

2023 Loretto Resource Guide

A Comprehensive Guide to Loretto's Continuum of Care

lorettocny.org



Rates Vary—Call to Confirm Pricing



Independent
Living



Assisted Living



Skilled Nursing



Short-Term
Rehabilitation



Memory Care



Community
Programs

Table of Contents

Overview	1
– Loretto's Continuum of Care	2
– Key Contacts	3
– Loretto Programs and Services Comparison Chart.....	4
– Financing Options	5
– Loretto Family of Services Map	6
 Community Programs	 7
– PACE CNY Overview	8
– PACE CNY Admission Process.....	9
– Community Residences Overview.....	10
– Community Residences Admissions Process.....	11
 Assisted Living.....	 13
– Assisted Living Overview	14
– Assisted Living Services & Eligibility Chart	15
– Assisted Living Admission Process.....	16
– The Bernardine Overview.....	17
– Buckley Landing Overview.....	18
– Sedgwick Heights Overview.....	19
– The Heritage Memory Life Community Overview.....	20
 The Nottingham Continuum of Care Community.....	 21
– The Nottingham Overview	22
– The Nottingham Comparison Chart	23
– The Glens at The Nottingham.....	24-25
– Independent Living Overview.....	26
– Assisted and Enhanced Living Residences	27
– The Borer Memory Life Community	28-29
– The Nottingham Skilled Nursing	30
– The Nottingham Admission Process	31
 Skilled Nursing & Short-Term Rehabilitation	 33
– Skilled Nursing & Short-Term Rehabilitation Overview	34
– Skilled Nursing Overview.....	35
– The Commons on St. Anthony.....	36
– Skilled Nursing Admission Process.....	37
– Memory Special Care Unit at Loretto Health & Rehabilitation	38
– Restorative Care Unit at Loretto Health & Rehabilitation	39
– Hospital-to-Home Program Overview	40
– Palliative Care Program at Loretto Health & Rehabilitation	41

Overview

OVERVIEW

COMMUNITY-BASED
PROGRAMS

ASSISTED LIVING

THE NOTTINGHAM
CONTINUUM OF CARE
COMMUNITY

SKILLED NURSING
& SHORT-TERM
REHABILITATION

Loretto's Continuum of Care

Who We Are

Established in 1926, the name Loretto is synonymous with hope and caring for all. Nearly a century later, that passion lives on at the 19 Central New York communities and programs that share the Loretto name. And, as the healthcare landscape evolves, Loretto is evolving right along with it. Today, our commitment to "caring for all" takes on even more significance, as we are the only name in Central New York that can provide care for all stages of adult life, our continuum of care. It's an extraordinary network of specialized programs, staffed by thousands of dedicated, exceptional caregivers.

OUR MISSION: *To be a family of exceptional people caring for and about each other.*

OUR VISION: *Loretto will always be the best place to live with purpose, wholeness and dignity.*

OUR VALUES:

TRUST: *Honesty and respect are essential to trust. We will always work to earn and maintain the faith and confidence of those around us.*

KINDNESS: *Kindness is at the core of how we care for everyone around us. We will do our best to provide truly loving care and will honor the rights and traditions of all people.*

TEAMWORK: *The greatest accomplishments are achieved through teamwork. We will work together toward our common goal of delivering extraordinary care.*

LEADERSHIP: *We are all leaders, which means being proactive and taking responsibility. We will lead through continuous improvement and by innovating to find better ways to deliver exceptional service.*

VITAL INFO

FOUNDED:

1926 by the Catholic Diocese

OWNERSHIP:

Not-for-profit

BUSINESS MODEL:

Leading healthcare provider to almost 10,000 individuals and their families.

AREAS SERVED:

Loretto is the 4th largest healthcare system in Central New York, with communities and programs established in both Cayuga and Onondaga Counties.

EMPLOYEES:

Sixth largest employer in Central New York with more than 2,500 dedicated employees and caregivers.

HEADQUARTERS:

Loretto Health & Rehabilitation
700 East Brighton Avenue
Syracuse, NY 13205

PRESIDENT & CEO:

Dr. Kimberly Townsend

The Loretto Family of Services— Our Continuum of Care Across Central New York

Loretto is an innovative developer of services that meet emerging community needs. From in-home care to assisted living, short-term rehabilitation and specialized memory care, we provide a full range of communities, services and programs to meet all healthcare needs and varying income levels as this community's safety-net provider.

Independent Living	Assisted Living	Skilled Nursing	Short-Term Rehabilitation	Memory Care	Community Programs
<ul style="list-style-type: none"> • The Bernardine • The Nottingham 	<ul style="list-style-type: none"> • The Bernardine • Buckley Landing • The Heritage Memory Life Community • The Nottingham • Sedgwick Heights 	<ul style="list-style-type: none"> • Loretto Health & Rehabilitation • The Nottingham • The Commons on St. Anthony 	<ul style="list-style-type: none"> • The Commons on St. Anthony • Loretto Health & Rehabilitation 	<ul style="list-style-type: none"> • Loretto Health & Rehabilitation • The Borer Memory Life Community at The Nottingham • The Heritage Memory Life Community • The Commons on St. Anthony 	<ul style="list-style-type: none"> • PACE CNY • Daybreak Adult Medical Day Program • Community Residences

Key Contacts

OVERVIEW

COMMUNITY-BASED
PROGRAMS

ASSISTED LIVING

THE NOTTINGHAM
CONTINUUM OF CARE
COMMUNITY

SKILLED NURSING
& SHORT-TERM
REHABILITATION

Community Programs

PACE CNY	Tammy Natoli Director of Intake and Marketing	315.413.4579 tnatoli@lorettosystem.org
Community Residences	Michele Rita Gottschalk Director	315.413.3592 mgottsch@lorettosystem.org

Independent Living

The Bernardine	Melissa Baker Admissions Representative	315.413.3564 mbaker@lorettosystem.org
The Nottingham	Marcy Cole Director of Sales & Marketing	315.413.3104 mcole@lorettosystem.org

Assisted Living

Director of Housing	Kim Staiger Director of Sales & Marketing, Housing	315.413.3100 kstaiger@lorettosystem.org
The Bernardine	Melissa Baker Admissions Representative	315.413.3564 mbaker@lorettosystem.org
Buckley Landing	Max Klump Admissions Representative	315.413.3772 mklump@lorettosystem.org
The Heritage Memory Life Community	Stephanie Deecher Admissions Representative	315.413.3039 sdeecher@lorettosystem.org
The Nottingham	Marcy Cole Director of Sales & Marketing	315.413.3104 mcole@lorettosystem.org
Sedgwick Heights	Noreen Longden Admissions Representative	315.413.3238 nlongden@lorettosystem.org


Skilled Nursing & Short-Term Rehabilitation

The Commons on St. Anthony (Skilled Nursing & Rehabilitation)	Beth Rabuano Director of Admissions	315.282.6849 brabuano@lorettosystem.org
Loretto Health & Rehabilitation	Chris Buck Admissions Representative	315.413.3306 cbuck@lorettosystem.org
	Katherine Cushman Admissions Representative	315.413.3401 kcushman@lorettosystem.org
The Nottingham (Skilled Nursing)	Kelly McDaniels Social Work, Admissions	315.413.3116 kmcDaniels@lorettosystem.org

