

Thank You for Choosing Us

*Thank you for trusting us with
your care. We are honored to
serve you and remain committed
to delivering compassionate, high
quality care tailored to your
individual needs.*



WELCOME GUIDE

CONTACT

ADDRESS

Harborside Health & Rehabilitation
4601 MLK Jr. Ave SW,
Washington, DC 20032

WEBSITES

harborside-hr.com



LETTER FROM CEO



Curtis Winans
DC Market CEO

Welcome to Harborside Health and Rehabilitation and thank you for choosing us for your care. We are honored that you have placed your trust in our team during an important time in your health journey. Every member of our staff is committed to providing compassionate, high quality care in a safe and supportive environment.

At Harborside Health and Rehabilitation, our focus is always on the people we serve. Our multidisciplinary team works together to deliver personalized care that supports healing, recovery, and comfort for both patients and their families.

Our commitment to excellence is reinforced through our accreditation by the Center for Improvement in Healthcare Quality (CIHQ). This recognition reflects our dedication to maintaining the highest standards of patient safety, clinical quality, and continuous improvement.

From the moment you arrive, our goal is to make you feel welcome, informed, and supported. This guide has been created to help you and your loved ones better understand what to expect during your stay and to introduce you to the many services available to you.

We encourage you to ask questions, share your concerns, and partner with our care team throughout your stay. Your comfort, safety, and recovery are our highest priorities. On behalf of our entire team, we are proud to care for you.

With Care,

Curtis Winans

ABOUT HARBORSIDE

We are a diversified provider of post-acute care within skilled nursing facilities.

Our competitive and experienced management team excels in the development and operation of post-acute care facilities. They are committed to providing value-driven services in high-quality facilities to promote healing and wellness.

Our multidisciplinary team of physicians and registered nurses deliver patient-centered care with dedication, compassion, and expertise.

OUR VISION & MISSION

Vision

Be recognized as the top post-acute care provider in the country, with our exceptional staff, unparalleled services and outcomes, and individualized patient-centered care.

Mission

Promote healing and wellness in a safe and welcoming environment, with an individualized path to recovery for each patient.



WECARE VALUES

WeCare is a service excellence program that guides how we treat every person in our facility with respect, compassion, and professionalism. Each letter in WeCare represents a core value that shapes our daily actions and reinforces our commitment to exceptional care.

Welcome: We are dedicated to creating a positive and welcoming environment.

Everyone Works as a Team: We demonstrate dedication to working cohesively together.

Compassion: We meet the patient/resident needs and concerns by acting in a patient-focused manner.

Accountability and Integrity: We take ownership of all aspects of duties through reliable performance.

Respect: We always treat others as they would like to be treated.

Expertise: We display mastery over attitude & behavior, and pride in our appearance.



SERVICES

Our devoted medical team provides exceptional care through personalized treatment plans, advanced therapies, and compassionate support.



OPTOMETRY



PALLIATIVE
CARE



PASTORAL
SERVICES



ADVANCED
WOUND CARE
PROGRAM



CARDIOLOGY



DENTIST



PHYSICAL
MEDICINE
REHABILITATION



REHABILITATION
PROGRAM



PLASTIC
SURGERY



DIALYSIS
SERVICES



GI SERVICES



HOSPICE



PODIATRY



PSYCHIATRY



PULMONOLOGY
VENTILATOR/
TRACH/ OXYGEN
HIGH-FLOW/ BIPAP



INFECTIOUS
DISEASE



NEPHROLOGY



RADIOLOGY
SERVICES



THERAPEUTIC
RECREATION

PLAN YOUR VISIT



Patient Visiting Hours

Harborside Health & Rehabilitation
Patient visiting hours are from
9:00 am - 8:00 pm.

Parking Options

Free parking is available in front
of the hospital.

WHAT TO EXPECT

Warm Welcome and Check-In

Upon arrival, you will be greeted by our front desk team and asked to sign in.

Comprehensive Evaluation

Shortly after admission, your loved one will receive a clinical evaluation to assess medical needs and therapy goals and to develop an individualized plan of care.

Therapy Services Within 24 to 48 Hours

Patients and residents are typically evaluated by a therapist within 24 to 48 hours. Therapy plans are tailored to support recovery, strength, and independence.

Communication and Updates

Families are encouraged to stay involved. Our team provides regular updates and is available to answer questions.

Comfort and Support

We strive to create a welcoming environment where patients and families feel respected and informed throughout their stay.

TV GUIDE



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8	Local ABC OTA
9	Local NBC OTA
10	Local CBS OTA
11	Local FOX OTA
12	Local PBS OTA
13	Local MNT OTA
14	Local PBS OTA
15	Local MY OTA
16	A & E
17	AMC
18	Animal Planet
19	BET
20	Bravo
21	Comet
22	CNN
23	Comedy Central
24	CMT
25	Discovery
26	E! TV
27	ESPN
28	ESPN 2
29	ESPN U
30	EWTN

31	Food Network
32	Fox News
33	Freeform
34	FX
35	Game Show Network
36	Hallmark
37	Hallmark Movies
38	History
39	HGTV
40	INSP
41	Lifetime
42	National Geographic
43	Nickelodeon
44	Paramount
45	POP
46	Sundance
47	Turner Classic Movies
48	TCM
49	TLC
50	Travel Channel
51	TBS
52	TNT
53	TV Land
54	USA

TELL US HOW WE ARE DOING

Your voice matters to us. Guided by our WeCare values, we are committed to continuous improvement.



Scan the QR code above to share your experience.



THANK YOU

We are so glad to have you here as a patient and we look forward to helping you on your journey to health and healing. Our team of dedicated professionals is committed to providing you with the best care and support possible. We are here to answer any questions or concerns you may have and will do our best to make your stay as comfortable as possible.

Thank you for choosing us for your care.

With Care,

