



THE FOUNTAINS
AT LA CHOLLA

REDEFINING MEMORY CARE

2001 West Rudasill Road • Tucson, AZ 85704 • 1-520-777-1413 • www.watermarkcommunities.com
A WATERMARK RETIREMENT COMMUNITY

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE





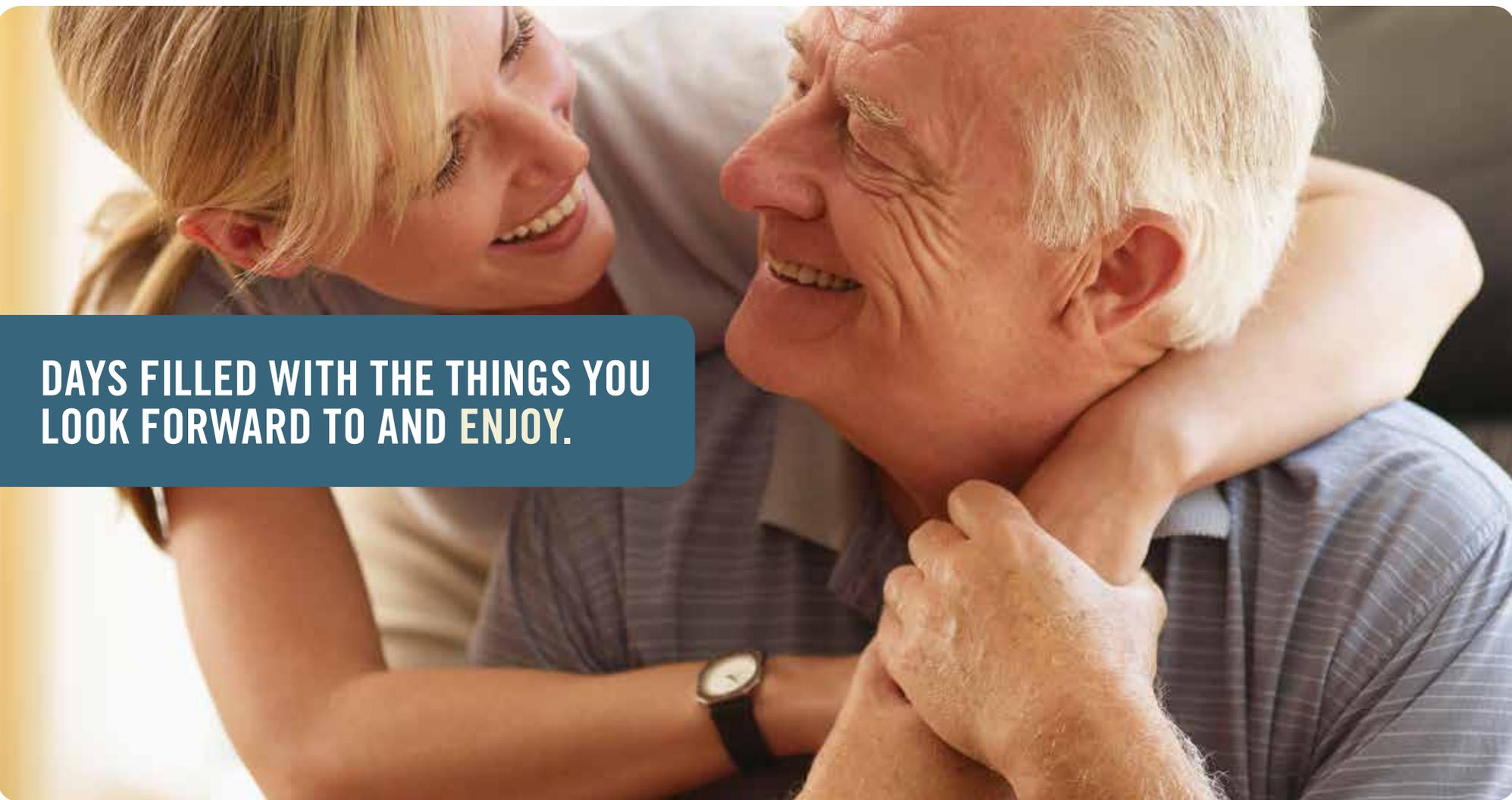
**CREATING EXTRAORDINARY
COMMUNITIES WHERE PEOPLE THRIVE.**

OUR VISION

Watermark's Thrive Memory Care program is based on over 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've created "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 stack of three round cookies with a dark filling and a large, round scone with a golden-brown crust and a dusting of white powder. 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 *Chair Exercise*, *Stretch & Massage*, *Sit N Dance*, and *Tai Chi*, 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 *Stepping Stones*, *Cuddly Canine Visits*, *Using All Your Senses*, *Lights, Camera, Action*, and *Gardening with the Nayas* 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.



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, ferry trip at Canyon Lake, equine therapy, chuck wagon cookouts at local ranches, wine tasting in Arizona wine country, and a train ride to the Grand Canyon.



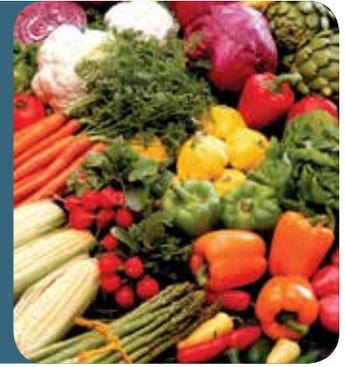
MUSIC
EXPLORATIONS WITH
RHYTHM DRUMMING



CRAFTY IN
CRAFTER'S
CORNER



MASTER
GARDENING IN
OUR VEGETABLE
GARDEN



BRAIN FITNESS WITH
FINISHING LINES



VISIT WITH SIR
SNICKERS THE
MINIATURE HORSE



TRY TRIVIA



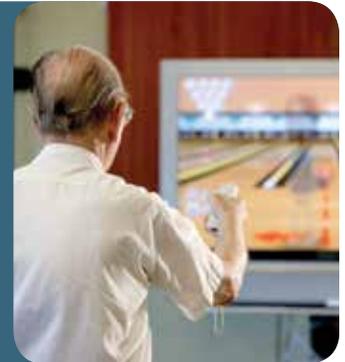
CREATE
HORTICULTURE
WITH BOTANICAL
GARDENS



VISIT WITH MARTINI
FROM COMFORT
CANINES



GET UP AND GOING
WITH WII BOWLING



GET IN THE KNOW
WITH WHAT'S IN
THE NEWS



DIP A BRUSH
IN WHIMSICAL
WATERCOLORS



TEST YOUR
KNOWLEDGE WITH
NAME TEN