Memory Care

The Heritage Memory Life Community	Stephanie Deecher Admissions Representative	315.413.3039 sdeecher@lorettosystem.org
Loretto Health & Rehabilitation	Chris Buck Admissions Representative	315.413.3306 cbuck@lorettosystem.org
	Katherine Cushman Admissions Representative	315.413.3401 kcushman@lorettosystem.org
The Borer Memory Life Community	Marcy Cole Director of Sales & Marketing	315.413.3104 mcole@lorettosystem.org
The Commons on St. Anthony	Beth Rabuano Director of Admissions	315.282.6849 brabuano@lorettosystem.org

Loretto Programs and Services

 Independent Living	 Assisted Living	 Skilled Nursing	 Short-Term Rehabilitation	 Memory Care	 Community Programs	
The Bernardine The Nottingham	The Bernardine Buckley Landing The Heritage Memory Life Community The Nottingham Sedgwick Heights	The Commons on St. Anthony Loretto Health & Rehabilitation The Nottingham	The Commons on St. Anthony Loretto Health & Rehabilitation	The Commons on St. Anthony The Heritage Memory Life Community Loretto Health & Rehabilitation The Nottingham	PACE CNY: PACE CNY Sally Coyne Center PACE CNY McAuliffe Health Center	Daybreak Adult Medical Day Programs: Daybreak on St. Anthony

Housing Accommodations

Private Room		●	●	●	●		
Semi-Private Room		●	●	●			
1 Bedroom Apartments	●	●			●		
2 Bedroom Apartments	●				●		
Cottages	●						
Studios		●					

Amenities & Services

Housekeeping	●	●	●	●	●	●	
Laundry & Linen Services	●	●	●	●	●	●	
3 Meals a Day		●	●	●	●	●	
Care Management	●	●	●	●	●	●	●
Beauty Salon/Barber Shop	●	●	●	●	●	●	●
Courtyard & Gardens	●	●	●	●	●	●	●
Scheduled Transportation Services	●	●	●	●	●	●	●
Life Line (Emergency Pull Cord)	●	●	●	●	●	●	●
Activities & Outings	●	●	●	●	●	●	●

Health-Related Care

In-Home Care						●	
Medication Management	●	●	●	●	●	●	●
Personal Safety Checks	●	●	●	●	●	●	●
Personal Care Assistance	●	●	●	●	●	●	●
Specialized Diets		●	●	●	●	●	●
Dietitian Services		●	●	●	●	●	●
Case Management Services		●	●	●	●	●	●
Pharmacy Services	●	●	●	●	●	●	●
Stroke Rehab			●	●			
Cardiac Care			●	●			
Telehealth Monitoring			Loretto Health & Rehabilitation	Loretto Health & Rehabilitation		●	
Remote Telehealth Monitoring			Loretto Health & Rehabilitation	Loretto Health & Rehabilitation		●	
Physical Rehabilitation Programs			●	●	●	●	●
Post-Surgical Recovery							
24 Hour Staff	●	●	●	●	●	●	●
Mental Health Services		●	●	●	●	●	●
Secured Community	●	The Heritage	●		●		●
Podiatry Services	●	●	●	●	●	●	
Laboratory Services	●		●	●	●	●	●
Physical, Occupational, & Speech Therapy	●	●	●	●	●	●	●
Diabetes Management	●	●	●	●	●	●	●
Peritoneal Dialysis			Loretto Health & Rehabilitation	Loretto Health & Rehabilitation			
Oxygen Assistance		●	●	●	●	●	●
Transfer Assistance		●	●	●	●	●	●
Physician on Staff			●	●	●	●	
Adult Day Program						●	●

Loretto facilities accept a variety of financial payment options including Medicare, Medicaid, Private Pay, Long Term Care Insurance and Private Insurance. It's important to note that insurance coverage and financial acceptance differ by facility. Be sure to check with each facility to see what method of payment is accepted. We'll work closely with you to determine which financial solution, housing need and available services are the best fit for you.

To learn more about our programs and services that we offer at our facilities, please visit www.lorettocny.org.



Financing Options

OVERVIEW

COMMUNITY-BASED PROGRAMS

ASSISTED LIVING

THE NOTTINGHAM CONTINUUM OF CARE COMMUNITY

SKILLED NURSING & SHORT-TERM REHABILITATION

Medicaid

Medicaid is a federal- and state-sponsored health insurance program that helps individuals who can't afford medical care pay some or all of their medical bills. Medicaid is available only to certain low-income individuals and families who fit into an eligibility group that is recognized by federal and state law. Medicaid does not pay money to individuals; instead, it sends payments directly to participating health care providers. Depending on the state's rules, individuals may also be asked to pay a small part of the cost (copayment) for some medical services.

Medicare

Medicare is the national health insurance program for people age 65 or older, some individuals under age 65 with disabilities, and people with End-Stage Renal Disease (ESRD), which is permanent kidney failure requiring dialysis or a kidney transplant. Generally, Medicare pays for only a very limited part of long-term care services. Medicare will pay only for a medically necessary skilled nursing facility or home health care, and only on a part-time or "intermittent" basis. Individuals must meet certain conditions for Medicare to pay for these types of care. Medicare does not pay for "custodial care," or care that helps with activities of daily living like dressing, bathing and toileting. There are three parts to Medicare, Part A, Part B and Part D. Medicare Part A pays for inpatient hospital, skilled nursing facility and some health care. Part B covers Medicare-eligible physician services, outpatient hospital services, certain home health services and durable medical equipment. Medicare Part D pays for prescription drugs.

Medicare Supplement/Medigap Insurance

Medicare supplement or Medigap policies typically cover the coinsurance and deductible amounts after Medicare pays its portion. In New York State, individuals enrolled in Medicare (even those with Medicare due to a disability and under age 65) can purchase a Medigap policy at any time; people cannot be turned down or charged higher premiums due to poor health. There are several standard Medigap policies that are offered by several different insurance companies.

Long-Term Care Insurance

This type of private insurance policy can help pay for many types of long-term care, including both skilled and non-skilled care. Long-term care insurance coverage can vary greatly. Some policies may cover only nursing home care. Others may include coverage for a whole range of services, such as care in an adult medical day center, assisted living, medical equipment or formal and informal home care. Long-term care insurance premiums vary, depending on age and health status at the time the policy is purchased and on how much coverage is requested. Individuals must be in general good health when purchasing a policy. For this reason, it would be better to secure long-term insurance at a younger age when premiums are lower. If this is done, a periodic review is advised to make sure the policy covers current and future long-term needs. Those looking at longterm care insurance should talk with a family member, insurance agent or financial advisor to determine the best approach.

Private Pay

Individuals can use their savings or other personal resources to pay for long-term care.



