



THE PRESTON  
OF THE PARK CITIES

Elegant Boutique Living

**ASSISTED LIVING • MEMORY CARE**

# REDEFINING SENIOR LIVING

As part of Watermark Retirement Communities, we are creating an extraordinary and innovative community where people thrive. More than 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 The Preston of the Park Cities gives new meaning to elegant boutique living. Our vibrant, all-inclusive lifestyle is filled with extraordinary options, from spacious studios and one- and two-bedroom apartments to outstanding cuisine, fun events, engaging Watermark University mind and body fitness classes, unsurpassed customized care and so much more.

Individuals who call The Preston of the Park Cities home enjoy resort-style amenities and services that support a carefree, fun-filled lifestyle. It's like living in a posh country club – only better. It's all part of our culture of choice.

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

Tastefully appointed, full-service dining venues with five-star chefs

Choice of 14 spacious, open floor plans featuring high-end designer finishes, granite countertops, ceramic tile floors and walk-in closets

Spacious outdoor terraces with comfortable lounging spaces and breathtaking city views

Elegant boutique community with exceptional patio views

Well-stocked library

Current movies shown every evening

Full-service salon and spa

Pet-friendly environment and pet services available

Card, game, billiards and art rooms

Wellness and fitness center with private elevator access

Luxurious common spaces and gathering areas, with spacious community room





# AN OPTION FOR EVERY APPETITE

Dining at The Preston of the Park Cities isn't what you'd expect from a retirement community. We believe dining should be a delicious experience every day. Our ever-changing menus with on-trend selections and comfort food favorites feature an array of flavorful, nutritious meals prepared daily by trained chefs with an eye for presentation. Enjoy convenient restaurant-style dining, with delicious, healthy meals prepared to order by a skilled, five-star chef in whites, and you and your friends and family will always enjoy gracious service with impeccable attention to detail.

With our Gourmet Bites Cuisine signature program, individuals with cognitive, physical or neuromuscular challenges can enjoy their favorite foods without assistance, utensils or distractions. Our elegant in-house restaurant and dining selections provide you with the opportunity to entertain your family and guests any night of the week in our dining room, or choose to enjoy your meal on our outdoor patio. At The Preston of the Park Cities, the choice is yours.



Elegant dining room

Breakfast, lunch and dinner served restaurant style

Favorite snacks available all day

In-house sommelier with tastings in the wine room

Full-service formal dining in The Signatures Restaurant

Casual dining in Blue Lacey Grill

Café dining in Sherry Lane Bistro

Full bar and lounge at Craddock's

Heart healthy selections

Private dining available for catered events

Room service and catering services



# MIND AND BODY WELLNESS

There is always something happening at The Preston of the Park Cities. Cultural programs, interesting activities and Extraordinary Outings are simply a part of everyday life, and there's always plenty to do with friendly neighbors. Stimulating the mind and strengthening the body has enormous benefits at any age. That's why we created Watermark University. You'll love having unlimited access to all our mind and body fitness classes just steps from your door. Our class catalog is chock full of fun classes, including *Yoga*, *The Artist Within*, *Music and Movement* and more, so you can learn (or teach) something new every day. These classes aren't just for residents. Call us, and sign up for a class or two today.



Manicures & Massages

Pet Therapy

Fit Fusion

Wine Pairing

Fun with Photos

The Writer's Circle



# ASSISTED LIVING WITH A DIFFERENCE

When it comes to Assisted Living, we're not what you'd expect. Forget cookie-cutter apartments, boring, stereotypical activities or health care delivered on a rigid schedule. Customized care and choice are the order of the day at The Preston of the Park Cities. Enjoy a dynamic calendar of programs and outings, exceptional restaurant-style dining and top-notch care tailored to your needs on your schedule – not ours.

Why wait to get a taste of livable luxury? Try us out for a short-term stay. Enjoy a fully furnished guest apartment, fantastic food made just how you like it, outstanding care and assistance if and when you need it, and (perhaps the best part of all) fun with friendly neighbors. While you're here, treat yourself to a salon service or community outing to the Dallas World Aquarium or Dallas Arboretum and Botanical Garden. Shop until you drop at nearby Preston Royal, Preston Center and NorthPark Center. With our desirable Preston Hollow location, you'll enjoy endless opportunities to explore all the area has to offer.

Whether individuals need assistance with daily activities, help getting to appointments or more joy in their day, our caring associates are committed to making it happen.

Spacious studio, one-bedroom or two-bedroom residences, some with private terraces

Three delicious and healthy chef-prepared meals and snacks

Weekly housekeeping, linen and laundry services

Scheduled local transportation services to shopping, appointments and entertainment

Caring, trained associates and nursing staff available 24/7

Dynamic calendar of programs, including Extraordinary Outings and Watermark University classes

Innovative wellness program

All utilities except phone service

Maintenance services

Resident emergency response system

The Bridge for individuals with mild cognitive impairment



# THE BRIDGE PROGRAM



As we age, we may find that our mind cannot always stay in rhythm with the quick beat of our vibrant lives. The Bridge presents an ideal option for those who live with slight cognitive impairment and may benefit from guided support. The program encompasses beautiful, private accommodations and tailored individual services. The Preston of the Park Cities provides outstanding care with all the luxuries of home. Residents are empowered, and feel safe and secure in the comfort of their home while accessing daily living assistance they may need in an inspiring community life environment. Family members are always welcome, and we encourage them to enjoy our amenities and offerings with their loved one, including delicious and nutritious cuisine, engaging events and outings, and a full calendar of mind and body fitness classes through Watermark University.



