



THE FOUNTAINS
AT WASHINGTON HOUSE

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

A *vibrant* RENTAL COMMUNITY IN THE HEART OF ALEXANDRIA

UNRETIREMENT LIVING



Thirty years of experience have taught us that today's seniors want a better value, more choices and a more active lifestyle than generations before. That's why we created a community filled with options, from one-bedroom and two-bedroom residences, great cuisine, fun events and engaging classes for the mind and body. Here, you'll discover that you really can have it all, plus the added benefit of a **STRAIGHTFORWARD RENTAL MODEL WITH NO LARGE ENTRY FEE.**

Located just seven miles outside of Washington, D.C., in historical Alexandria, Virginia

Full-service beauty salon and barber shop

Well-stocked library with computer center and internet access

Creative arts studio

Elegant dining and private dining room

Cherry Blossom Café

Wellness center with state-of-the-art fitness equipment

Stunning array of classes, activities and outings including Watermark University classes

Pet friendly community

The Skyroom Ballroom with views of Washington, D.C. and Northern Virginia

Staff available 24 hours per day, seven days per week

Outdoor walking paths

Room service

Furnished guest apartments



AN OPTION FOR EVERY APPETITE



Dining at The Fountains at Washington House isn't what you'd expect from a retirement community. Do you expect three meals a day to be prepared by a skilled chef? Graciously served by friendly staff with impeccable attention to detail, in your choice of dining venue? Whether you prefer a cup of coffee and a quick bite at our Cherry Blossom Café or the elegant atmosphere of our dining room, the choices are yours. If you feel like dining in the comfort of your residence, prepare your favorite dish or just call ahead and we'll deliver a piping hot meal right to your door. Plus, with Thrive Dining™, individuals with cognitive or neuromuscular challenges can enjoy their favorite foods without assistance, utensils or distractions. Stop by for lunch, dinner or a cup of coffee for a little taste of how we thrive.



TODAY'S SELECTIONS:

- Cream of Asparagus Soup
- Spring Greens with Balsamic Vinaigrette
- Orzo Pasta with Seasonal Vegetables
- Coconut Shrimp with Buttered Broccoli Florets
- Baked Almond Crusted Flounder with Corn O'Brien and Barley Pilaf
- Prime Rib and Au Jus with California Blend Vegetables and Baked Sweet Potato

INDEPENDENT LIVING AT THE TOWN CENTER

At The Fountains at Washington House, we've created a culture built on choice. The first (and maybe the most fun) is selecting the apartment that's perfect for you. Our expert associates are ready to help you select the perfect residence, and they can offer moving tips to ensure a smooth transition to your new home. All this, with the flexibility of a straightforward rental program and surprisingly affordable rates. From the moment you choose The Fountains at Washington House, you'll wish you'd done so sooner.



Modern kitchens and kitchenettes with frost-free refrigerator, electric oven and range

Ample closet space

All utilities, including Wi-Fi (local phone and TV for an additional fee)

Resident call system

Scheduled transportation services

Housekeeping and linen services

24-hour maintenance services

Three meals per day prepared to order



ASSISTED LIVING AT THE INN



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 meals per day prepared to order

Dynamic calendar of events including Watermark University classes

Weekly personal laundry, linen and towel service

Weekly apartment cleaning

Daily apartment pick up/straightening

Trained nursing staff 24 hours per day

Resident call system

Scheduled transportation services

Maintenance services 24 hours per day

All utilities, including Wi-Fi (local phone and TV for an additional fee)



REDEFINING REHABILITATION AND SKILLED NURSING



Why do professionals refer so many patients to The Springs for rehabilitation? We offer outstanding services in our extraordinary, **MEDICARE-CERTIFIED** community, including physical therapy, occupational therapy and speech therapy. For over a quarter century, we've been helping patients restore function, improve mobility, relieve pain and prevent or limit physical disabilities from injuries or disease.

Enjoy the ultimate experience with our **AMBASSADOR PROGRAM**. From the moment you arrive, you'll receive a warm welcome and ongoing personal attention from your personal ambassador. They will be your single point of contact, available and responsive to you and your family throughout your stay to answer any questions, provide for every comfort and offer a reassuring voice along the way. Using your family's preferred method of communication – phone, text message, email or in person – your ambassador will keep your closest relatives informed of your progress.

- Personal Ambassador Program
- Registered dietitian oversight
- Service plans customized to your needs
- 24-hour staffing
- Health care management and monitoring with physician oversight
- Resident call system
- Flat screen televisions and Wi-Fi internet access
- Physical, pulmonary, occupational and speech therapies
- State-of-the-art rehabilitation equipment featuring NuStep
- Medical Director on staff
- Dentist, podiatrist and psychologist services available on-site
- Pharmacy services

WATERMARK UNIVERSITY

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. Our course catalog is chock full of fun classes from *Tai Chi* to *Conversational Spanish*, *Civil War Studies* and dozens more, so you can learn (or teach) something new every day. These classes aren't just for residents. Call for your copy of our current course catalog and enroll in a class or two today.



Ikebana-Japanese Flower Arranging
Beer and Food Pairing
Skytones Chorus
Dance Performance
Tai Chi
Conversational Spanish
Civil War Studies





Creating extraordinary communities where people **thrive**.



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A WATERMARK RETIREMENT COMMUNITY