



 **THE WATERMARK**
AT CHERRY HILLS

ASSISTED LIVING • MEMORY CARE

REDEFINING SENIOR LIVING

More than 30 years of experience have taught us that today's seniors want more choices and are leading a more active lifestyle than generations before. That's why we created a community filled with extraordinary options, from affordable studio apartments to spacious one- and two-bedroom suites to outstanding cuisine, fun events, engaging Watermark University mind and body fitness classes, unsurpassed customized care and so much more. It's all part of our culture of choice.

IT'S NOT WHAT YOU'D EXPECT, AND THAT'S THE WHOLE POINT.



- Fine dining restaurant, casual bistro and private dining room
- Full-service beauty salon and barber shop
- Community Wi-Fi
- Creative design studio
- Fitness studio
- Media room
- Garden courtyard

AN OPTION FOR EVERY APPETITE

Dining at The Watermark at Cherry Hills isn't what you'd expect from a retirement community. In fact, we think you'll be amazed. Do you envision delicious, healthy meals expertly prepared by a skilled chef in whites and graciously served by friendly, attentive dining team members with impeccable attention to detail? At The Watermark at Cherry Hills, you'll discover all that and more. This isn't a dining room in a retirement community – it's an evening spent at one of your favorite restaurants.

With our Gourmet Bites Cuisine signature program, we are restoring the joys of dining for individuals with cognitive, physical or neuromuscular challenges, so they can enjoy favorite foods without assistance, utensils or distractions. If you're not in the mood for a restaurant-style meal, you can always grab a quick bite and a coffee to go. At The Watermark, the choice is yours.



TODAY'S SELECTIONS:

French Onion Soup

Butternut Squash Soup

Marinated Tomato Salad

Caesar Salad

Braised Beef Brisket with
Lemon Seasoned Potatoes and
Spring Vegetables

Rosemary Chicken with Vegetable
Orzo and Cranberry Coleslaw

Salmon Filet with Honey
Balsamic Glaze, Sautéed Spinach
and Steamed Rice

Warm Apple Cobbler

Pear à la Caramel



PROGRAMS, OUTINGS AND WATERMARK UNIVERSITY CLASSES



There's always something happening at The Watermark at Cherry Hills. Cultural programs, interesting classes and Extraordinary Outings are simply a part of everyday life, and there's always plenty to do with friendly neighbors. Stimulating the mind and strengthening the body has enormous benefits at any age. That's why we created Watermark University. You'll love having unlimited access to all of our mind and body fitness classes just steps from your door. Our class catalog is chock full of fun options from *Floral Design* and *Cake Decorating* to *Chair Aerobics*, *Mindful Meditation* and dozens more, so you can learn (or teach) something new every day. These classes aren't just for residents. Call for your copy of our current catalog, and sign up for a class or two today.

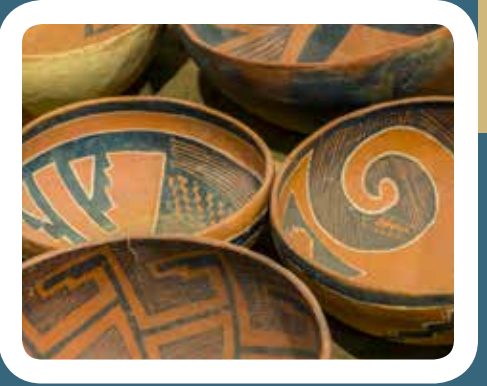


- Charcoal Drawing
- Travelogues Around the World
- Sign Language
- Ballroom Dancing
- Jewelry Making
- Photography Club
- Oil Painting
- Intro to Computers
- Creative Cooking
- Spanish 101

ASSISTED LIVING WITH A DIFFERENCE

When it comes to Assisted Living, we're not what you'd expect. Forget cookie-cutter apartments, boring, stereotypical activities, associates in scrubs or health care delivered on a schedule so rigid it becomes the center of your day. Here, you'll find meals prepared to order by our talented chef, a varied calendar of community doings, top-notch care tailored to your needs on your schedule – not ours – 24 hours a day. Our intimate campus makes our community feel more like your favorite bed-and-breakfast, filled with friendly neighbors and associates you know and trust.

Why wait to get a taste of The Watermark lifestyle? Try us out for a short-term stay. Enjoy a fully furnished apartment, fantastic food made just how you like it, outstanding personalized care and assistance if and when you need it, and (perhaps the best part of all) fun with friendly neighbors. While you're here, treat yourself to a salon service, take a Watermark University class or two, or join us on a hot air balloon ride or a community outing to the Albuquerque Museum of Art and History. Come by for a visit – we know you'll be pleasantly surprised.



Modern kitchenettes

Three meals created daily by our expert chefs

Dynamic program calendar featuring Watermark University classes and Extraordinary Outings

Diverse wellness programs

Housekeeping and maintenance services

Transportation services

Caring, trained staff available 24 hours a day

Pet-friendly environment



A NEW KIND OF MEMORY CARE

At The Watermark, we're borrowing from the traditions of the multigenerational households and local bed-and-breakfasts to create a place where everyone feels right at home. Suites are comfortable, filled with bright colors, soft natural light and high-end finishes. Common areas such as living rooms, patios, libraries and kitchens encourage friendly gatherings and are only a few steps away. Meals are cooked right in the kitchen, and anyone can roll up their sleeves to help prepare the meal. Just like home, this household revolves around the kitchen table, where food and conversation connect residents, associates, friends and family.

