

# THRIVE DINING™

Restoring the joys of dining to individuals with physical, neuromuscular or cognitive challenges.



BEEF STROGANOFF CREPES

## WHAT IS THRIVE DINING™

As leaders in the senior housing profession for more than 30 years, we've seen a lot of programs, innovations and initiatives. When we say that Thrive Dining™ is revolutionizing the resident dining experience, we don't use those words lightly.



THE FOUNTAINS  
AT RIVERVUE

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1-914-574-2393 • [www.watermarkcommunities.com](http://www.watermarkcommunities.com)  
A WATERMARK RETIREMENT COMMUNITY

ASSISTED LIVING • MEMORY CARE





BEEF BRISKET AND VEGETABLES IN PASTRY WITH SQUASH BITES

## THE ORIGIN OF THRIVE DINING™

At Watermark, we have an insatiable curiosity and we're always seeking ways to make residents thrive. That's why we were among the first to pioneer this innovative process invented by Grind Dining™. Inspired by the simple but ingenious concept, Watermark embraced the program to enhance the independence, dignity and accessibility of great dining for all residents. To learn more or view a gallery of inspiring, mouth-watering menu items such as Breadcrumb-crusting Tilapia Rounds, Beef Wellington Cupcakes, Pulled Pork Popovers and much more, visit <http://www.grinddining.com>.

## WHY IS WATERMARK INTRODUCING THRIVE DINING™?

In Watermark communities coast to coast, Thrive Dining™ is changing lives, one meal at a time. Residents and families are reporting high rates of satisfaction not only for the delicious menu options, but for the purposeful, intentional process as well. Each Thrive Dining™ meal service includes aromatic rooms, warm lavender-infused hand towels and citrus sorbet, all orchestrated to indicate that a delicious meal is about to begin. With Thrive Dining™, meals are a time to converse, connect and thrive... and that's what life at a Watermark community is all about.

“The magic of Thrive Dining™ is that we can use our own, high quality, freshly prepared menu items and transform them into incredibly tasty, nutritionally balanced, protein-packed meals. They are served as one-bite and two-bite hors d'oeuvres, intended to be eaten by hand with no utensils required. It's that simple and that brilliant.”

– Rob Bobbitt National Director of Dining,  
Watermark Retirement Communities



HAM AND CHEESE BREAKFAST EGGS



SHRIMP BITES WITH BAKED TORTILLA STRIPS

## GOOD AFTERNOON, WHAT SOUNDS GOOD TO EAT?

At Watermark, we believe that question should be the start of a joyful dining experience. It shouldn't be a reminder of difficulties eating, the need for assistance with every bite, or favorite foods deemed off limits. However, when physical or cognitive challenges exist, that is too often the case. Now, favorite foods can be enjoyed without assistance, without utensils and without distractions from the task at hand: enjoying a meal with family or friends.

With the Thrive Dining™ program in place, this question, “What sounds good to eat?” will whet the appetite of all our residents regardless of abilities.

All photos provided by Grind Dining™