

# 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](http://www.watermarkcommunities.com)

A WATERMARK RETIREMENT COMMUNITY

INDEPENDENT LIVING • ASSISTED LIVING • REHABILITATION & SKILLED NURSING





**YOU'VE NEVER SEEN  
ANYTHING LIKE IT.**

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



## GETTING YOU HOME – BETTER, STRONGER, FASTER.

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



## YOUR PERSONAL AMBASSADOR

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.

GREET THE DAY  
WITH TAI CHI



MATINEE —  
*CASABLANCA*



PERSONAL  
TRAINING  
SESSION IN  
THE CLUB



FACEBOOK  
101 CLASS



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](http://washingtonhouse.watermarkcommunities.com)

[Washingtonhousecontact@  
watermarkcommunities.com](mailto: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.