



THE FOUNTAINS
AT THE ALBEMARLE

REDEFINING MEMORY CARE

200 Trade Street • Tarboro, NC 27886 • **252-823-2799** • watermarkcommunities.com
A WATERMARK RETIREMENT COMMUNITY

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE • REHABILITATION & SKILLED NURSING





CREATING EXTRAORDINARY AND INNOVATIVE COMMUNITIES WHERE PEOPLE THRIVE

OUR VISION

Watermark's Thrive Memory Care program is based on more than 30 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.





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 *Strength and Balance*, *Drumming to Good Health* and *Line Dancing*. 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 *Music Therapy*, *Artful Expressions*, *Cultural Cuisine*, and *The Book Worms Book Club* – 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 Certified 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 inside a woven basket. The items include a black fly reel with a silver spool, a cork fishing handle with a fly attached, and another reel with a green spool. A brown leather strap with a metal buckle is also visible. The basket's weave is made of light-colored natural fibers.

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.



SAMPLE DELIGHTS
AT A DESSERT
COOKING
DEMONSTRATION



LISTEN TO SOULFUL
TUNES AT THE
JAZZ CONCERT
AFTER DINNER



EXPRESS YOURSELF
IN PAINTING CLASS



ENJOY INTERACTING
WITH FRIENDS
DURING STRENGTH
AND BALANCE CLASS



POPCORN MATINEE
FEATURING
CASABLANCA



TRY OUT THE
FRESH SALMON
FOR DINNER



TEACH CHEF HOW
TO MAKE MOM'S
CHEDDAR BISCUITS



ENJOY FRESH
LEMONADE ON
THE PORCH
WITH NEIGHBORS



SEE WHAT YOUR
GREAT-GRANDKIDS
HAVE BEEN UP TO
IN FACEBOOK 101



JOIN FRIENDS
AT THE WEEKLY
MAKE YOUR OWN
MARTINI PARTY



TRY A REHAB
SESSION AT THE
WELLNESS CENTER



SING HYMNS
DURING SUNDAY
CHURCH SERVICE

