THE SPRINGS AT THE FOUNTAINS AT WASHINGTON HOUSE REHABILITATION AND SKILLED NURSING





INTRODUCING THE AMBASSADOR PROGRAM — YOUR OWN PERSONAL CARE CONCIERGE



5100 Fillmore Avenue • Alexandria, VA 22311 **1-703-291-0188** • www.watermarkcommunities.com

A WATERMARK RETIREMENT COMMUNITY



When rehabilitation is what the doctor ordered, The Fountains at Washington House welcomes everyone, not just current residents. We designed our program with our own residents in mind, that's why we offer amenities and services you never thought existed in a rehabilitation setting. Rehabilitation at The Springs has accommodations and services tailored to individual needs. While you're here, you're welcome to take part in any of our amenities and offerings, including delicious cuisine, a full calendar of mind and body fitness classes and that's just the beginning.

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

COFFEE BISTRO

WELLNESS CENTER WITH
STATE-OF-THE-ART FITNESS
EQUIPMENT

ARRAY OF CLASSES, ACTIVITIES AND OUTINGS INCLUDING WATERMARK UNIVERSITY CLASSES

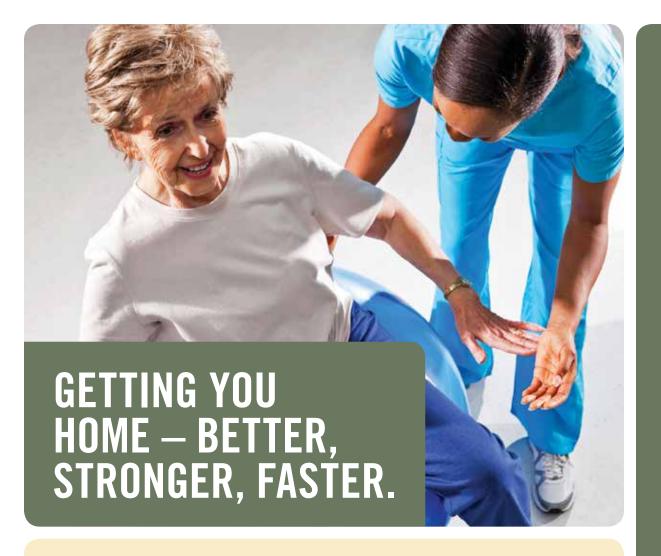
THE SKYROOM BALLROOM WITH VIEWS OF WASHINGTON, D.C. AND NORTHERN VIRGINIA

STAFF AVAILABLE 24-HOURS A DAY, SEVEN DAYS A WEEK

OUTDOOR WALKING PATHS

ROOM SERVICE

FURNISHED GUEST APARTMENTS



Why do professionals refer so many patients to The Fountains at Washington House for rehabilitation? We offer outstanding services in our extraordinary, Medicare-certified community, including physical therapy, occupational therapy, speech therapy and pulmonary rehabilitation. For nearly a quarter century, we've been helping patients restore function, improve mobility, relieve pain and prevent or limit physical disabilities from injuries or disease.

A COMMITMENT FROM ALL ASSOCIATES TO REDUCING HOSPITAL READMISSIONS PRIVATE AND SEMIPRIVATE SUITES PERSONAL AMBASSADOR PROGRAM STATE-OF-THE-ART REHABILITATION **EQUIPMENT FEATURING NUSTEP** THREE MEALS PREPARED DAILY WI-FI INTERNET ACCESS SERVICE PLANS CUSTOMIZED TO YOUR NEEDS 24-HOUR STAFFING HEALTH CARE MANAGEMENT AND MONITORING WITH PHYSICIAN AND DIETITIAN OVERSIGHT WIRELESS URGENT CALL SYSTEM DIVERSE WELLNESS PROGRAMS INCLUDING WATERMARK **UNIVERSITY CLASSES** SCHEDULED TRANSPORTATION ON-SITE PHYSICAL, OCCUPATIONAL, SPEECH AND PULMONARY THERAPIES MEDICAL DIRECTOR ON STAFF DENTIST, PODIATRIST AND PSYCHOLOGIST SERVICES AVAILABLE ON SITE

PHARMACY SERVICES



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. They will take time to get to know you, follow your care plan and attend to any needs that may arise while you're here. And that's not all. They'll even follow up with you after you leave to make sure you're doing well.



MATINEE – CASABLANCA



PERSONAL TRAINING SESSION IN THE CLUB



FACEBOOK 101 CLASS

GREET THE DAY WITH TAI CHI



BRAG ABOUT THE CHEF TO FRIENDS AT DINNER



FOOD AND BEER PAIRING CLASS



DINNER PARTY TO WELCOME NEW NEIGHBORS



PLANT SOME SPICES IN THE GARDEN



PAINTING CLASS



DAY OUT WITH FRIENDS TO THE SMITHSONIAN



AFTER YOUR WORKOUT, GRAB LUNCH AT CHERRY BLOSSOM CAFÉ



CATCH A NATIONALS GAME WITH FRIENDS



JUST THE FACTS

The Fountains at Washington House 5100 Fillmore Avenue Alexandria, VA 22311

Main:

1-703-291-0188

Rehabilitation and Skilled Nursing Admissions:

1-703-845-5015

Rehabilitation and Skilled Nursing fax:

1-703-845-5140

washingtonhouse.watermarkcommunities.com

Washingtonhousecontact@ watermarkcommunities.com



A PLACE FOR YOU

Independent Living 92
Assisted Living 63
Rehabilitation and Skilled Nursing 54

COMMUNITY AMENITIES

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 Coffee bistro

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

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

The Skyroom Ballroom with views of Washington, D.C. and Northern Virginia Staff available 24-hours a day, seven days a week

Outdoor walking paths

Room service

Furnished guest apartments



REHABILITATION AND SKILLED NURSING AT THE SPRINGS

A commitment from all associates to reducing hospital readmissions

Private and semiprivate suites

Personal ambassador program

State-of-the-art rehabilitation equipment featuring NuStep

Three meals prepared daily

Wi-Fi internet access

Service plans customized to your needs

24-hour staffing

Health care management and monitoring with physician and dietitian oversight

Wireless urgent call system

Diverse wellness programs including Watermark University classes

Scheduled transportation

On-site physical, occupational, speech and pulmonary therapies

Medical Director on staff

Dentist, podiatrist and psychologist services available on-site

Pharmacy services

CLINICAL CAPABILITIES

Physical therapy, occupational therapy, speech therapy and pulmonary rehabilitation.

Pain, Edema, Stroke or CVA, Fractures, Hip and Knee Replacements, Joint Replacements, Decreased Function or Muscular Weakness, Problems with Balance and Coordination, Self-care, Continence Management, Home Management, Visual Impairments, Aphasia, Dysarthria, Dysphagia and more.