# A NEW KIND OF MEMORY CARE

At The Preston of the Park Cities, we're borrowing from the traditions of the multigenerational households and local bed and breakfasts to create a place that suits everyone. Spacious suites are comfortable, filled with modern colors, soft natural light and high-end finishes. Common areas such as living rooms, patios, libraries and kitchens encourage friendly gatherings. Meals are a time to connect and enjoy one of life's greatest pleasures, and anyone can roll up their sleeves to help prepare homemade baked goods in our kitchen each day. Just like home, this household revolves around the dining room, 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)

24-hour nursing staff

Pantry Program for each resident's favorite foods

Complete apartment maintenance services

Three nutritious, well-balanced family-style meals where families and friends are welcome

Access to Gourmet Bites Cuisine

Structured and spontaneous programs and events specifically tailored to each individual

Dynamic calendar of events, including Watermark University classes designed for individuals with Memory Care needs

Extraordinary Outings that you would never expect in a Memory Care community

Warm, friendly environment with family photographs, keepsakes and personal histories

Scheduled transportation services

Private and semiprivate suites

Weekly housekeeping, linen and laundry services

Family support groups and happy hours





# 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.





# WHAT MAKES A WATERMARK COMMUNITY DIFFERENT

## **WATERMARK UNIVERSITY**

Residents, associates, family members and local experts share their interests to ensure we always have opportunities to learn, grow and connect with each other in meaningful ways. We feature dozens of classes and examples include *The Writer's Circle*, *Conversational Spanish*, *Music and Movement*, and *Facebook 101*, to name a few.

## **EXTRAORDINARY OUTINGS**

Extraordinary Outings challenge traditional assumptions of what is possible for residents of a retirement living community. From fishing trips and visits to the Dallas Museum of Art to hot air balloon rides, train trips and even overnight camping trips, Extraordinary Outings stretch beyond day-to-day excursions to ensure that residents have special experiences to look forward to, regardless of whether they live in Independent Living, Assisted Living, Memory Care or Rehabilitation and Skilled Nursing neighborhoods.

## **GOURMET BITES CUISINE**

At Watermark communities coast to coast, Gourmet Bites Cuisine, our signature program, is restoring independence and the joy of dining for individuals with cognitive, physical and neuromuscular challenges. Gourmet Bites Cuisine is an innovative, pioneering process that transforms our own high-quality, freshly prepared, gourmet menu items into nutritionally balanced meals, intended to be enjoyed by hand, with no utensils required.

## **PANTRY PROGRAM**

It's a wonderful feeling to know your favorite foods or mementos are always close at hand. Our Pantry Program provides residents of our Memory Care neighborhoods with their own personal space to store comfort foods and favorite items. Here, they can count on finding their mint Milano cookies, tomato bisque or ginger pear tea. Families and friends use the pantry spaces to store photographs, books, games and more for fun conversation starters during visits with loved ones.

## **THRIVING THROUGH MUSIC**

Music helps residents connect with others, engage in our vibrant community life opportunities and find joy throughout the day. Our Thriving Through Music program ensures residents living in our Memory Care neighborhoods have access to music of their choice via personalized song playlists.

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# WHAT MAKES A WATERMARK COMMUNITY DIFFERENT

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## **THRIVE MEMORY CARE WITH NAYA CAREGIVERS**

We believe the art of caregiving goes beyond the traditional title, so we call our caregivers *Nayas*, a word originating from the ancient language of Sanskrit. A Naya is a guide, person of wisdom and a leader who is engaged in the present moment. We know that behaviors are a response to an unmet need. From this thoughtful foundation, we cultivate a sense of well-being and connection. We partnered with NCCDP to train our Nayas how to incorporate residents in the rhythms of daily living and communicate through validation rather than correction to show understanding and support. Together, residents and Nayas work side by side, cooking, cleaning, preparing and serving homestyle meals, and doing anything else that evokes a sense of joy and purpose.

## **SAGE DIVERSITY CREDENTIAL**

Watermark respects, honors and celebrates diversity in all forms and has embarked upon a partnership with SAGE, a national leader working tirelessly on behalf of LGBT elders for four decades. Watermark is committed to maintaining the Platinum SAGE credential, meaning at least 80 percent of associates have completed SAGE training. Armed with greater knowledge, empathy and understanding, Watermark communities will be even more poised to serve our diverse communities, associates, families, friends and guests.

## **WATERMARK FOR KIDS**

Watermark for Kids is a nonprofit organization that supports young leaders and empowers them to thrive. Through Watermark for Kids, young people are encouraged to build character, strengthen their leadership skills and express their creativity, compassion and spirit. Watermark Kids in turn visit our communities to share their experiences, offer a musical performance or present a Watermark University class on their passion. Watermark for Kids adds to a fun, vibrant atmosphere and contributes to a sense of purposeful living. To learn more, visit [watermarkforkids.org](http://watermarkforkids.org).





At Watermark Retirement Communities, we're committed to creating extraordinary and innovative communities where people thrive. Watermark communities are known for highly trained associates, a lifestyle built on choice and innovative signature programs, including our award-winning Watermark University featuring a wide variety of engaging classes and programs for residents and locals, alike. A privately held company with a reputation for service, innovation, integrity and financial stability, Watermark manages more than 50 retirement communities nationwide and has been certified as a Great Place to Work by Fortune Magazine. Learn more about the Watermark difference at [watermarkcommunities.com](http://watermarkcommunities.com).





## THE PRESTON

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Elegant Boutique Living


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A SILVERSTONE/WATERMARK RETIREMENT COMMUNITY

ID #149863

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