

THE SPRINGS

AT THE WATERMARK AT 3030 PARK
REHABILITATION AND SKILLED NURSING



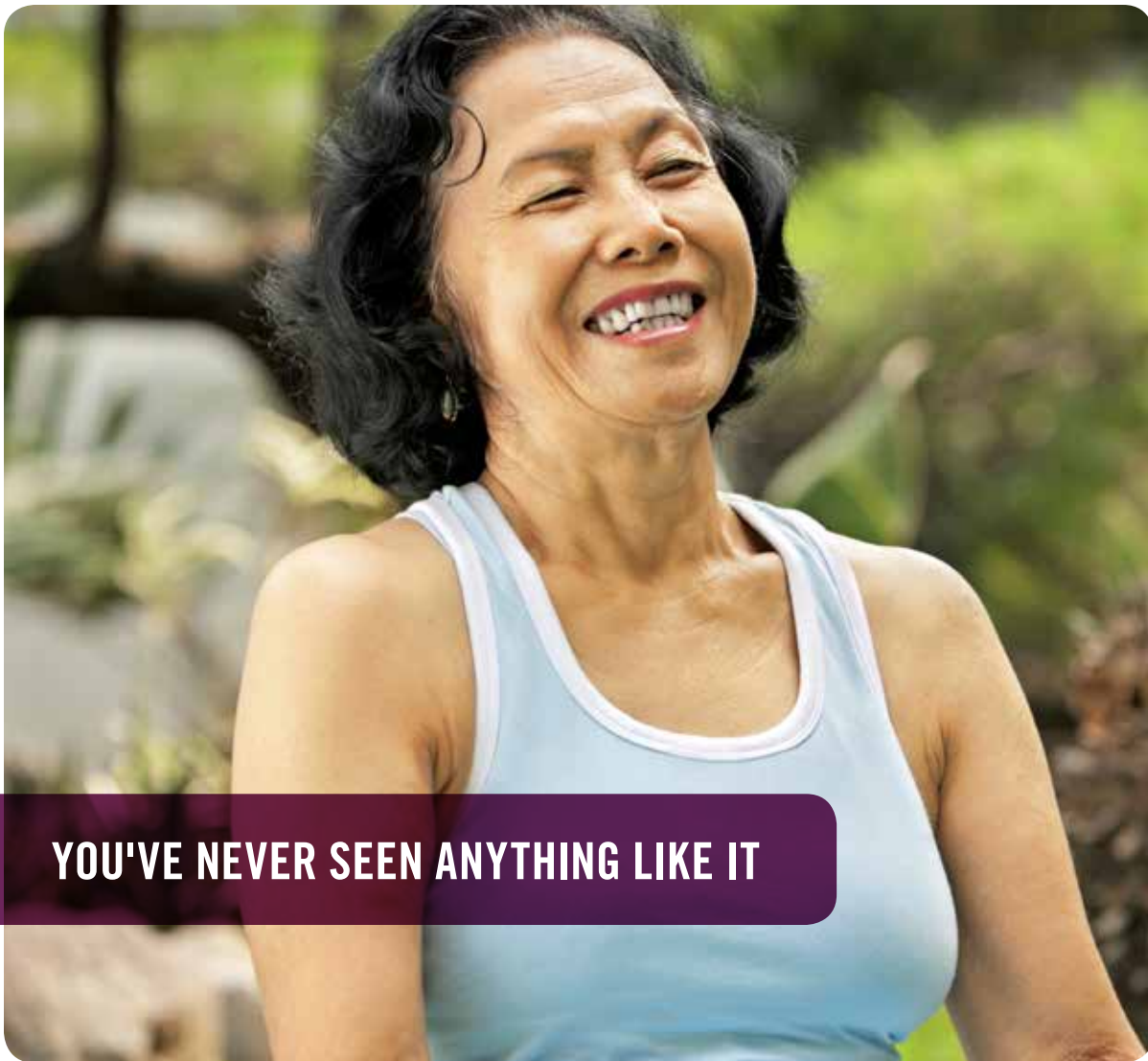
 THE WATERMARK
AT 3030 PARK

1967 • FIFTY YEARS STRONG • 2018

3030 Park Avenue • Bridgeport, CT 06604
203-374-5611 • watermarkcommunities.com

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE • REHABILITATION & SKILLED NURSING