To learn more about financing options, contact:

Christine Stanford

315.413.3205

cstanfor@lorettosystem.org



Loretto Family of Services Map

Loretto's Continuum of Care Across Central New York



1 The Commons on St. Anthony

3 Saint Anthony Street
Auburn, NY 13021
315.282.6849

2 Buckley Landing

7430 Buckley Road
North Syracuse, NY 13212
315.413.3772

3 PACE CNY–North Syracuse

100 Malta Lane
North Syracuse, NY 13212
315.413.4579

4 PACE CNY–East Syracuse

115 Creek Circle
East Syracuse, NY 13057
315.413.4579

5 Sedgwick Heights

1100 James Street
Syracuse, NY 13203
315.413.3238

6 The Bernardine

417 Churchill Avenue
Syracuse, NY 13205
315.413.3564

7 The Heritage

750 East Brighton Avenue
Syracuse, NY 13205
315.413.3039

8 Loretto Health & Rehabilitation

700 East Brighton Avenue
Syracuse, NY 13205
315.413.3401

9 The Nottingham

1301 Nottingham Road
Jamesville, NY 13078
315.413.3104

To learn more, please visit lorettocny.org



Community-Based Programs

OVERVIEW

COMMUNITY-BASED
PROGRAMS

ASSISTED LIVING

THE NOTTINGHAM
CONTINUUM OF CARE
COMMUNITY

SKILLED NURSING
& SHORT-TERM
REHABILITATION



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PACE CNY offers a complete range of healthcare services that continues to change the future of senior care. Whether an individual needs in-home care, adult day care, rehabilitation or a combination of services as they fit into their plan of care we can provide those services in any living environment. PACE CNY realizes that every individual has different needs, and our care team will take the time to get to know each of our participants to understand what they need, and provide a personalized level of care to meet those requirements. Our PACE Model of Care exhibits the care each individual can receive by one provider.



Home Care

- Telehealth monitoring
- Nursing care
- Home health aide
- Personal care services
- Rehabilitation therapies (physical, occupational, speech)
- Nutritional counseling
- Medical social work
- Light housekeeping
- Meals on wheels
- Lifeline emergency call system
- Nurse/doctor on call 24 hours
- Consumer directed personal assistance program (CDPAP)
- Respite care
- End of life care

Institutional Care

- Emergency care
- Hospital care
- Nursing home care

Medical Care

- Primary and specialty medical care
- Medications provided and delivered
- Dentistry, optometry, podiatry and audiology services
- Outpatient lab work and x-rays/ekg's
- Diagnostic procedures
- Emergency and urgent care
- Acute hospital and long-term care services
- Inpatient/outpatient care

Adult Day Care

- Family caregiver support
- Recreational programs
- Nutritional services
- Rehabilitation
- Transportation

Transportation

- To and from the day center
- To and from the clinic
- To and from medical appointments
- To and from activities

Rehabilitation

- Physical therapy
- Occupational therapy
- Speech therapy
- Medical equipment (i.e. wheelchair, walker, special need beds and oxygen)



PACE CNY Sally Coyne Center

100 Malta Lane
North Syracuse, NY 13212



PACE CNY McAuliffe Health Center

115 Creek Circle
East Syracuse, NY 13057



PACE CNY participants may be fully and personally liable for costs of unauthorized or out-of-PACE CNY program agreement services (other than emergency services)



To learn more about PACE CNY, contact:

Tammy Natoli

315.413.4579

tnatoli@lorettosystem.org

Or visit our website at pacecny.org



PACE CNY Admission Process

OVERVIEW

COMMUNITY-BASED PROGRAMS

ASSISTED LIVING

THE NOTTINGHAM CONTINUUM OF CARE COMMUNITY

SKILLED NURSING & SHORT-TERM REHABILITATION

Caring for Seniors in the Home and Community

PACE CNY is a program in the Loretto Family of Care that helps seniors 55 years and older remain in the community with supportive services. The admission process includes the following steps:

1 | Referral Process

A nurse will return an individual's call within 24 hours to discuss specific concerns and care needs. A visit may be arranged at this time, if indicated.

2 | Program Overview

The PACE CNY program is an alternative to nursing home placement. An individualized care plan is developed by the PACE team with the potential participant to determine which combination of medically necessary services is needed. The interdisciplinary approach is used to provide comprehensive medical and social services.

3 | Tours

Tours of the PACE CNY sites (day care center, clinic and rehabilitation) are available upon request and scheduled during the assessment process.

4 | Review of Program Eligibility

The state and federal governments have set eligibility and enrollment criteria. The intake nurse reviews this information with the potential participant to determine eligibility for the PACE program. If the person is ineligible or not interested in the PACE model, information on other local programs that may meet an individual's needs will be provided.

5 | Payment/Insurance Coverage

A financial assessment to help determine eligibility is completed; the potential participant will need to provide a summary of income and assets for this assessment. If the decision is made to apply for Medicaid, a list of documents needed for that process is provided, and the Loretto Finance Department will help with the process.

6 | Medicaid and Medicaid-Pending Status

New York State law requires that persons with Medicaid or who are Medicaid-pending have a conflict-free evaluation by an independent nurse provided by New York State to determine eligibility for any managed long-term care program (MLTC). We will provide the individual with the number to call to schedule this evaluation.

7 | PACE CNY Assessment Process

The PACE CNY assessment can start after New York State completes its evaluation and has determined the individual is eligible for an MLTC and chooses PACE CNY. This process includes an evaluation by the intake RN, a scheduled visit to the day center, and an evaluation by PACE Homecare.

8 | Enrollment

Upon enrollment, our interdisciplinary team completes an in-depth health care evaluation and develops a comprehensive, individualized care plan based on medical and supportive needs. The individual's enrollment becomes effective on the first of the month.



To learn more about PACE CNY, contact:

Tammy Natoli

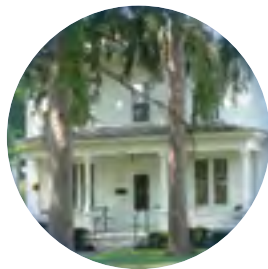
315.413.4579

tnatoli@lorettosystem.org

Or visit our website at pacecny.org



Community Residences Overview



About Community Residences— Preserving dignity, being part of a community.

The Community Residences at Loretto are comprised of three private group homes, providing a safe, homelike setting for adults 45+. These affordable residences provide support and rehabilitation, creating a secure space where individuals can build the skills needed until they are ready to be back out on their own in the community.

The mission of Loretto Community Residences is to provide a safe, homelike setting and treatment services for challenged adults, which promotes and maintains rehabilitation responding to the desires, tolerance and capacity of each person served. Loretto Community Residences is composed of three homes, housing and supporting a total of 26 individuals. Two of these homes are located in the city of Syracuse and one is in the village of Baldwinsville. Our homes serve older adults with psychiatric disabilities.

The goal of the program is to help our residents gently unfold their own lives, encouraging them to advocate for themselves. As we guide residents on their path in life, special emphasis is put forth to ensure the individuals residing in our community residences are treated with respect and dignity.

