



ROCKLAND PLACE

 A WATERMARK COMMUNITY

ASSISTED LIVING • TWO LEVELS OF MEMORY CARE

REDEFINING SENIOR LIVING

Over 25 years of experience have taught us that today's seniors want more choices and are leading a more active lifestyle than generations before. That's why we created a community filled with options, from affordable studio apartments to a variety of one-bedroom suites, great cuisine and fun events plus Watermark University mind and body fitness classes. It's all part of our culture of choice.

IT'S NOT WHAT YOU'D EXPECT, AND THAT'S THE WHOLE POINT.



Elegant dining room with private dining available

Outdoor courtyards

Full-service beauty salon and barber shop

Library with fireplace

Spa with whirlpool tub

The Brandywine Room

Fitness Center

On-site physical, occupational and speech therapy

Computer Center

AN OPTION FOR EVERY APPETITE

Dining at Rockland Place isn't what you'd expect from an Assisted Living or Memory Care community. In fact, we think you'll be amazed. Do you expect your meals to be prepared by a skilled chef in whites? Graciously served by friendly staff with impeccable attention to detail? Fresh vegetables grown by our own residents? Of course if you love to cook, why not have a few friendly neighbors over to share your favorite dish? At Rockland Place, the choice is yours.



TODAY'S SELECTIONS:

Mesclun of Baby Greens

Maryland Crab Cakes

Roasted Prime Rib au Jus with
Whipped Potatoes

Pasta Marinara

Spring Vegetables

Freshly Baked Cherry Pie

MIND AND BODY WELLNESS

Stimulating the mind and strengthening the body has enormous benefits at any age. That's why we created Watermark University. You'll love having unlimited access to all of our mind and body fitness classes just steps from your door. Our course catalog is chock full of fun classes from *Yoga* to *Creative Cuisine*, *The Artist Within* and dozens more, so you can learn (or teach) something new every day. These classes aren't just for residents. Call for your copy of our current course catalog and enroll in a class or two today.



- Classical Composers
- Social Networking for Seniors
- Creative Cooking
- Photography
- Abstract Art
- Beading
- Chair Yoga
- Fishing
- Yoga
- Creative Cuisine

ASSISTED LIVING

Come by for a visit, we think you'll be surprised. You won't find cookie cutter apartments, monotonous call bells, stereotypical activities or annoying intercoms. Instead, you'll discover a world of choices, fantastic cuisine, engaging events, interesting classes and friendly neighbors. You'll also find top notch care tailored to your needs, on your schedule – not ours, 24 hours per day.

Why wait to get a taste of the Rockland Place lifestyle? Try us out for a short-term stay. Enjoy a fully furnished, spacious apartment, delicious and nutritious food made just how you like it, personalized care and assistance if and when you need it, and (perhaps the best part of all) fun with friendly neighbors. While you're here, why not treat yourself to a salon service and take a class or two?



Variety of floor plans to choose from

Courtyard views

A state-of-the-art wireless resident call system

Three meals created daily by our expert chefs

Watermark University classes

Housekeeping services

Town car or van transportation

Senior wellness programs

TWO LEVELS OF MEMORY CARE

Our nurturing environment fills residents' senses with music, laughter, family, fresh flowers, natural light, children and pets. Meals are a time to gather, connect and enjoy the simple pleasures of life. We pour our hearts and souls into creating meaningful ways for residents to learn, grow and connect with each other, themselves, their families and our associates through Expressive Arts, Watermark University, Life Histories, Physical Wellness and Extraordinary Outings.

What really sets our Memory Care neighborhoods apart, however, are the specially trained and certified associates who work here, whom we call Nayas. Originating from the ancient language of Sanskrit, Naya means a guide, person of wisdom and a leader who is engaged in the present moment. We partner with the National Council of Dementia Practitioners to train our Nayas. We 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. Residents are welcome to assist Nayas with cooking, cleaning, preparing and serving home style meals, or anything else that fulfills their sense of purpose. Even residents living with memory loss can thrive.

We also recognize that memory loss is never black and white, but a gradual process with many shades of grey. That's why we provide two levels of memory care, Our Place and Pathways, so our residents always feel right at home.



- Customized wellness plans
- Beautiful, sunny memory courtyard
- Trained associates available
24 hours per day
- Watermark University courses
designed to enhance memory and
mind fitness
- Three nutritious, well-balanced
meals per day
- Delicious snacks that are good for
the mind and the body
- Intimate, friendly,
neighborhood setting
- Sensory garden
- Art Without Boundaries program

AMENITIES AND SERVICES THAT MAKE LIFE GREAT

Our lifestyle will keep you feeling young and thriving. Plus, you won't find a better value or more friendly neighbors anywhere around. Our open, spacious dining room features standard favorites, daily chef specials, seasonal dishes and fresh, local ingredients for healthy and delicious meals. Gather with friends for morning coffee or happy hour with spirits and snacks on the house. Stroll, chat or simply watch the birds in our beautifully landscaped sensory garden. Express your inner artist in our Art Without Boundaries program. For appointments, outings and errands, let us do the driving with complimentary transportation to and from shops, personal appointments and social or cultural outings. Our library is stocked from floor to ceiling with books and you'll love having a full-service beauty salon and barber shop just steps from your door. Call to schedule a visit to learn more about how our services and amenities can make your life great. needs of each resident by a friendly, familiar face. Best of all, our associates are always focused on what you *can* do, never what you cannot.



- Elegant dining room with private dining available
- Full-service beauty salon and barber shop
- Well-stocked library with fireplace
- Laundry rooms
- Outdoor courtyards and sensory gardens
- Paved walking path
- Computer Center
- Wireless resident call system
- On-site physical and occupational therapy
- Daily transportation services



Creating extraordinary communities where people **thrive**.



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