



THE FOUNTAINS
AT BOCA CIEGA BAY

REDEFINING MEMORY CARE

1255 Pasadena Avenue South • St. Petersburg, FL 33707 • **1-727-381-5411** • www.watermarkcommunities.com

A WATERMARK RETIREMENT COMMUNITY

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE • SKILLED NURSING*

*SKILLED NURSING AT THE SPRINGS, OPERATED BY SUMMIT CARE INC.

FLORIDA ASSISTED LIVING LICENSE #0083





**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 Dining™
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 coffee, sitting on a light-colored wooden tray. Next to the mug are several scones and cookies, including a large round scone with a dusting of powdered sugar and a stack of smaller cookies. The background is softly blurred, showing a textured surface.

FAVORITE FOODS WITH GOOD FRIENDS

DINING FOR THE SOUL

Beyond nutritious and delicious, meals are times to gather, connect and enjoy life's simple pleasures. Old favorites and interesting new delights are always on the menu and with Thrive Dining™, those same choices come in attractively served, bite-size portions to make meal times even more enjoyable. Our Pantry Program even provides residents personal space to store favorite items like mint Milano cookies or tomato bisque, so comfort foods are 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 *Music & Movement*, *Drum Vibe* and *Sit and Be Fit*. 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 *Basic American Sign Language*, *Crazy & Creative Art*, *Fishing Frenzy*, and *Bunco for Beginners* – 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 pattern of circular holes is prominent. Behind it, another reel with green accents is visible. A fly fishing rod with a cork handle and a fly is also present. The items are resting on a woven, light-colored 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.



BE A JUDGE AT
THE ANNUAL CHILI
COOK-OFF CONTEST



RELIEVE STRESS
AND REFOCUS THE
MIND DURING
MEDITATION HOUR



MEET BUDDIES
FOR AFTERNOON
FISHING ON THE
PRIVATE DOCK



SNAP IN THE
FINAL PIECE
OF A PUZZLE



POPCORN MATINEE
FEATURING
CASABLANCA



TREAT
YOURSELF TO A
SALON SERVICE



LEARN THE
ALPHABET IN
SIGN LANGUAGE
BASICS CLASS



TRY OUT THE
GRILLED CEDAR
PLANK SALMON
FOR DINNER



ENJOY FRESH
LEMONADE
AND SUNSHINE
BY THE POOL



LEARN TO MAKE
A NEW DESSERT
IN THE BETTY
CROCKER CLUB



SKYPE WITH
GREAT-GRANDKIDS
IN THE COMPUTER
CENTER



MEET FRIENDS
FOR FRIDAY
AFTERNOON
BIBLE STUDY

