



# THE FOUNTAINS AT RIVERVUE

ASSISTED LIVING • MEMORY CARE



# REDEFINING SENIOR LIVING

More than 30 years of experience have taught us that today's seniors want a better value, more choices and a more active lifestyle than generations before. That's why we created a community filled with options, from studio apartments to spacious two-bedroom residences, great cuisine, fun events and engaging classes for the mind and body. Here, you'll discover that you really can have it all, plus the added benefit of a straightforward rental model.

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



Ideally located in prestigious Westchester County, in the historic Village of Tuckahoe

Elegant dining room

Health and wellness center

Media room

Billiards room

Creative arts studio

Parlor and library

Computer center

Beauty salon and barber shop

Expansive terrace

Numerous landscaped courtyards, as well as secure and open-access

# AN OPTION FOR EVERY APPETITE

Variety is the spice of life and the dining experience should be a highlight of each and every day. One bite and we'll exceed your expectations. Here, meals are expertly prepared by a skilled chef, graciously served and always nutritious and delicious. Call for lunch and a tour, because tasting is believing. Plus, with Thrive Dining™, individuals with cognitive or neuromuscular challenges can enjoy their favorite foods without assistance, utensils or distractions. If you're not in the mood for a sit down meal, just grab a quick bite and a coffee to go.



Elegant dining room

Three delicious meals served  
each day restaurant style

Snacks available 24 hours  
per day

Catering services

Menus featuring fresh  
local ingredients



# MIND AND BODY WELLNESS

Stimulating the mind and strengthening the body has enormous benefits at any age. That's why, as part of Watermark Retirement Communities®, we offer dozens of fun, interesting classes through Watermark University. Our residents enjoy a wide variety of pursuits from *Yoga*, *Tai-Chi* and other fitness classes to art, history and music programs just steps from their door. Try a little of each class or teach your passion! These classes aren't just for residents. Call for a schedule and sign up to learn (or teach) something new.



- Spanish 101
- Tour through Europe
- Every Day Crafts
- A Taste of Italy
- Indian Hindu Traditions
- Great Destinations
- Filmography
- Documentary Film Discussion
- Bridge Club
- Yoga
- Tai-Chi

# ASSISTED LIVING

When you hear the words “Assisted Living” do you picture cramped, cookie cutter apartments, stereotypical activities, boring days and care delivered on a schedule so rigid it becomes the center of your day? If so, you’ll be delighted to learn that we offer varied floor plans, a calendar of interesting programs, plus top notch care tailored to your needs, on your schedule – not ours. You don’t have to wait to get a taste of The Fountains lifestyle.



- Bright, cheerful apartments
- A state-of-the-art wireless resident call system
- 24-hour staffing
- Three meals served each day restaurant style
- Diverse wellness programs including Watermark University classes
- Daily housekeeping services
- All utilities, including basic cable TV
- Scheduled transportation
- Move-in coordination



# A NEW KIND OF MEMORY CARE

At The Fountains, we're borrowing from the traditions of the multigenerational households and local bed and 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. Meals are cooked right in the kitchen, and anyone can roll up their sleeves to help prepare the meal. 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

Family communications center

Residential environment with family photographs, keepsakes and personal histories

Beautiful, sunny memory 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.





# A LOCATION YOU'LL ADORE

You'll love living in the historic Village of Tuckahoe, where antique shops and delicatessens dot the tree lined Main Street. Catch the complimentary trolley to an amazing array of restaurants within one square mile. The train station is just a two minute walk and the bright lights of Broadway are only a 30 minute drive away, for the perfect retiring lifestyle. Stop by for a visit and you'll quickly discover why Tuckahoe, with its rich historic heritage and quaint old-world charm, is the best kept secret in Westchester County.



Midway between Manhattan and White Plains

Originally settled in 1665

St. Patrick's Cathedral and the Washington Monument made from local marble quarry

Close to the Bronx River Park and Pathway





Creating extraordinary and innovative communities where people **thrive**.



 **THE FOUNTAINS**  
AT RIVERVUE

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A WATERMARK RETIREMENT COMMUNITY