



# LAKESIDE PARK

A WATERMARK RETIREMENT COMMUNITY

**EXTRAORDINARY ASSISTED LIVING  
SPECIALIZING IN DEMENTIA CARE**

# LIFE IS A PERSONAL JOURNEY WORTH CELEBRATING EVERY DAY.



Caring for individuals living with dementia is our sole focus. It's all we do and it's what we're passionate about. Our community was even designed from the ground up with this purpose in mind. That translates to a nurturing, comfortable environment, specialized programming, focused training, better outcomes and more joyful days.

Every resident brings a unique life experience to our community and we incorporate their personal background, preferences and needs into the daily fabric of our program. We challenge traditional assumptions about what is possible and we always focus on what residents *can* do, never what they cannot.

Our broad spectrum of meaning-based programs gives residents a deep sense of purpose and contribution, while offering the freedom and flexibility to feel good about participating at whatever level they desire. We empower residents to do as much for themselves as possible. This results in confidence, comfort, and natural daily rhythms, plus it creates meaningful connections.



## PHYSICAL ACTIVITY

Healthy bodies and positive outlooks are directly related. We offer programs to enhance range of motion, fine motor-skills, strength, balance and even holistic exercises such as *Yoga, Tai Chi, Qi Gong* and more.

## SENSORY AWARENESS, SELF-EXPRESSION AND SPIRITUALITY

We believe in the healing power of creativity. Music, singing, crafts, painting, dance – these pursuits offer outlets for creative expression and nonverbal communication.

## LEARNING, ENGAGEMENT, ADVOCACY AND PERSONAL SUPPORT (LEAP) PROGRAM

This innovative program combines learning, emotional support and personal exploration to encourage residents to connect, participate and more easily express their personal needs in verbal and nonverbal ways.

## A CONNECTION TO NATURE

Here, life includes plenty of naturally therapeutic outdoor activities such as tending the community garden, walking along the Oakland lakeshore, spending time on the patio and taking part in engaging weekly excursions.

## FAMILY AND COMMUNITY

Our door is always open for family and friends to join us for programs, meals and special events. We support and uplift each other and provide feedback and education. Life at Lakeside Park truly is a family affair.



# FOOD FOR THE SOUL

Fresh, local, healthy and delicious. That's a good start to describing dining at Lakeside 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. 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:**

- Chicken Barley or Split Pea Soup
- Pork Chop with Apples
- Zucchini with Red Peppers and French Baked Potato
- Rosemary Chicken with Veggie Orzo and Cranberry Coleslaw
- Lemon Herb Tilapia with Sautéed Asparagus Spears and Savory Brown Rice
- Shrimp Bites with Baked Tortilla Strips
- Chocolate Mousse Pie or Pineapple Whipped Cheesecake
- Mary's Grandma's Raspberry Thumb Print Cookies



# IN THE MOMENT MEMORY CARE

Our *In the Moment* enrichment program differentiates us from other communities. We learn everything there is to know about our residents and we pay close attention to changes and developments. From this knowledge, we develop a care plan filled with enrichment and engagement which truly transcends memory care programs. The strong relationships that are formed as a result of this style of care, coupled with our intimate setting and diverse programs, add up to a community that is dramatically different.



- Three delicious chef-prepared meals per day
- Full-service 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
- Senior wellness programs
- Comfort and support services
- Family education and support services
- Coordination with health care providers
- Best Move move-in coordination service



# IN THE CENTER OF IT ALL

Our spacious neighborhood design, safe, secure outdoor spaces and charming location near scenic Lake Merritt and Lakeside Park combine to create a welcoming, residential atmosphere. Outside our doors residents and their families enjoy all that Oakland has to offer, including the best in dining, music, art, history and shopping. We're also in close proximity to the best physicians and medical services the East Bay area has to offer.



Numerous East Bay  
Farmer's Markets

Fourth Street Shops

Gardens at Lake Merritt

Zellerbach Hall

Oakland Museum of California

Paramount Theatre of the Arts

Grand Lake Theater

Tilden Park

University of California, Berkeley

Alta Bates Summit  
Medical Center

Oakland Medical Center

Highland Hospital





Creating extraordinary communities where people **thrive**.





## LAKESIDE PARK

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[www.watermarkcommunities.com](http://www.watermarkcommunities.com)

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