

THE SPRINGS

AT THE WATERMARK AT EAST HILL
REHABILITATION AND SKILLED NURSING



INTRODUCING THE AMBASSADOR PROGRAM – YOUR OWN PERSONAL CARE CONCIERGE

 THE WATERMARK
AT EAST HILL

611 East Hill Road • Southbury, CT 06488
203-262-6868 • 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
LOUNGE WITH FIREPLACE
LIBRARY
GALLERY CAFÉ
COMPUTER CENTER
FITNESS CENTER
CREATIVE ARTS STUDIO
AUDITORIUM AND THEATER
BILLIARDS ROOM
INDULGE – A SPA AND SALON
LOCAL BANK BRANCH
FURNISHED GUEST APARTMENTS
SCENIC NATURE TRAILS
OUTDOOR SPORTS CENTER FEATURING
A PUTTING GREEN, BOCCE BALL,
SHUFFLEBOARD AND CROQUET
DIVERSE WELLNESS PROGRAMS
INCLUDING WATERMARK
UNIVERSITY CLASSES

When Rehabilitation is what the doctor ordered, The Watermark at East Hill 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.

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 as ordered by your physician, including delicious cuisine, a full calendar of mind and body fitness classes and that's just the beginning.



GETTING YOU HOME – BETTER, STRONGER, FASTER

DINING ROOM AND COUNTRY KITCHEN
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 TV AND WI-FI
SCHEDULED TRANSPORTATION
DIVERSE WELLNESS PROGRAM
INCLUDING CLASSES AND THERAPIES
IN OUR HEATED INDOOR POOL AS
ORDERED BY YOUR PHYSICIAN
LUXURIOUS SEMIPRIVATE SUITES
ON-SITE PHYSICAL, OCCUPATIONAL
AND SPEECH THERAPY

Why do professionals refer so many patients to The Watermark at East Hill 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 one-on-one attention from your personal ambassador. Your ambassador 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.

EXPLORE
THE WONDER
OF FLORAL
ARRANGEMENTS
WITH THE
FLORABUNDIANS



WALKS IN
THE GARDEN



KNIT UNTIL
YOUR HEART IS
CONTENT WITH
YARN & BEYOND



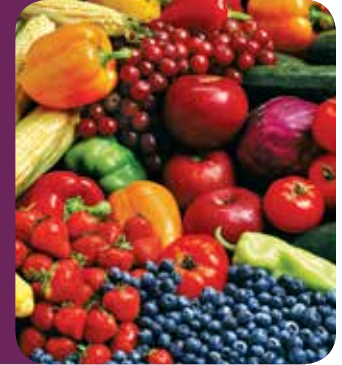
SHOW OFF
TALENT AT
WATERCOLORS
101 CLASS



JOIN WRITER'S
CIRCLE 101



GOING TO
FARMERS
MARKET



BREAKFAST AND
COFFEE IN THE
GALLERY CAFÉ



DESSERT AND
COOKING DEMO
WITH CHEF



WATER
AEROBICS
IN THE
HEATED POOL



TASTING IN
BEERS AROUND
THE WORLD



BRAG ABOUT
THE CHEF AT
DINNER WITH
NEW FRIENDS



COCKTAILS IN
THE W LOUNGE



JUST THE FACTS

The Watermark at East Hill
611 East Hill Road
Southbury, CT 06488

Main:
203-262-6868

Rehabilitation and Skilled Nursing
Admissions:
203-262-6868 ext. 111

Rehabilitation and Skilled Nursing fax:
203-267-7607

easthill.watermarkcommunities.com

easthillcontact@watermarkcommunities.com



TOTAL RESIDENCES

| | |
|----------------------------------|-----|
| Independent Living | 157 |
| Assisted Living | 24 |
| Villa Memory Care | 14 |
| Rehabilitation & Skilled Nursing | 34 |
| Resident satisfaction score | 95% |



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 TV and Wi-Fi
Diverse wellness program including classes and therapies in our heated indoor pool as ordered by your physician
Luxurious semiprivate suites
On-site physical, occupational and speech therapy

CLINICAL CAPABILITIES

Physical therapy, occupational therapy and speech therapy
COPD management
Cardiac rehab
Pain management, 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