



CALICHE

SENIOR LIVING

A WATERMARK RETIREMENT COMMUNITY®

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Redefining Memory Care



CALICHE
SENIOR LIVING

A WATERMARK RETIREMENT COMMUNITY®



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

Pantry Program

Watermark University

OUR VISION

Enriching Connections and Well-Being

Compassionately developed with **more than 30 years of experience**, Watermark's Thrive Memory Care program delivers outstanding care and innovative programming in an encouraging, residential environment.

Here, we honor the unique life experiences of each resident and incorporate every individual's **personal background, preferences, and needs** into the daily fabric of our program. We challenge traditional assumptions about what's 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*



The wonderful aromas of home-cooked meals, music, laughter, fresh flowers, natural light, and the loving companionship of friends and family – our Memory Care neighborhoods are comfortable and familiar with feelings of home.

Whether preparing meals together, tending the garden, listening to music, or simply enjoying life's daily pleasures, we fill each day with **favorite pastimes and enriching experiences** to create meaningful moments.





DINING FOR THE SOUL

Favorite Foods with Good Friends

A time to gather over the savory flavors of nutritious fare, shared meals are an opportunity to connect and engage. Robust menus include personal favorites and interesting new delights as well as the treasured recipes from residents and their loved ones.

Gourmet Bites Cuisine enhances independence and restores the joys of dining for individuals with cognitive or physical challenges. Our expert culinary team transforms freshly prepared and high-quality menu items into delicious, 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

Nurturing Connections and Growth

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 *Tai Chi*, *Sit and Dance*, and *Armchair Fitness*, our physical fitness programs are tailored to each resident's abilities, preferences, and needs.





Life Histories

By 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 like *The Writer's Circle*, *Conversational Spanish*, *Music and Movement*, and *Facebook for Seniors*.





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 well-being and connection.

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, residents and *Nayas* engage in each moment as the days unfold, focusing on whatever evokes a sense of joy and purpose.








DISCOVER A WORLD OF WELL-BEING

*Thrive in a Community that Inspires
Longevity and Vitality*



Enjoy wide-ranging enrichment opportunities to connect, explore, and rejuvenate in our vibrant community of friends. Here, you'll find a welcoming atmosphere with resort-style amenities and services, exceptional restaurant-style dining, a dynamic calendar of events, and top-notch customized care delivered on your schedule in a safe, supportive environment. We take care of everything so our residents and their families can enjoy peace of mind to live well and thrive.



Voted **Greatest of the Grande** by the readers of *Casa Grande Dispatch* three years running.



Try your
hand at cake
decorating

Make some
noise in
drumming class

Watch the
sunrise while
doing Tai Chi

Relax
with Mindful
Meditation

Take on
new shapes
in ceramics

Blossom in
sensory container
gardening

Log miles
in Walking
Club

Dip a brush
in Whimsical
Watercolors

Watch the
first pitch on
opening day

Laugh with
friends at wine and
cheese socials

Experiment
with treasured
recipes

Cuddle
with canine
companions

Explore the
Grand Canyon in
virtual reality

Indulge your
senses with a
manicure

Appreciate
today with daily
reflections