Our primary focus is on training and assistance in the following goal areas to build independence and skill levels:

- Assertiveness/Self Advocacy
- Community Integration
- Daily Living Skills
- Health Services
- Medication Management and Training
- Rehabilitation Counseling
- Skill Development
- Socialization
- Substance Abuse Services
- Symptom Management

Staff Includes:

- Director
- Site supervisor
- Senior counselor for each site
- 16 Residence counselors (5-6 for each site)
- Maintenance worker
- Housekeeper

All staff are teachers of skills and advocates for resident choice.

The site supervisors and senior counselors are case managers for the residents at their sites, so residents are sure to have a continuum of care in respect to their physical, mental, social and financial needs.

The residence counselors work all three shifts. They provide direct care to our residents around the clock. They provide training to our residents geared toward independence in all activities of daily living. Residence counselors work closely with residents on their stated goals, implement activities, supervise/assist with medications, defuse potential crises with residents and help residents with community integration.

The commitment of staff can be seen on a daily basis as well as year to year, for many staff have been with the community residence program for over 10 years.



To learn more, please contact:

Michele Rita Gottschalk, Director

315.413.3592 or mgotts@lorettosystem.org

750 East Brighton Avenue, Syracuse, NY 13205

Or visit our website at lorettocny.org



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Community Residences Admission Process

OVERVIEW

COMMUNITY-BASED PROGRAMS

ASSISTED LIVING

THE NOTTINGHAM
CONTINUUM OF CARE
COMMUNITY

SKILLED NURSING
& SHORT-TERM
REHABILITATION

We recognize that it is never easy to navigate all the forms and requirements for admission to a Community Residence Program. However, at Loretto, it is also a process that you will not have to face alone. The director will walk you through the admission process and help you have a seamless transition. Just follow these eight steps.

1 | Determine if the person you are referring is eligible for admission.

- Age 45 or older
- A diagnosed mental illness and one of the following:
 - Supplemental Security Income or Social Security Disability related to a diagnosed mental illness
 - Extended impairment in functioning due to a designated mental illness
 - Reliance on psychiatric treatment, rehabilitation and supports
- Has Medicaid or would be able to pay the Medicaid rate
- Willingness to participate in a program that builds skills toward independence
- Participating in a day program, volunteering and/or working at least three days a week
- Respectful of others.

2 | Prepare an SPOA (Single Point of Access) application.

This application is required for the referral. If you are a family member and your loved one sees a therapist or caseworker, ask them to help complete the application.

3 | Core History

A copy of one's Core History is required with submission of the SPOA.

4 | Authorization for Restorative Services

The psychiatrist working with a prospective resident needs to sign this required form. Essentially, it is the doctor verifying that the prospective resident could benefit from our program and would be appropriate.

5 | Tour the Homes

A tour can be provided before or after the SPOA is completed and turned in for review. Often seeing the homes helps a prospective resident determine if they are interested.

6 | Dinner Visit

If the prospective resident meets the criteria for admission and is interested in being in the program, they are invited to come for a dinner visit(s). This will offer them a better insight on what it is like to live there. Since we don't always have immediate openings, dinner visits are a great way for the person to stay in touch with the home and be ready for move-in once there is an opening.

7 | Pre-Admission Meeting

A meeting prior to admission with the appropriate support team takes place to ensure that all relevant information is covered and all care needs are in place for a seamless transition.

8 | Move In!

Once there is an opening, a move-in date will be made. Admission paperwork is done at that time with the director or the case manager that will be working with the new resident.



To learn more, please contact:

Michele Rita Gottschalk, Director

315.413.3592 or mgottsch@lorettosystem.org

750 East Brighton Avenue, Syracuse, NY 13205

Or visit our website at lorettocny.org



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SKILLED NURSING & SHORT-TERM REHABILITATION	THE NOTTINGHAM CONTINUUM OF CARE COMMUNITY	ASSISTED LIVING	COMMUNITY-BASED PROGRAMS	OVERVIEW
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Assisted Living

OVERVIEW

COMMUNITY-BASED
PROGRAMS

ASSISTED LIVING

THE NOTTINGHAM
CONTINUUM OF CARE
COMMUNITY

SKILLED NURSING
& SHORT-TERM
REHABILITATION



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Assisted Living Overview



At Loretto, our Assisted Living Communities offer both Assisted and Enriched Living Programs to help assist each resident with their individual needs. Our supportive and enriching communities provide all-inclusive rates, private and/or semi-private apartments and are designed to help each resident lead fulfilling lives while receiving the care they need. We work closely with each one of our residents and their family members to make sure their needs are being met, both physically and mentally.

What does all-inclusive rates entail?

A resident will have no additional charges for added on services like housekeeping, laundry, medication supervision, case management and more.

What is the difference between Assisted Living and Enriched Living?

Assisted Living is for medically stable individuals who are eligible for Medicaid and need assistance with daily activities and care. Enriched Living provides services for residents who require some assistance with daily living activities. The chart on the following page is a helpful guide to services.

Our Assisted Living Locations:



The Bernardine

417 Churchill Avenue
Syracuse, NY 13205



Buckley Landing

7430 Buckley Road
North Syracuse, NY 13212



The Heritage

750 Brighton Avenue
Syracuse, NY 13205



Sedgwick Heights

1100 James Street
Syracuse, NY 132053

Assisted Living Services & Eligibility

	ENRICHED LIVING	ASSISTED LIVING
SERVICES		
Three meals daily	●	●
Reminders and escorts to meals		●
Daily housekeeping	●	●
Weekly laundry	●	●
Personal care assistance	●	●
Medication management	●	●
Oxygen assistance		●
Glucose monitoring		●
Toileting assistance		●
Transfer assistance		●
24/7 nursing care	●	●
Emergency response system	●	●
Case management	●	●
Therapeutic recreation	●	●
Worship services	●	●
ELIGIBILITY		
Age 55+	●	●
Must have private pay funds (long-term care insurance may be accepted)	●	●
Eligible for Medicaid		●
Has active Medicare		●
Assessed by interdisciplinary team and certified as needing the program		●
Completed financial application and supporting documentation	●	●
Independent with mobility and transferring	●	
Continent or self-managed incontinence	●	
Health care directives: health care proxy, power of attorney	●	●
Loretto pre-admission interview	●	●
Completed medical evaluation from attending physician (DSS-4449)	●	●
Medically stable	●	

OVERVIEW

COMMUNITY-BASED PROGRAMS

ASSISTED LIVING

THE NOTTINGHAM CONTINUUM OF CARE COMMUNITY

SKILLED NURSING & SHORT-TERM REHABILITATION

Assisted Living Admission Process

1 | *Determine where resident stands financially.*

You will need to know what their monthly income and assets are. Every community has a different fee structure. Collecting this information in the beginning will help you determine which communities are affordable.

2 | *Tour the communities.*

Narrow it down to two or three and have your loved one tour if it is feasible. Let them be a part of the process and decision. After all, this will be their new home.

3 | *Complete the financial application.*

You will need verification of all income and assets listed on the application. At Loretto, our finance department will help you with the Medicaid process, so it's best to gather this information up front.

4 | *Collect health care directives.*

Now's the time to make sure your loved one has a health care proxy, a do-not-resuscitate order (DNR) if desired, a Medical Orders for Life Sustaining Treatment form (MOLST) and power of attorney. Review them with your loved one to ensure you know what their wishes are.

