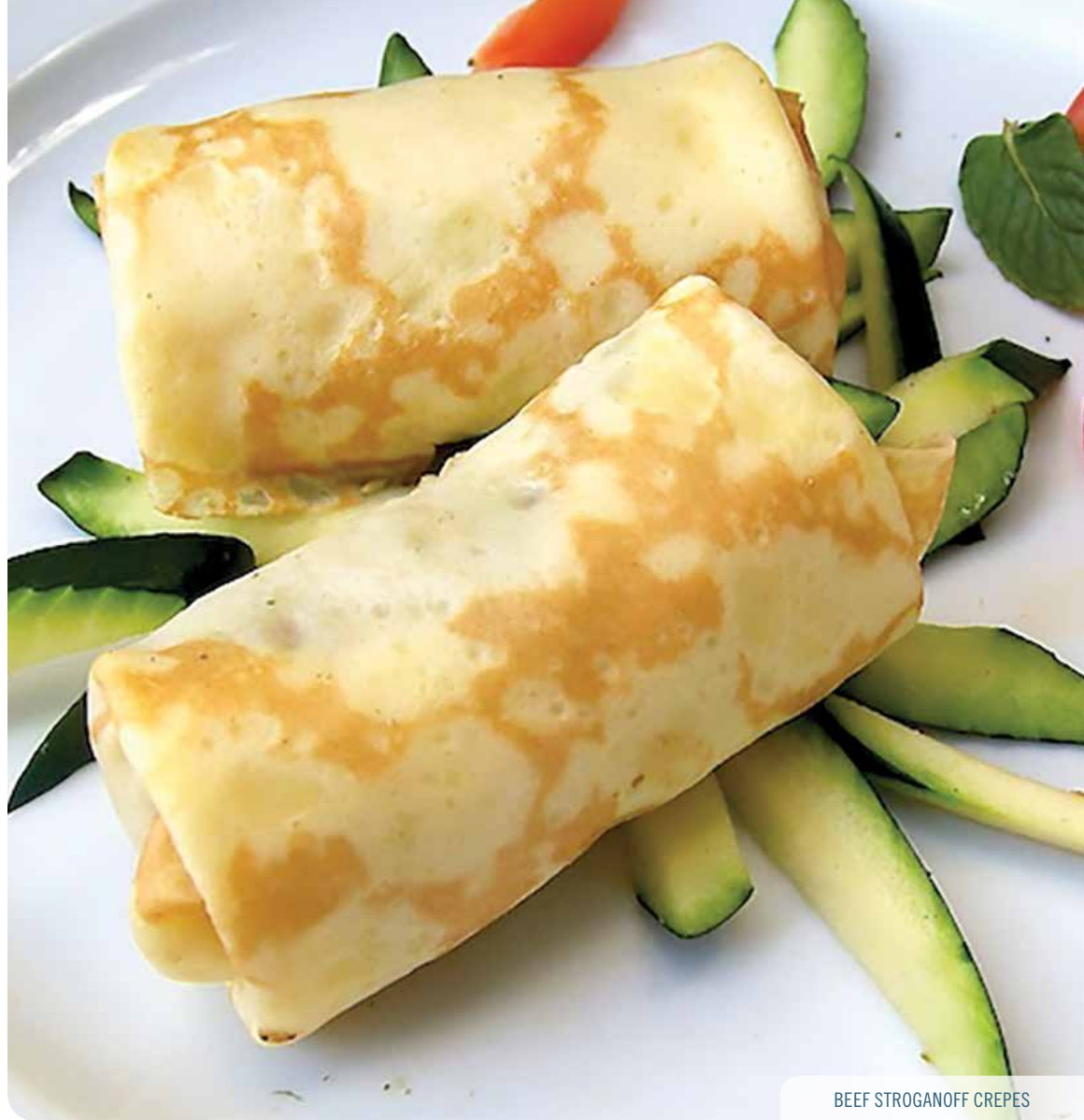


THRIVE DINING

Bringing joy back to dining for individuals with physical and cognitive challenges.



BEEF STROGANOFF CREPES

WHAT IS THRIVE DINING?

With over 25 years as leaders in the seniors housing industry, 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.

 **LAKESIDE PARK**

A WATERMARK RETIREMENT COMMUNITY

468 Perkins Street • Oakland, CA 94610

1-510-230-0339

www.watermarkcommunities.com

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**EXTRAORDINARY ASSISTED LIVING
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BEEF BRISKET AND VEGETABLES IN PASTRY WITH SQUASH BITES

WHY IS WATERMARK INTRODUCING THRIVE DINING?

We are confident this program will not only make our residents healthier and reduce unintentional weight loss, it will bring the joy back to dining. We're finding that guests and family members are also opting for choices on the Thrive Dining menu. It is a wonderful opportunity to offer this program to our residents and we're proud to do so.

“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. It’s that simple and that brilliant.”

– Rob Bobbitt National Director of Dining,
Watermark Retirement Communities

WHERE DID THE CONCEPT ORIGINATE?

Thrive Dining is Watermark’s version of the Grind Dining™ program. To quote the originators, “[The program] focuses on independence, dignity and accessibility. This process transforms items from the traditional menu into nutritional, visually pleasing, easily handled portions that retain all the taste, texture and flavors of the same meal. No more prepackaged finger food for residents with cognitive, neuromuscular and chewing disorders.” To learn more or to view a vast array of menu items and photos, visit <http://www.grinddining.com>.



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™