



BAYSIDE PARK

A WATERMARK RETIREMENT COMMUNITY

VIBRANT URBAN LIVING

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Over 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 a vibrant community with an urban feel that is filled with modern options, apartments with oversized windows, great cuisine, world class care and an active lifestyle 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.



- Arts studio
- Light filled courtyard
- Secure parking garage
- Atrium coffee bar
- Public Wi-Fi
- Wellness and fitness center
- Meditation room
- Beauty salon and barber shop
- Furnished guest apartments

ASSISTED LIVING

Our community and programs foster independence by allowing residents in our community to access services and programs when, where and how they need them. As those needs change, so do the offerings. Our *Partners in Care* model is a flexible, customized framework that empowers each individual – associates, residents, families and health providers – to contribute to the community within a supportive, collaborative environment.

Our experience has taught us that the best in care doesn't have to mean an environment that feels "medical." At Bayside Park, the atmosphere is friendly and comfortable and care is customized to your needs and preferences. After all, what good is outstanding care if it's the same for everyone?

INDIVIDUAL SERVICE PLANS

Everything we do revolves around the personal needs and preferences of each resident. To that end, we perform in-depth individual assessments and regularly modify our services to reflect evolving care needs. We also encourage open dialogue with all of our associates, family members and others who participate in our residents' lives. Through this active sharing, we are able to solve problems and develop more creative and meaningful service plans.

EMOTIONAL WELL-BEING & MENTAL HEALTH SUPPORT PROGRAM

Emotional or behavioral challenges or changes often occur for reasons not easily seen, such as pain, discomfort, hunger or emotional distress. That's why we try to look beyond the "what" to uncover the "why" – exploring mind, body and spiritual connections to reveal and help treat underlying causes. We find that by being creative and collaborative, and finding ways for residents to freely communicate their needs, we're able to provide effective, sustainable solutions.



Three delicious chef-prepared meals per day

Weekly housekeeping and linen services

Caring, trained staff available 24 hours per day

Complete apartment maintenance

All utilities except phone service, cable and internet

Scheduled local transportation

Dynamic calendar of classes, activities and outings

Family education and support services

Coordination with health care providers

Best Move move-in coordination service

A NEW KIND OF MEMORY CARE



At Bayside Park, we're borrowing from the traditions of the multigenerational households and local bed & breakfasts to create a place where everyone feels right at home. Suites are comfortable, filled with bright colors, soft natural light and high-end finishes. Common areas such as living rooms, patios, libraries and kitchens are only a few steps away. Snacks are made right in the kitchen, and anyone can roll up their sleeves to help prepare. Just like home, this household revolves around the kitchen table, where food and conversation connect residents, associates, friends and family.

24 hour staffing with specially trained memory care experts with certification through the National Council of Certified Dementia Practitioners (NCCDP)

Three nutritious family style meals where families and friends are welcome

Personal pantry program for each resident's favorite foods

Healthy snacks available all day, every day

Structured and spontaneous activities specifically tailored to each individual

Extraordinary outings that you would never expect in a memory care community

Residential environment with family photographs, keepsakes and personal histories

Beautiful rooftop patio and central courtyard

Housekeeping, linen and laundry services

Maintenance services



MEET THE NAYAS



The word *Naya* comes from the ancient language of Classical Sanskrit and is based on being engaged in the present moment. A *Naya* is a guide, person of wisdom, conductor and leader. These terms truly define our caregivers. In perfect alignment with our universal care model, being mindfully engaged in each moment cultivates a sense of well-being, community, spontaneity and creativity.

In traditional senior-living models, care is divided between several associates who interact with a resident only within their particular area of limited duties. This not only results in reduced continuity, it prevents associates from seeing the big picture of each resident's well-being. Because our *Nayas* spend the day with residents, they notice the early signs of concern that might otherwise go unseen. *Nayas* know if residents have a good appetite, how well they slept and when they last exercised or participated in a new program. They can observe how individuals react to a change in type or dosage of medicine or a new therapy. Understanding the big picture results in a healthier, happier, more connected lifestyle.



FOOD FOR THE SOUL

Fresh, local, healthy and delicious. That's a good start to describing dining at Bayside Park. Residents eat when they are hungry and have easy access to a wide variety of healthy options, finger foods, nutritional shakes, fresh fruit, salads and favorite snacks. Plus, with Thrive Dining™, favorite foods can be enjoyed without assistance, without utensils and without distraction from the enjoyment of dining with family and friends. No more prepackaged finger food for residents with cognitive, neuromuscular and chewing disorders. With support from friendly associates, residents can even bake and help with favorite recipes. The memories, aromas and social interactions help define our community and make it successful and unique.



TODAY'S SELECTIONS:

French Onion Soup or Butternut Squash Soup

Marinated Tomato Salad

Caesar Salad

Braised Beef Brisket with
Lemon Seasoned Potatoes and
Spring Vegetables

Rosemary Chicken with Veggie
Orzo and Cranberry Coleslaw

Salmon Filet with Honey
Balsamic Glaze, Sautéed Spinach
and Steamed Rice

Fruit Salad

MIND AND BODY WELLNESS

There is always something happening at Bayside Park. Cultural programs, interesting activities and extraordinary outings are simply a part of everyday life. There's always plenty to do with friendly neighbors.

Stimulating the mind and strengthening the body has enormous benefits at any age. Here, you'll love having unlimited access to all of our mind and body fitness classes just steps from your door. Choose from *Yoga*, *Creative Writing*, *Art & Music Therapy* and everything in between. Our residents and associates can learn (or teach) something new every day. These programs and classes are beneficial, engaging and most of all, fun.



Qi Gong
Art Healing
Chair Zumba
The History of Jazz
Aging and Sexuality
Outing to Berkeley Art Museum
World Music Jam

INTRODUCING THE CARPE DIEM CLUB



WHAT IS THE CARPE DIEM CLUB?

Our Carpe Diem Club is a structured daily program in which a small group of current residents of Assisted Living are supported in enjoying tailored offerings designed to engage the mind, body and spirit.

WHO BENEFITS?

Oftentimes, residents who are not as outgoing or who perhaps are experiencing early stages of cognitive impairment can greatly benefit from participation in the Carpe Diem Club. Guided from one activity to the next within a small group, residents can truly thrive, rather than isolating themselves in their residences. Engaging in such a program stimulates the mind, satisfies social needs and gets the body moving, so it's not only a healthier way to spend the day, it's also a lot more fun.

BODY, MIND AND SPIRIT

Mind, body and spirit are the cornerstones of our Carpe Diem Club. They provide the framework to build each day to be meaningful and enjoyable.

With the focus shifting between body, mind and spirit throughout the day, a typical day might include morning walks, current events discussions, book club, memory care support groups and delicious chef-prepared dinners. Fresh ideas always keep it interesting. Due to the small size of our Carpe Diem Club, we have plenty of room for flexibility and spontaneity.





Creating extraordinary communities where people **thrive**.



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