



THE FOUNTAINS
AT CRYSTAL LAKE

INDEPENDENT LIVING • ASSISTED LIVING
MEMORY CARE

THE PERFECT SETTING

Imagine the view of a lush prairie filled with wildflowers, ringed by old growth trees and punctuated by visits from Tree Swallows, Eastern Bluebirds, House Wrens, Goldfinches, Cardinals, Sandhill Cranes and the occasional deer. The local fishing hole is only a hop, skip and a jump away and our resident garden boasts 50 kinds of vegetables which are used regularly by our talented chef.

Enjoy the best of both worlds in this beautiful, natural setting where you'll never need to lift a finger. While you're enjoying friendships and amenities, our associates are working around the clock to ensure impeccable service, outstanding cuisine and a calendar packed with outings, events, classes and entertainment. Best of all, this lifestyle is available on a straightforward rental basis.



Thirty lush acres with nature trails

Every residence has a view of the surrounding old growth forests

A natural oasis for birds from Eastern Bluebirds to Sandhill Cranes

Resident garden with over 50 varieties of vegetables

The Dickens Room, our well-stocked library

The Brighton Room for performances, movies and lectures

Furnished guest apartments

The King Arthur Room for games and entertaining

The Cambridge Room for arts and crafts

Computer Center

Wellness Center

The Camelot beauty salon and barber shop

Billiards table



AN OPTION FOR EVERY APPETITE

Dining at The Fountains at Crystal Lake isn't what you'd expect from a retirement community. In fact, we think you'll be amazed. Do you expect your meals to be prepared by a skilled chef? Graciously served by friendly staff with impeccable attention to detail? This isn't a dining room in a retirement community, this is an evening spent at one of your favorite restaurants! Plus, with Thrive Dining™, individuals with cognitive or neuromuscular challenges can enjoy their favorite foods without assistance, utensils or distractions. Not in the mood for a sit down meal? Grab a quick bite and a coffee to go. At The Fountains, the choice is yours.



Three meals daily prepared by our expert chefs

Savoy Dining Room

Sumptuous Sunday brunch

Heart healthy and sugar free options always available

The Pub features a fireplace, mahogany English bar, big screen TV and more

Room service

MIND AND BODY WELLNESS

Stimulating the mind and strengthening the body has enormous benefits at any age. That's why, as part of Watermark Retirement Communities®, we created Watermark University. You'll love having unlimited access to all of our mind and body fitness classes just steps from your door. Choose from *Yoga*, *creative cooking classes*, *a wide array of art courses* and everything in between. You might want to try a little of each or even become a faculty member and teach your passion! These classes and programs aren't just for residents. Call for a schedule and enroll today.



All About Nutrition
Travel Series
Conversational French
A Taste of the Vineyard
Facebook 101
Ceramic Creations
Tai Chi
Strength Training
The Artist Within
Bird Watching

INDEPENDENT LIVING

At The Fountains at Crystal Lake, we've created a culture built on choice. The first (and maybe the most fun) is selecting the home that's perfect for you. From cozy studios to two-bedroom apartments, you'll find a space that's just right to call your own. With so many options to choose from and professionals ready to help you customize your apartment, you're sure to have a ball expressing your style. And if you'd like a helping hand every now and then, you can enjoy personalized services delivered right to your door.



- Option of a modern kitchen with frost-free refrigerator, electric oven and range
- Ample closet space
- Wall-to-wall carpeting in living areas, vinyl flooring in kitchenette and bath
- Decorator window treatments
- All utilities, including local telephone
- Resident call system
- Guest accommodations
- Scheduled local transportation
- Weekly housekeeping
- Bath with safety grab bars
- 24-hour maintenance services

ASSISTED LIVING

When you hear the words “assisted living” do you picture cramped, cookie cutter apartments, stereotypical activities, boring days and care delivered on a schedule so rigid it becomes the center of your day? If so, you’ll be delighted to learn that we offer varied floor plans, a calendar of interesting programs, plus top notch care tailored to your needs, on your schedule – not ours.

You don’t have to wait to get a taste of our lifestyle. Try us out for a short-term stay, complete with a fully furnished guest apartment, fantastic food made just how you like it, fun with friendly neighbors and all the care you need.



Bright, cheerful apartments with oversized windows overlooking our beautifully landscaped campus

Three delicious chef prepared meals per day

Dynamic calendar of events, outings and classes including Watermark University

Maintenance and housekeeping services

Health and wellness programs

24-hour staff

Resident call system

Scheduled local transportation

A NEW KIND OF MEMORY CARE

At The Fountains, we're borrowing from the traditions of the multigenerational households and local bed & breakfasts to create a place where everyone feels right at home. Suites are comfortable, filled with bright colors, soft natural light and high-end finishes. Common areas such as living rooms, patios, libraries and kitchens are only a few steps away. Meals are cooked right in the kitchen, and anyone can roll up their sleeves to help prepare the meal. Just like home, this household revolves around the kitchen table, 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)

Three nutritious family style meals where families and friends are welcome

Personal pantry program for each resident's favorite foods

Healthy snacks available all day, every day

Structured and spontaneous activities specifically tailored to each individual

Extraordinary outings that you would never expect in a memory care community

Residential environment with family photographs, keepsakes and personal histories

Housekeeping, linen and laundry services

Scheduled transportation services

Secure outdoor garden area



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.



The background is a solid dark blue color. Overlaid on this are several light blue, stylized, flowing lines that create a sense of movement and elegance. These lines form large, sweeping arcs and smaller, more intricate swirls, resembling a calligraphic flourish or a modern logo element. The overall aesthetic is clean, professional, and sophisticated.

Creating extraordinary communities where people **thrive.**[®]



 **THE FOUNTAINS**
AT CRYSTAL LAKE

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A WATERMARK RETIREMENT COMMUNITY