

# THE SPRINGS

AT THE WATERMARK AT 3030 PARK  
REHABILITATION AND SKILLED NURSING



 THE WATERMARK  
AT 3030 PARK

3030 Park Avenue | Bridgeport, CT 06604  
1-203-502-7593 | [www.watermarkcommunities.com](http://www.watermarkcommunities.com)

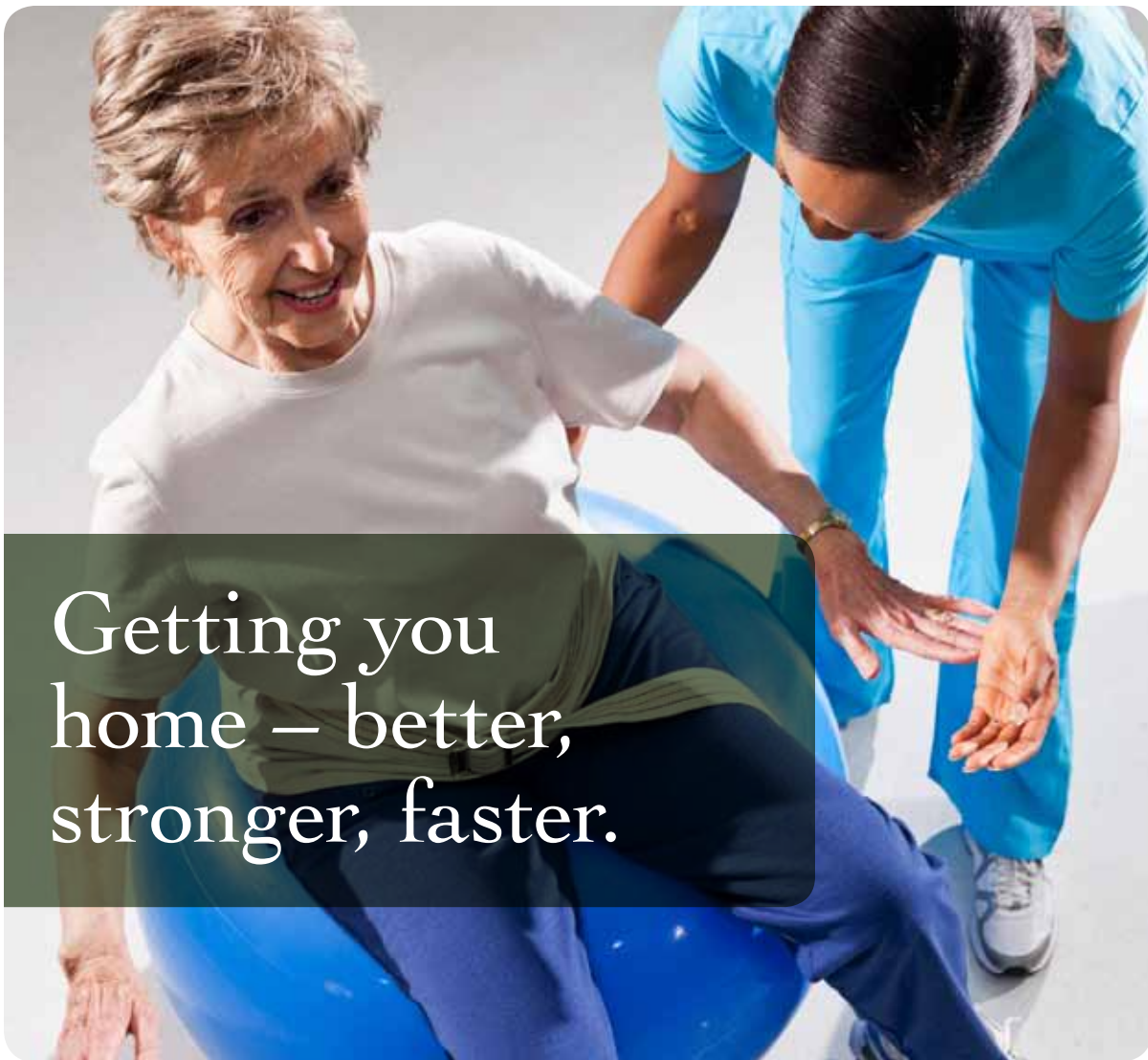
INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE | REHABILITATION & SKILLED NURSING 



You've never seen  
anything like it.

FULL CONTINUUM OF CARE AVAILABLE  
HEATED INDOOR POOL  
LIBRARY  
GALLERY CAFÉ  
THE MARK RESTAURANT  
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 is what the doctor ordered, The Watermark at 3030 Park welcomes everyone, not just current residents. We designed our rehabilitation program with our own residents in mind, that's why we offer amenities and services you never thought existed in a rehabilitation setting. Here, you'll never encounter associates in scrubs, drab food, medical carts, dull activities, squawking intercoms or monotonous call bells. Rehabilitation at The Springs at The Watermark 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.



Getting you home – better, stronger, faster.

- 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

Why do professionals refer so many patients to The Watermark at 3030 Park for rehabilitation? 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.







## 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.

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  
& 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:

1-203-374-5611

Rehabilitation and Skilled Nursing

Admissions:

1-203-373-6196

Rehabilitation and Skilled Nursing fax:

1-203-373-6117

[www.watermarkcommunities.com/3030park](http://www.watermarkcommunities.com/3030park)

[3030parkcontact@mailwatermark.com](mailto:3030parkcontact@mailwatermark.com)

## **COMMUNITY AMENITIES**

Full continuum of care available, heated indoor pool, library, Gallery Café, The Mark Restaurant, 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

## **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, Contenance Management, Home Management, Visual Impairments, Aphasia, Dysarthria, Dysphagia and more.