YOU'VE NEVER SEEN ANYTHING LIKE IT

FULL CONTINUUM OF CARE AVAILABLE
HEATED INDOOR POOL
LIBRARY
GALLERY CAFÉ
THE MARK RESTAURANT
THE W LOUNGE
COMPUTER CENTER
INDULGE – A SPA AND SALON
VITALITY FITNESS CENTER
RENEW WELLNESS CENTER
CREATIVE ARTS STUDIO
AUDITORIUM AND THEATER
BILLIARDS ROOM
FURNISHED GUEST APARTMENTS
SCENIC NATURE TRAILS
DIVERSE WELLNESS PROGRAMS INCLUDING
WATERMARK UNIVERSITY CLASSES

When Rehabilitation and Skilled Nursing is what the doctor ordered, The Watermark at 3030 Park 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 and Skilled Nursing setting. Here, you'll never encounter associates in scrubs, drab food, medical carts, dull activities, squawking intercoms or monotonous call bells.

The Springs offers a variety of 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.



GETTING YOU HOME – BETTER, STRONGER, FASTER

Why do professionals refer so many patients to The Watermark at 3030 Park for Rehabilitation and Skilled Nursing? We offer outstanding services in our extraordinary, Medicare-certified community, including physical therapy, occupational therapy and speech therapy. 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.

THREE RESTAURANT-STYLE MEALS
PREPARED DAILY

PERSONAL AMBASSADOR PROGRAM

REGISTERED DIETITIAN OVERSIGHT

SERVICE PLANS CUSTOMIZED TO YOUR NEEDS

24-HOUR STAFFING WITH REGISTERED NURSE

HEALTH CARE MANAGEMENT AND MONITORING
WITH PHYSICIAN OVERSIGHT

RESIDENT CALL SYSTEM

FLAT-SCREEN TELEVISIONS

SCHEDULED TRANSPORTATION

DIVERSE WELLNESS PROGRAM INCLUDING
CLASSES AND THERAPIES IN OUR HEATED
INDOOR POOL

22 PRIVATE SUITES WITH FULL BATHROOM

ON-SITE PHYSICAL, OCCUPATIONAL AND
SPEECH THERAPY





YOUR PERSONAL AMBASSADOR



Enjoy the ultimate experience with our Personal Ambassador Program. From the moment you arrive, you'll receive a warm welcome and ongoing one-on-one 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.

PIZZA-MAKING DEMO
WITH THE CHEF



MATINEE —
CASABLANCA



WATER AEROBICS
IN THE HEATED
POOL



ENJOY ZUMBA®
CLASS IN THE
FITNESS CENTER



PAMPER
YOURSELF WITH A
PEDICURE
AT INDULGE



LATEST SHOWING
IN THE ART GALLERY



FIRE UP THE
COMPUTERS,
IPADS, KINDLES
AND NOOKS FOR
BEGINNERS
CLASS



LEARN A NEW
LANGUAGE
IN FRENCH
101 CLASS



HAPPY HOUR IN
THE W LOUNGE
WITH FRIENDS



SHOW OFF TALENT
AT PAINTING
101 CLASS



HEALTHY LUNCH
OVERLOOKING
THE PARK



MORNING YOGA
SESSION



JUST THE FACTS

The Watermark at 3030 Park
3030 Park Avenue
Bridgeport, CT 06604

Main:
203-374-5611

Rehabilitation and Skilled Nursing Admissions:
203-373-6196

Rehabilitation and Skilled Nursing fax:
203-373-6117

3030park.watermarkcommunities.com
3030parkcontact@watermarkcommunities.com

COMMUNITY AMENITIES

Full continuum of care available, heated indoor pool, library, Gallery Café, The Mark Restaurant, The W Lounge, computer center, Indulge – A Spa and Salon, Vitality Fitness Center, Renew Wellness Center, creative arts studio, auditorium and theater, billiards room, furnished guest apartments, scenic nature trails, and diverse wellness programs including Watermark University classes

REHABILITATION AND SKILLED NURSING AT THE SPRINGS

Three restaurant-style meals prepared daily
Personal Ambassador Program
Registered dietitian oversight
Service plans customized to your needs
24-hour staffing with registered nurse
Health care management and monitoring with physician oversight
Resident call system
Flat-screen televisions
Scheduled transportation
Diverse wellness program including classes and therapies in our heated indoor pool
22 private suites with full bathroom
On-site physical, occupational and speech therapy

CLINICAL CAPABILITIES

Physical therapy, occupational therapy and speech therapy; 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 and home management; visual impairments, aphasia, dysarthria, dysphagia and more.