



ROCKLAND PLACE

 A WATERMARK COMMUNITY

ASSISTED LIVING • TWO LEVELS OF MEMORY CARE

REDEFINING SENIOR LIVING



As part of Watermark Retirement Communities, we are creating an extraordinary and innovative community where people thrive. More than 30 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 Rockland Place, a community filled with endless options, from affordable studio apartments and a variety of one-bedroom suites to outstanding cuisine, fun events, engaging Watermark University mind and body fitness classes, and an active lifestyle full of growth and discovery. 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. Enjoy convenient restaurant-style dining, with delicious, healthy meals prepared by a skilled chef in whites, and you and your friends and family will always enjoy gracious service with impeccable attention to detail. We even use fresh vegetables and herbs grown by our own residents in the community's gardens. Of course, if you love to cook, invite a few friendly neighbors over to share your favorite dish. At Rockland Place, the choice is yours.

Dine well with a variety of menus, including vegetarian, with diabetic friendly, heart healthy and gluten-free options. Plus, with our Gourmet Bites program, individuals with cognitive, neuromuscular or physical challenges can enjoy their favorite foods without assistance, utensils or distractions. Join us for lunch, dinner or a cup of coffee for a taste of how we thrive.



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 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 to sign up for 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



When it comes to Assisted Living at The Inn, we're not what you'd expect. You won't find cramped, cookie-cutter apartments, monotonous call bells, stereotypical activities, annoying intercoms or care delivered on a rigid schedule. 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, take a class or two or enjoy a community outing to Longwood Gardens? Come by for a visit — we know you'll be surprised.



Variety of large, spacious floor plans

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've partnered with the National Council of Certified 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. Together, residents and *Nayas* work side-by-side cooking, cleaning, preparing and serving homestyle meals, or doing anything else that evokes joy and fulfills their sense of purpose. Residents living with memory loss can thrive.

We also recognize that memory loss is never black and white, but that it's a gradual process with many shades of gray. 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 classes
designed to enhance memory and
mind fitness
- Three nutritious,
well-balanced meals per day
- Delicious snacks that are good for
the mind and body
- Intimate, friendly,
neighborhood setting
- Sensory garden
- Artistic Expressions program
- Pantry Program
- Extraordinary Outings that you
would never expect in a Memory
Care community

TWO LEVELS OF MEMORY CARE



OUR PLACE – This exciting alternative is ideal for seniors who are just beginning to experience issues related to memory loss. Our Place is a friendly, residential neighborhood offering greater independence and access to all areas of Rockland Place in a small neighborhood setting. Whatever assistance is needed, you can count on us to deliver it.

PATHWAYS – Pathways offers a safe, secure environment with a higher level of memory care services. Choice and customized care are the order of the day. We have a long track record of delivering on our promises and a solid management team that has worked together for many, many years. You can count on us because we can count on each other. Beyond our experience, we have specialized training, including Certified Dementia Practitioners, to back up our award-winning service.



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 Artistic Expressions 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.



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

Movie Theater

Pet therapy

At Watermark Retirement Communities, we're committed to creating extraordinary and innovative communities where people thrive. Watermark communities are known for highly trained associates, a lifestyle built on choice and innovative signature programs, including our award-winning Watermark University featuring a wide variety of engaging classes and programs for residents and locals, alike. A privately held company with a reputation for service, innovation, integrity and financial stability, Watermark manages more than 50 retirement communities nationwide and was recognized by Fortune Magazine as a Great Place to Work. Learn more about the Watermark difference at watermarkcommunities.com.





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