




## EAST VILLAGE PLACE

 A WATERMARK COMMUNITY

**ASSISTED LIVING**

**TWO LEVELS OF MEMORY CARE**

# WHAT MAKES EAST VILLAGE PLACE SO EXTRAORDINARY?

**LONGEVITY.** Many members of our team have been with us since we opened in 1999.

**COMMUNITY.** We're local. We live and work in and around East Longmeadow, raise our families here and care deeply about our neighbors.

**EXPERIENCE.** We're backed by Watermark Retirement Communities® who, for more than a quarter century, has been leading its communities and an entire industry to a more enlightened model of senior care, one that values warm, nurturing environments where people feel good and thrive.

**REPUTATION.** East Village Place has earned its reputation as a leading provider of quality care and customer service with a successful track record spanning more than 15 years.

**FAMILY.** We're like an extension of your own. Just like your family's home, ours is familiar, easy to navigate and full of love and support. Our spacious residences are ideal for couples who wish to remain together even if they have different care needs.

**SPECIALIZATION.** With assisted living and two levels of memory care, we're able to focus on caring for the special needs of each and every resident.

**CONNECTIONS.** More than anything, our residents seek to stay connected to people they love, to pursuits that thrill them and to ideas that stimulate their minds. We offer an abundance of those connections through our outstanding Community Life programs and Watermark University classes. When the time comes, East Village Place offers so many reasons to be your first choice. We're also here to answer all your questions, with no strings attached.



# WATERMARK UNIVERSITY

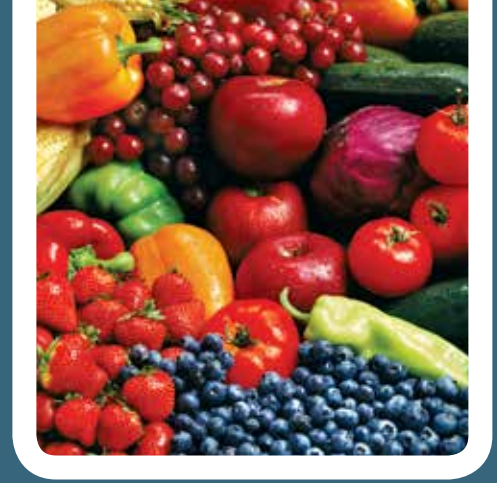
Stimulating the mind and strengthening the body has enormous benefits at any age. That's why, as part of Watermark Retirement Communities<sup>®</sup>, we created Watermark University. You'll love having unlimited access to all of our mind and body fitness classes just steps from your door. Our course 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.



- Nutrition
- Jewelry Making
- Light Movement Class
- Creative Writing
- Connecting Through Music
- Pottery
- Tai Chi
- Creative Cuisine

# AN OPTION FOR EVERY APPETITE

Dining at East Village 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 expertly prepared and graciously served by friendly staff with impeccable attention to detail? How about cooking demonstrations and a place where "fresh and delicious" are always on the menu? This isn't a dining room in a retirement community, this is an evening spent at one of your favorite restaurants! Whether you prefer fine dining or quick and casual, one bite and you'll notice the difference. At East Village Place, the choice is yours.



## **TODAY'S SELECTIONS:**

Baked Cod with Tomato Leek Sauce,  
Roasted Red Potatoes and  
Butternut Squash

Braised Chicken with Sage Cornbread  
Coating, Stuffing and Turnips

Steak Tips au Poivre, Garlic Mashed  
Potatoes and Green Beans Almondine

Baked Scrod Bella Vista, Mashed Sweet  
Potatoes and Harvard Beets

## **Dessert:**

Homemade Bread Pudding with  
Carmel Drizzle

Blueberry Cobbler à la Mode

Strawberry Trifle

# ASSISTED LIVING

Here, you won't find cookie cutter apartments, monotonous call bells, stereotypical activities, annoying intercoms or associates in scrubs pushing medication carts. 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. Our community has been remodeled with designer touches and finishes throughout, but it retains the feeling of a small, intimate neighborhood.



High apartment ceilings and large windows

Courtyard views

Three meals created daily by our chefs

Watermark University classes

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

Housekeeping services

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

Expert associates 24 hours per day

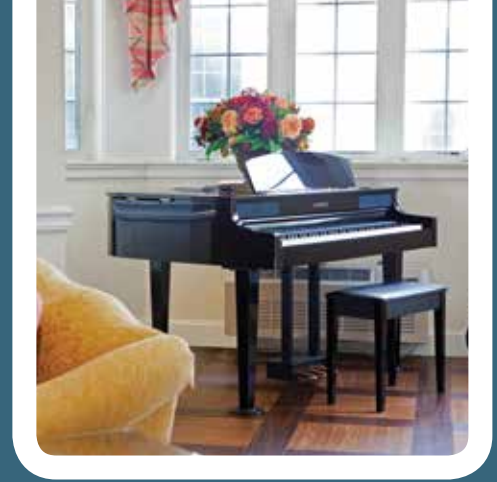
Watermark University classes designed for residents with memory care needs

Three nutritious, well-balanced meals each day

Healthy and delicious snacks available at all times

Small, friendly, neighborhood setting

# AMENITIES AND SERVICES THAT MAKE LIFE GREAT



Our lifestyle will keep you young and thriving. Plus, you won't find a better value anywhere around – or more friendly neighbors.

Our open, spacious dining room features standard favorites, daily chef specials, seasonal dishes and fresh, local ingredients for healthy and delicious meals. The Newport Pub is the place to be for watching the big games and joining the fun in our twice-weekly Happy Hour with complimentary spirits and snacks. Enjoy a leisurely morning in The Coffee Coop with complimentary coffee, tea, cookies and muffins.

Stroll, chat or simply watch the birds in either of our two beautifully landscaped courtyards. Both are enclosed for privacy and safety. For appointments, outings and errands, let us do the driving. Our complimentary van transportation will take you 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. Stop by our salon for a cut, color, style, set, perm, or a shiny new manicure. Gents can request a trim and a professional shave. 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

Coffee Shop "The Coffee Coop"

Newport Pub

Lobby with grand piano

Outdoor courtyards

Full-service beauty salon and barber shop

Laundry rooms

Well-stocked library

Paved walking path

On-site physical and occupational therapy

Daily transportation services



Creating extraordinary communities where people **thrive**.





## EAST VILLAGE PLACE

 A WATERMARK COMMUNITY

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