5 | *Pre-pay the burial.*

Medicaid allows individuals to pre-pay burial arrangements as long as they are set up in an irrevocable trust through the funeral home.

6 | *Set up an appointment for the pre-admission interview.*

Every new resident must have an in-person assessment by one of our admission nurses within 30 days prior to the admission date. This is to ensure that we can adequately care for your loved one and meet their needs.

7 | *Make an appointment with their primary physician.*

A medical form called a DSS-4449 must be completed by a physician 30 days prior to admission. The physician will also need to issue orders for any medical equipment. These need to be ordered prior to the admission. All prescriptions, including over the counter, will need to be sent to our pharmacy.

8 | *Pick out an apartment.*

Meet with the admissions representative to see the room/apartment that is available. Take measurements and decide what your loved one will need to bring.

9 | *Schedule the admission agreement signing.*

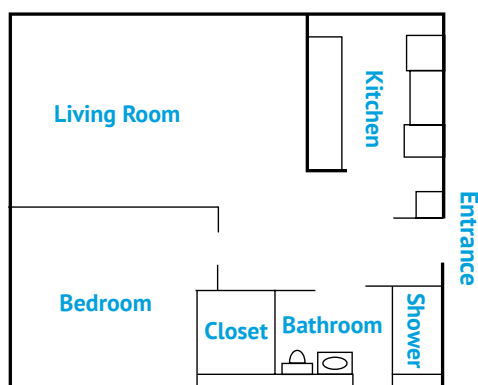
A time to sign the admissions agreement will need to be scheduled prior to moving in. The agreement includes billing and payment information, services included and rights and responsibilities.

10 | *Move in!*

The Bernardine Overview



The Bernardine is an affordable community for older adults that boasts spacious apartments in a picturesque setting. Tucked in a neighborhood community in the City of Syracuse, the Bernardine offers Enriched Living and Assisted Living Programs that provide residents the added peace of mind knowing that they can age gracefully in one place without needing to relocate. Residents enjoy daily activities including exercise, social events, happy hour, entertainment by local artists and seasonal celebrations. The Bernardine has an outdoor seating area and patio where residents and families like to spend time visiting on nice days. We host bands, barbecues and entertainment here as well.



To learn more, please contact:

Melissa Baker, Admissions Representative
315.413.3564 or mbaker@lorettosystem.org
417 Churchill Avenue, Syracuse, NY 13205
Or visit our website at lorettocny.org



The Bernardine
A Loretto Community

Our Enriched Living Program provides services for residents who require some assistance with daily living activities at an affordable monthly rate. They include:

- Three meals in our dining room daily
- Daily bed making
- Weekly laundry and housekeeping services
- Care management
- Personal care assistance (bathing supervision, dressing, etc.)
- Medication monitoring
- Scheduling of medical appointments and transportation
- Access to nursing care 24 hours a day
- Emergency response system
- Personal safety checks
- Case management (counseling and referrals)

Our Assisted Living Program is for medically stable individuals who qualify for placement in a nursing home facility and are eligible for Medicaid. It includes all of the services provided by our Enriched Living Program, plus:

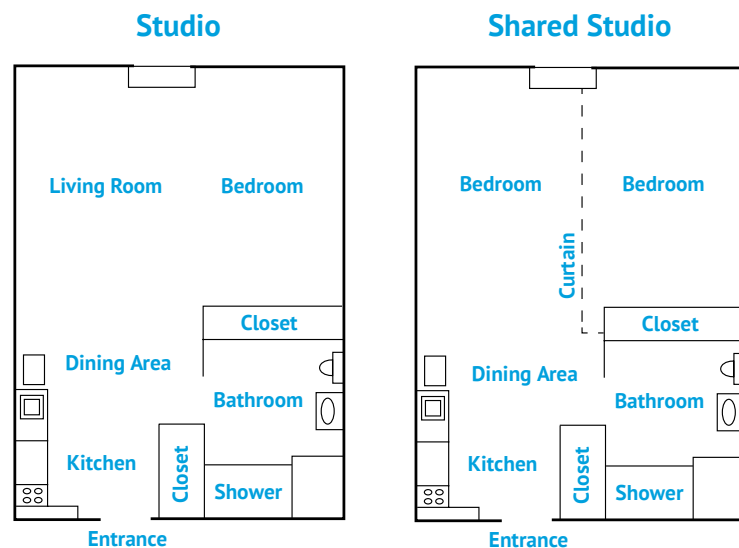
- Medical alert system that supplements scheduled reassurance checks up to every two hours
- Reminders and escorts to meals
- Assistance with glucose monitoring
- Assistance with oxygen therapy
- Assistance with transferring
- Toileting assistance

Buckley Landing Overview



Buckley Landing, located in a country setting in North Syracuse, offers residents a chance to stay close to family, friends, health care providers and churches. Our Enriched and Assisted Living Programs help transition seniors to the comfort, pleasure and safety of Buckley Landing.

Both scheduled events and casual gatherings are frequent. Favorites include: All Things SU, bingo, exercise, puzzles, cards, trivia, entertainment, music and mass/church services plus outings to local venues.



Our Enriched Living Program provides services for residents who require some assistance with daily living activities at an affordable monthly rate. They include:

- Three meals in our dining room daily
- Weekly laundry and housekeeping services
- Care management
- Personal care assistance (bathing, dressing, etc.)
- Medication monitoring
- Scheduling of medical appointments and transportation
- Access to nursing care 24 hours a day
- Emergency response system
- Personal safety checks
- Case management (counseling and referrals)

Our Assisted Living Program is for medically stable individuals who qualify for placement in a nursing home facility and are eligible for Medicaid. It includes all of the services provided by our Enriched Living Program plus:

- Reminders and escorts to meals
- Assistance with oxygen therapy and glucose monitoring
- Toileting assistance
- Assistance with occasional transfers



To learn more, please contact:

Max Klump, Admissions Representative

315.413.3772 or mklump@lorettosystem.org

7430 Buckley Rd, North Syracuse, NY 13212

Or visit our website at lorettocny.org

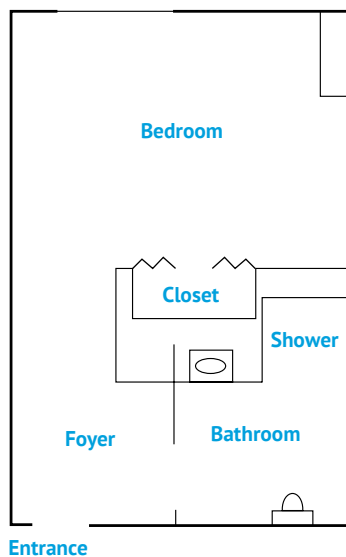


Sedgwick Heights Overview

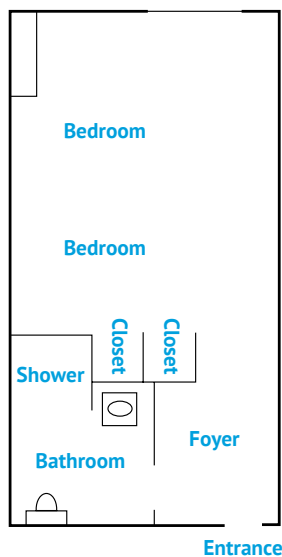


Located in the heart of the historic Sedgwick district of Syracuse, Sedgwick Heights provides a safe, supportive and affordable environment for older adults in an atmosphere that promotes their independent spirit. Programs foster a special blend of health care, wellness, companionship and community.

