

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 over 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 WASHINGTON HOUSE

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1-703-291-0188 • www.watermarkcommunities.com
A WATERMARK RETIREMENT COMMUNITY

**INDEPENDENT LIVING • ASSISTED LIVING
REHABILITATION & SKILLED NURSING**





BEEF BRISKET AND VEGETABLES IN PASTRY WITH SQUASH BITES

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>.

WHY IS WATERMARK INTRODUCING THRIVE DINING™?

Having already launched Thrive Dining™ at many Watermark communities throughout the United States, we are confident this program contributes to better health. It reduces unintentional weight loss while restoring the joys of dining. It's a wonderful opportunity to offer this program to our residents and we're proud to do so. We're also thrilled when guests and family members opt for choices from the Thrive Dining™ menu because it's that delicious.

"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."



HAM AND CHEESE BREAKFAST EGGS



SHRIMP BITES WITH BAKED TORTILLA STRIPS

GOOD AFTERNOON, WHAT SOUNDS GOOD TO EAT?

At Watermark communities like The Fountains at Washington House, 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, neuromuscular or cognitive challenges exist, that is too often the case.

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™