  
STRENGTH AND  
BALANCE CLASS



TRY A REHAB  
SESSION AT THE  
FITNESS CENTER



MEET FRIENDS  
FOR SATURDAY  
MORNING  
BIBLE STUDY