Private Room



Semi-Private Room



Our Adult Home Program provides services for residents who require assistance with daily living activities at an affordable monthly rate. They include:

- Three meals in our dining room daily
- Weekly laundry and housekeeping services
- Care management
- Personal care assistance (bathing, dressing, etc.)
- Medication monitoring
- Scheduling of medical appointments and transportation
- Access to nursing care 24 hours a day
- Emergency response system
- Personal safety checks
- Case management (counseling and referrals)

Our Assisted Living Program is for medically stable individuals who qualify for placement in a nursing home facility and are eligible for Medicaid. It includes all services provided by our Adult Home Program plus:

- Reminders and escorts to meals
- Assistance with oxygen therapy and glucose monitoring
- Toileting assistance
- Assistance with transferring



To learn more, please contact:

Noreen Longden, Admissions Representative
315.413.3238 or nlongden@lorettosystem.org
1100 James Street, Syracuse, NY 13203
Or visit our website at lorettocny.org



The Heritage Memory Life Community Overview



The Heritage is the first residential program in Central New York to care for those with Alzheimer's or other related dementia. The Heritage has the experience, knowledge and most importantly the commitment to provide quality care and safety. Programming at The Heritage is person-first and builds on an individual's strengths.

Alzheimer's and Dementia Care provides:

- Private rooms
- Spiritual care services on-site in our full chapel
- Intimate dining room in each wing serving three meals daily
- Community living room in each wing
- Solarium common areas for families and visitors
- Recreational activity lounge with scheduled events and specialized programs to enhance communication, memory and socialization
- Expansive courtyard
- Access to nursing care

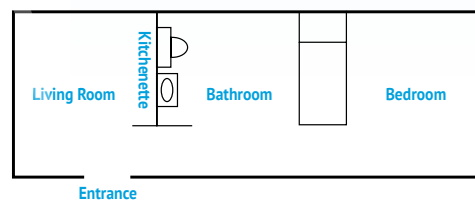
Our Respite Stay Program is offered to individuals who need accommodations with supportive services on a temporary basis. This program is ideal when family members or caregivers are away, or immediately after a hospital stay.

There are daily activities that are designed to stimulate residents physically and mentally as well as provide opportunity for socialization. Services include:

- Three meals in our dining room daily
- Daily bed making
- Weekly laundry and housekeeping services
- Care management
- Personal care assistance (bathing, dressing, etc.)
- Medication monitoring
- Scheduling of medical appointments and transportation
- Access to nursing care 24 hours a day
- Emergency response system
- Personal safety checks
- Case management (counseling and referrals)
- Secured community

Our Assisted Living Program is for medically stable individuals who qualify for placement in a nursing home facility and are eligible for Medicaid. It includes all services provided by our Enriched Living Program plus:

- Scheduled reassurance checks
- Reminders and escorts to meals
- Assistance with glucose monitoring
- Toileting assistance
- Assistance with occasional transfers



To learn more, please contact:

Stephanie Deecher, Admissions Representative
315.413.3039 or sdeecher@lorettosystem.org
750 East Brighton Avenue, Syracuse, NY 13205
Or visit our website at lorettocny.org



The Nottingham Continuum of Care Community

OVERVIEW

COMMUNITY-BASED
PROGRAMS

ASSISTED LIVING

THE NOTTINGHAM
CONTINUUM OF CARE
COMMUNITY

SKILLED NURSING
& SHORT-TERM
REHABILITATION



Independent
Living



Assisted Living



Skilled Nursing



Short-Term
Rehabilitation



Memory Care



The Nottingham
A Loretto Community

The Nottingham Overview

The Nottingham is a community designed to provide freedom, comfort and amenities to enrich the next chapter of a resident's life. The Nottingham offers different levels of care based on individual needs to ensure that individuals can continue their levels of care in healthy, familiar and comfortable environment.

The Nottingham is Central New York's premier continuum of care community offering a broad range of programs that any individual can take advantage of as they grow older and their needs change. Our Retirement Living, Independent Living, Assisted Living, Skilled Nursing and Memory Care Communities make it possible for each individual to live within the same community no matter how their healthcare journey may change.

Retirement Living – The Glens

Located on The Nottingham campus, we have luxury retirement apartments or patio homes. The quiet, tree-lined neighborhood is the perfect fit for those looking for luxurious living with all the comforts of home. Residents can customize their independent lifestyle while taking advantage of as many of the services The Glens has to offer. Our attentive, friendly staff is responsive and familiar with each resident and we work together to ensure each individual's needs are met.

Independent Living

At our Independent living community, residents can live their way and enjoy all that our community has to offer. Our independent living community offers beautiful, private apartments, restaurant-style dining and a wide-array of activities and services tailored to individual interests and abilities. From cultural outings, and social events, to art classes and poetry readings and fitness classes, our independent living residents can enjoy a healthy and vibrant lifestyle. All of our programs are specially designed to promote well-being, maximize independence and support exceptional living.

Residents can enjoy delicious food at the Bistro, take an exercise class in our indoor pool, cheer on a favorite team in our clubhouse, reconnect with a friend at happy hour, unwind in one of our yoga classes and enjoy family time – these are just a few exciting programs that our residents can engage, participate and grow with.

Assisted Living

At our Assisted Living Community, residents get personal assistance, medical supervision, daily meals and additional services that help each individual enjoy life to the fullest, while receiving the care they deserve. The Assisted Living Community offers a choice of private studio or one-bedroom apartment. The apartments are all conveniently connected to the main building, along with the rest of the Nottingham Campus. This way, residents can utilize all the amenities that this continuum of care has to offer – all at one convenient location. Our Assisted Living Program also offers a variety of services packages to meet the needs of every resident.

Memory Care

The Borer Memory Life Community is a state-of-the-art memory care facility designed specifically for those with dementia, fully-equipped to meet the urgent needs of this growing population deserving specialized care. The design of this 22-apartment community takes into consideration the unique needs of residents with dementia, such as a welcoming neighborhood concept and open spaces to give residents a sense of freedom in a safe environment. At the Borer community, we are committed to providing resident-centered care, stimulating environments, and positive energy to enhance the quality of life for your loved one, and optimize your time together.

Skilled Nursing

And if one's needs change our highly rated Skilled Nursing program is available for recovery and rehab and includes private, furnished rooms and a full staff of nurses, therapists and dietitians all working to help you achieve your medical goals without ever sacrificing your independence.



