



CALICHE

SENIOR LIVING

A WATERMARK RETIREMENT COMMUNITY®

1640 N. Peart Road

Casa Grande, AZ 85122

520-316-8041

[casagrande.watermarkcommunities.com](http://casagrande.watermarkcommunities.com)



# 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*

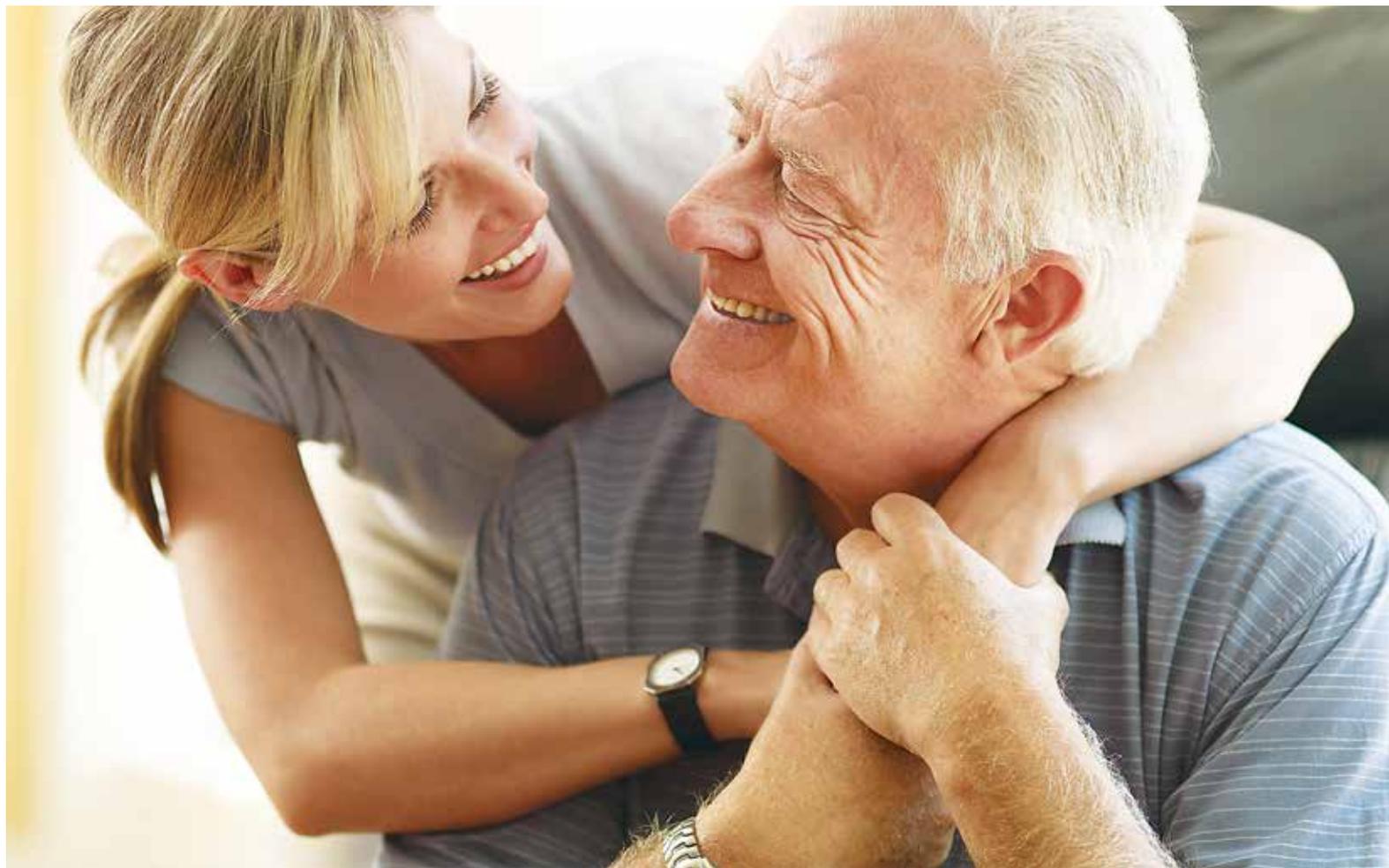
# OUR VISION

*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