24-hour staffing with specially trained Memory Care experts with certification through the National Council of Certified Dementia Practitioners (NCCDP)

Three nutritious family-style meals where families and friends are welcome

Pantry Program for each resident's favorite foods

Healthy snacks available all day, every day

Structured and spontaneous programs specifically tailored to each individual

Extraordinary Outings that you would never expect in a Memory Care community

Family communications center

Residential environment with family photographs, keepsakes and personal histories

Private and semiprivate suites

Housekeeping, linen and laundry services



MEET THE NAYAS



The word *Naya* comes from the ancient language of Classical Sanskrit and is based on being engaged in the present moment. A Naya is a guide, person of wisdom, conductor and leader. These terms truly define our caregivers. In perfect alignment with our universal care model, being mindfully engaged in each moment cultivates a sense of well-being, community, spontaneity and creativity.

In traditional senior living models, care is divided between several associates who interact with a resident only within their particular area of limited duties. This not only results in reduced continuity, but it prevents associates from seeing the big picture of each resident's well-being. Because our Nayas spend the day with residents, they notice the early signs of concern that might otherwise go unseen. Nayas know if residents have a good appetite, how well they slept and when they last exercised or participated in a new program. They can observe how individuals react to a change in type or dosage of medicine or a new therapy. Understanding the big picture results in a healthier, happier, more connected lifestyle.



WHAT MAKES A WATERMARK COMMUNITY DIFFERENT

EXTRAORDINARY OUTINGS

Extraordinary Outings challenge traditional assumptions of what is possible for residents of a retirement living community. From fishing trips and visits to the Albuquerque Museum of Art and History to hot air balloon rides, train trips and even overnight camping trips, Extraordinary Outings stretch beyond day-to-day excursions to ensure that residents have special experiences to look forward to, regardless of whether they live in Independent Living, Assisted Living, Memory Care or Rehabilitation and Skilled Nursing neighborhoods.

GOURMET BITES CUISINE

At Watermark communities coast to coast, our signature program Gourmet Bites Cuisine is restoring independence and the joy of dining for individuals with cognitive, physical and neuromuscular challenges. Gourmet Bites Cuisine is an innovative, pioneering process that transforms our own high-quality, freshly prepared, gourmet menu items into nutritionally balanced meals, intended to be enjoyed by hand, with no utensils required.

PANTRY PROGRAM

It's a wonderful feeling to know your favorite foods or mementos are always close at hand. Our Pantry Program provides residents of our Memory Care neighborhoods with their own personal space to store comfort foods and favorite items. Here, they can count on finding their mint Milano cookies, tomato bisque or ginger pear tea. Families and friends use the pantry spaces to store photographs, books, games and more for fun conversation starters during visits with loved ones.

THRIVE MEMORY CARE WITH NAYA CAREGIVERS

We believe 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. 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 Certified Dementia Practitioners to train our Nayas how to incorporate residents in the rhythms of daily living and communicate through validation rather than correction to show understanding and support. Together, residents and Nayas work side by side, cooking, cleaning, preparing and serving homestyle meals, and doing anything else that evokes a sense of joy and purpose.

THRIVING THROUGH MUSIC

Music helps residents connect with others, engage in our vibrant community life opportunities and find joy throughout the day. Our Thriving Through Music program ensures residents living in our Memory Care neighborhoods have access to music of their choice via personalized song playlists.

(Continued on next page)

WHAT MAKES A WATERMARK COMMUNITY DIFFERENT

(Continued from previous page)

SAGE DIVERSITY CREDENTIAL

Watermark respects, honors and celebrates diversity in all forms and has embarked upon a partnership with SAGE, a national leader working tirelessly on behalf of LGBT elders for four decades. Watermark is committed to maintaining the Platinum SAGE credential, meaning at least 80 percent of associates have completed SAGE training. Armed with greater knowledge, empathy and understanding, Watermark communities will be even more poised to serve our diverse communities, associates, families, friends and guests.

WATERMARK FOR KIDS

Watermark for Kids is a nonprofit organization that supports young leaders and empowers them to thrive. Through Watermark for Kids, young people are encouraged to build character, strengthen their leadership skills and express their creativity, compassion and spirit. Watermark Kids in turn visit our communities to share their experiences, offer a musical performance or present a Watermark University class on their passion. Watermark for Kids adds to a fun, vibrant atmosphere and contributes to a sense of purposeful living. To learn more, visit watermarkforkids.org.

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 *The Writer's Circle*, *Conversational Spanish*, *Music and Movement*, and *Facebook 101*, to name a few.



At Watermark Retirement Communities, we're committed to creating extraordinary and innovative communities where people thrive. Watermark communities are known for highly trained associates, a lifestyle built on choice and innovative signature programs, including our award-winning Watermark University featuring a wide variety of engaging classes and programs for residents and locals, alike. A privately held company with a reputation for service, innovation, integrity and financial stability, Watermark manages more than 50 retirement communities nationwide and has been certified as a Great Place to Work by Fortune Magazine. Learn more about the Watermark difference at watermarkcommunities.com.





 **THE WATERMARK**
AT CHERRY HILLS

6901 San Vicente Ave. NE
Albuquerque, NM 87109
505-445-9200
watermarkcommunities.com



 CREATED AND PRINTED USING ECO-RESPONSIBLE PRACTICES.