To learn more, please contact:

Marcy Cole, Director of Marketing & Sales
315.413.3104 or mcole@lorettosystem.org
1301 Nottingham Rd, Jamesville, NY 13078
Or visit our website at thenottingham.org



The Nottingham Comparison Chart

	RETIREMENT LIVING	INDEPENDENT LIVING	ASSISTED LIVING	MEMORY CARE	SKILLED NURSING
Housing Accommodations					
Cottage	●	●			
2 Bedroom	●	●		●	
1 Bedroom	●	●	●	●	
1 Bedroom with Den	●	●			
Studio			●		●
Amenities & Services					
Meals Provided (plans vary for each program)	●	●	●	●	●
The Bistro	●	●			
The Clubhouse (bar)	●	●			
Catering Services	●	●	●	●	●
Hair Salon	●	●	●	●	●
Library	●	●			
Fitness Room	●	●			
Transportation	●	●	●	●	●
Cable TV	●	●	●	●	●
Wi-Fi	●	●	●	●	●
Electronic Access Security System	●	●	●	●	●
Kitchens with Full-sized Appliances	●	●			
Washer & Dryer	●	●			
Indoor and Outdoor Parking	●	●			
Individual Heating & AC	●	●			
Pool & Jacuzzi	●	●			
Private Patio	●	●			
Services					
Housekeeping	●	●	●	●	●
Linen Services	●	●	●	●	●
Apartment Maintenance	●	●	●	●	●
Rehabilitation Services					●
Dietitian Services			●	●	●
Pharmacy Services			●	●	●
Physician on Staff			●	●	●
On-Site Podiatry		●	●	●	●
Reminders and Escorts to Meals			●	●	●
Daily Bed Makings			●	●	●
Laundry and Housekeeping	●	●	●	●	●
Personal Care Assistance			●	●	●
Medication Management			●	●	●
Oxygen Assistance			●	●	●
Glucose Monitoring			●	●	●
Toileting Assistance			●	●	●
Transfer Assistance			●	●	●
24/7 Nursing Care			●	●	●
Personal Safety Checks		●	●	●	●
Emergency Response System			●	●	●
Case Management			●	●	●
Therapeutic Recreation	●	●	●	●	●
Worship Services	●	●	●	●	●

OVERVIEW

COMMUNITY-BASED PROGRAMS

ASSISTED LIVING

THE NOTTINGHAM CONTINUUM OF CARE COMMUNITY

SKILLED NURSING & SHORT-TERM REHABILITATION

The Glens at The Nottingham



Located on the Nottingham campus, The Glens is Syracuse's newest upscale retirement living community. This quiet, tree-lined neighborhood is the perfect fit for those looking for luxurious living with all the comforts of home. Residents can customize their independent lifestyle while taking advantage of as many of the services The Nottingham has to offer. Our attentive, friendly staff can be responsive to your needs so you can spend your time doing the things you love.

The Glens features exclusive, comfortable living rich in upgraded amenities and more. We offer options to meet your lifestyle, in a smaller neighborhood reserved just for you. Choose one of our three different living options:

- **15 – 2-bedroom apartments**
- **4 – 1-bedroom apartments with an added office**
- **3 – 1-bedroom apartments**

And, all apartments come with an enclosed, temperature-controlled garage with interior access and added storage space.

The following are included in your monthly fee:

Residence Amenities:

- Beautifully-designed apartment layout including solid wood cabinets and flooring
- Eat-in kitchens with full-size, stainless steel appliances
- Laundry rooms with full-size washers and dryers
- Private porch
- Walk-in closets
- All utilities and Wi-Fi included
- Pocket doors to maximize overall square footage



To learn more, please contact:

Marcy Cole, Director of Marketing & Sales
315.413.3104 or mcole@lorettosystem.org
1301 Nottingham Rd, Jamesville, NY 13078
Or visit our website at thenottingham.org



Additional Apartment Features:

KITCHEN

- Full-size, stainless steel refrigerator, stove, microwave and dishwasher
- Separate pantry
- Stone countertops
- Under-the-counter lighting
- Solid wood cabinets

BATHROOM

- Motion-activated lights and heat lamps
- Large walk-in showers with built-in benches and handicapped-accessible shower head
- Spacious linen closet



1 BEDROOM/OFFICE
FLOOR PLAN



2 BEDROOM
FLOOR PLAN

Nottingham Community Services

Residents can take advantage of a full calendar of both on- and off-campus programs including educational, recreational, spiritual, wellness, fitness, entertainment and social events. Programs and events are tailored to residents' interests.

Additional amenities include:

- Two on-site dining options including a casual bistro – The Clubhouse, and a fine dining restaurant
- Well-appointed library
- Billiards room and lounges
- Multi-purpose rooms for cards, crafts, lectures and more
- Convenience store
- Wellness services, including:
 - Aquatics center with indoor heated swimming pool and whirlpool
 - On-site wellness specialist
 - Outdoor walking path
 - Fitness classes including yoga, aerobics, strength training, aqua aerobics, balance training, Chi Kung, and more
- Guest Wi-Fi

The Nottingham also offers additional à la carte services as needed, including:

- Meal plans
- Housekeeping and laundry services
- Transportation
- Ability to grow into other services in the community as needed such as home care, assisted living, and more.

Find out what has made The Nottingham the place to be in Central New York for more than 30 years. Call Marcy Cole at 315.413.3104 to schedule a tour and to reserve your apartment.



To learn more, please contact:

Marcy Cole, Director of Marketing & Sales
315.413.3104 or mcole@lorettosystem.org
1301 Nottingham Rd, Jamesville, NY 13078
Or visit our website at thenottingham.org



The Nottingham
A Loretto Community

Independent Living Overview



Residents customize their lifestyle by choosing a rental plan with services such as:

- Housekeeping
- Choice of fine dining or Bistro
- Linen service
- Transportation for medical appointments
- Shuttle transportation
- Comprehensive activity/recreation programs
- Fitness room with personal trainer
- Zumba
- Aquatics Center with indoor heated swimming pool and jacuzzi
- On-site library
- Spiritual care services

The Nottingham's Independent Living Program helps residents maintain the independence that's essential for the mind and body for as long as it's medically possible. Our residents worry less about the day-to-day chores by customizing their lifestyle. There are one-bedroom apartments, two-bedroom apartments and cottages available to choose from. While floor plans vary, each apartment is equipped with the following:

- A private bathroom with either a bath tub or accessible stall shower
- Kitchen with full-size stove, refrigerator, dishwasher, microwave and garbage disposal
- Cable television
- An outside porch or balcony
- Smoke detectors, carbon monoxide detectors and emergency sprinklers
- Individually controlled heating and air conditioning
- A washer and dryer
- A 24-hour Lifeline emergency alert system more

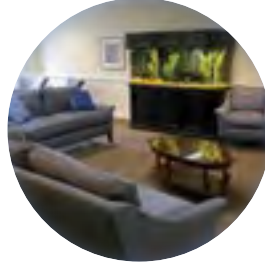


To learn more, please contact:

Marcy Cole, Director of Marketing & Sales
315.413.3104 or mcole@lorettosystem.org
1301 Nottingham Rd, Jamesville, NY 13078
Or visit our website at thenottingham.org



Assisted and Enhanced Living Residences



The Nottingham's Assisted Living Residence offers additional support and care when needed. Our care planning and assessment process ensures that individual needs and preferences are incorporated into everything we do.

