



## 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® which, for more than 30 years, has led its communities and an entire profession to implement a more enlightened senior care model 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 20 years.

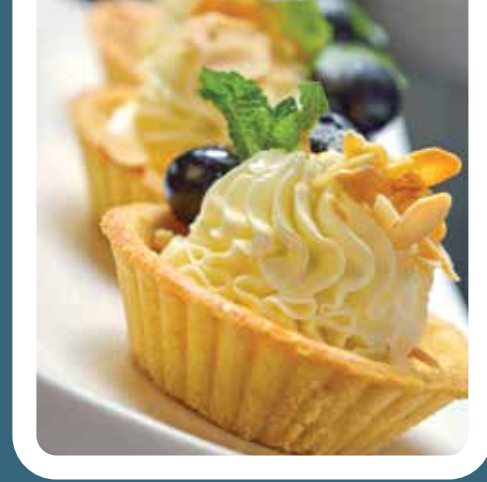
**FAMILY.** We're like an extension of your own. Just like your family's home, ours is familiar, easy to navigate and full of love and support. Our spacious residences are ideal for couples who wish to remain together even if they have different care needs.

**SPECIALIZATION.** With Assisted Living and two levels of Memory Care, we're able to focus on caring for the special needs of each 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.



# 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. Catch a glimpse of our expert chefs in action during cooking demonstrations, and delight in a variety of delectable, nutritious dining selections prepared daily by our expert chefs who use only the freshest ingredients. Professionally trained, friendly and attentive associates graciously serve every meal with impeccable attention to detail. This isn't a dining room in a retirement community – it's an evening spent at one of your favorite restaurants. With our Gourmet Bites Cuisine signature program, individuals with cognitive, physical or neuromuscular challenges can enjoy their favorite foods without assistance, utensils or distractions. Regardless of whether you prefer fine dining or quick and casual, one bite and you'll notice the East Village Place difference. Here, the choice is always 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



# PROGRAMS, OUTINGS AND WATERMARK UNIVERSITY CLASSES



There's always something fun happening at East Village Place. Engaging programs and Extraordinary Outings with friendly neighbors are simply a part of everyday life. 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 class schedule is chock full of fun classes, including *Chair Yoga*, *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, so call for a copy of our schedule and sign up for a class or two today.



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

# ASSISTED LIVING WITH A DIFFERENCE



When it comes to Assisted Living at The Inn, we're not what you'd expect. You won't find cookie-cutter apartments, monotonous call bells, stereotypical, boring activities, annoying intercoms, associates in scrubs pushing medication carts 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. Our vibrant community has been remodeled and upgraded with designer finishes throughout but retains its small, intimate neighborhood charm.

Why wait to get a taste of the East Village 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. Come by for a visit – we know you'll be pleasantly surprised.



High apartment ceilings and large windows

Courtyard views

Three meals created daily by our expert chefs

Watermark University classes

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

Housekeeping services

Senior wellness programs

Couples Care program

# 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, 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 are the specially trained and certified *Naya* caregivers who are skilled at connecting with residents and focusing on what each individual *can* do. The word *Naya* originates 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. *Nayas* know that behaviors are a response to an unmet need. From this thoughtful foundation, we cultivate a sense of well-being, community, connection, spontaneity and creativity.

We partner 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 homestyle meals, and doing anything else that evokes a sense of joy and purpose throughout each day. Even 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 safe and right at home.

Customized wellness plans

Beautiful, sunny memory courtyard

Caring, trained associates available 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 that are good for the mind and body available at all times

Intimate, friendly neighborhood setting



# TWO LEVELS OF MEMORY CARE

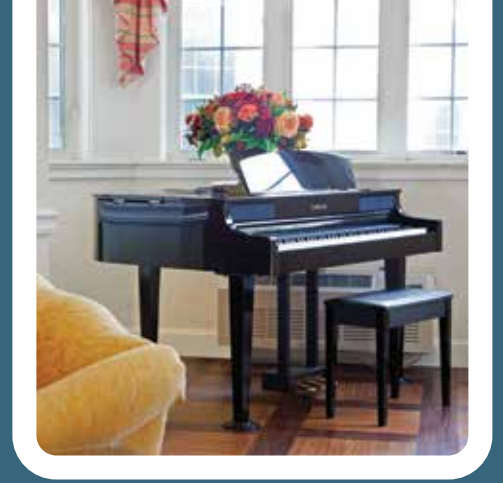


**OUR PLACE** – This exciting alternative is ideal for seniors who are just beginning to experience issues related to memory loss. Our Place is a friendly, residential neighborhood offering greater independence and access to all areas of East Village Place in a small neighborhood setting. Best of all, we recognize that everyone’s needs are different. With our customized care plans, you pay only for care that is tailored to your needs.

**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, personalized service.



# AMENITIES AND SERVICES THAT MAKE LIFE GREAT



Our extraordinary, fun-filled lifestyle will keep you strong and thriving, and you won't find a better value or friendlier 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. The Newport Pub is the place to be for watching the big games and joining the fun in our twice-a-week 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 our two beautifully landscaped courtyards, both of which are enclosed for privacy and safety. For appointments, outings and errands, let us do the driving with our complimentary transportation service 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, and gents can request a trim and professional shave. Call to schedule a visit to learn more about how our exceptional services and amenities can help you live life to the fullest. From the moment you choose East Village Place, you'll wish you'd done so sooner.

Elegant dining room with private dining available

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



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 has been certified as a Great Place to Work by Fortune Magazine. Learn more about the Watermark difference at [watermarkcommunities.com](http://watermarkcommunities.com).





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