Amenities include:

- Spacious apartments, including private bath and kitchenette
- Cable TV and Wi-Fi included
- Choice of furnished or non-furnished apartments
- Recreational programming with spiritual, cultural, physical activities, and community outings
- Proactive care management with quarterly care conference
- Full use of The Nottingham Community including dining, events, exercise equipment and swimming pool

Services include:

- Three meals a day
- Personal assistance services
- Medication supervision as directed by physician
- Weekly housekeeping
- Transportation shuttle
- Medical alert system
- Weekly linen and personal laundry service

Rental Plan Options:

Package 1	Package 2	Package 3
<ul style="list-style-type: none"> • Continual assistance with medical equipment such as oxygen, humidifiers, CPAP, BIPAP, colostomy and Foley catheters. • Routine maintenance of these items, ordering supplies and changing tanks and tubing. 	<ul style="list-style-type: none"> • Assistance with bowel and or bladder incontinence for chronic, unmanaged incontinence and required scheduled assistance. • Toileting schedules and safety checks. • Additional housekeeping. 	<ul style="list-style-type: none"> • A one (1) person assist will be provided to residents who chronically require physical assistance with ambulating and transferring. • Transportation to medical appointments. • Additional housekeeping. • All services included in Package 1 and Package 2.



To learn more, please contact:

Marcy Cole, Director of Marketing & Sales
 315.413.3104 or mcole@lorettosystem.org
 1301 Nottingham Rd, Jamesville, NY 13078
 Or visit our website at thenottingham.org



The Borer Memory Care Life Community



Located on The Nottingham Campus, The Borer Memory Life Community is a state-of-the-art assisted living facility designed specifically for those with dementia, fully-equipped to meet the urgent needs of this growing population deserving specialized care.

The design of this 22-apartment community takes into consideration the unique needs of residents with dementia, such as a welcoming neighborhood concept and open spaces to give residents a sense of freedom in a safe environment. Uniquely connected to the rest of The Nottingham Community, it makes it easy for those who might reside in other areas of the campus to visit their loved one, while they remain in a safe, secure environment.

The unique exterior, as well as the Founder's Garden, are just a few of the carefully crafted features of this living experience, which also offers:

- Optimized use of natural light for additional sensory stimulation
- Spacious interior garden that brings the "outside in" with continuous walkways, an enclosed water feature and seasonal plants which will provide therapeutic gardening opportunities
- Dedicated activity areas, all-season front porch and hair salon
- Restaurant-style dining room that overlooks the Founder's Garden
- Bistro style food available upon request
- Luxurious spa bathroom with heated floors
- Cable and Wi-Fi included



To learn more, please contact:

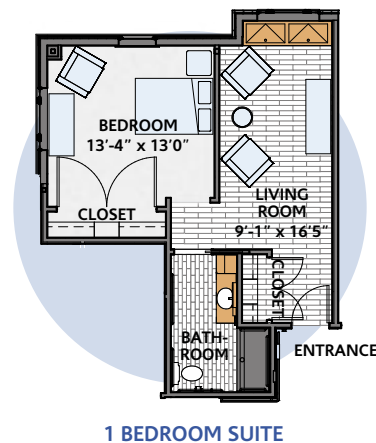
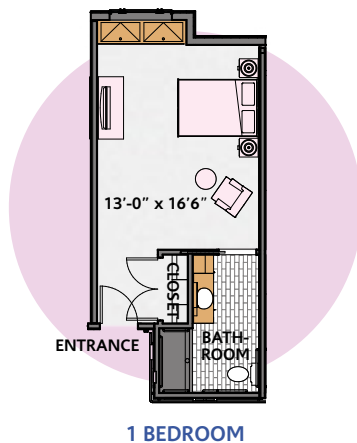
Marcy Cole, Director of Marketing & Sales
315.413.3104 or mcole@lorettosystem.org
1301 Nottingham Rd, Jamesville, NY 13078
Or visit our website at thenottingham.org



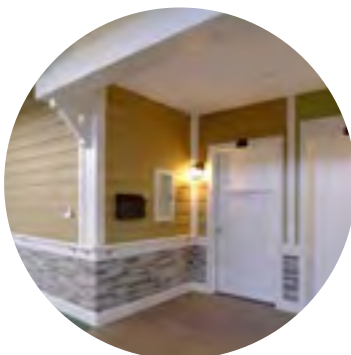
The Borer Memory Care Life Community

Apartments

- 18 one-bedroom apartments and two one-bedroom suites to accommodate couples
- Spacious furnished apartments
- Each apartment has a unique entry complete with specialized roofing treatments, front doors and memory boxes for residents to identify their apartment more easily
- “Grass” squares outside each doorway contribute to the overall neighborhood appearance
- Large windows in each room include window benches to enjoy beautiful views
- Bathrooms include walk-in showers and heated floors



Restaurant-style dining room that overlooks the Founder's Garden



Apartments feature unique entry design for a homelike feel



Spacious interior garden brings the "outside in"

At The Borer Memory Life Community, your loved one won't suffer with dementia, but will live and thrive. To schedule an appointment, please call Marcy Cole at: 315.413.3104.



To learn more, please contact:

Marcy Cole, Director of Marketing & Sales
315.413.3104 or mcole@lorettosystem.org
1301 Nottingham Rd, Jamesville, NY 13078
Or visit our website at thenottingham.org



The Nottingham Skilled Nursing



The Nottingham's Residential Health Care Facility (RHCF) offers 24-hour skilled nursing services. Our staff of caring healthcare professionals consists of physical, occupational, respiratory and speech therapists, social worker, Registered Dietitian, RNs, LPN, CNAs and Therapeutic Recreation.

Registered and Licensed Nurses experienced in the provision of skilled nursing care, collaborate with our Physicians and Nurse Practitioners to coordinate exceptional care and services for our residents.

Upon admission and throughout their stay each resident is evaluated by our Physical and Occupational therapists to ensure safety, determine their individual rehabilitation needs and develop an appropriate plan.

Physical and Occupational therapists work with our residents to maximize functional abilities and promote participation in self-care and ADLs (activities of daily living).

Our Therapeutic Recreational Specialist offers a variety of programs that are designed to meet the social and therapeutic needs of our residents. Programs offer individualized and group activities designed to maximize independence and enhance each resident's quality of life.

Our Skilled Nursing Care Services and Amenities Include:

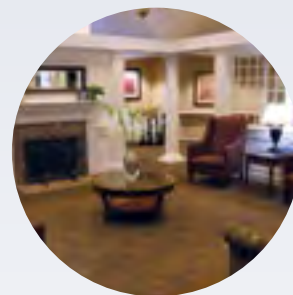
- Private rooms
- Physical Therapy, Occupational, Respiratory and Speech Therapy programs
- Two large, private roll-in shower rooms equipped with safety features
- Therapeutic whirlpool tub
- Full-time Therapeutic Recreation Specialist
- Meals cooked onsite and served in a formal dining room
- Library with fireplace
- Central family room
- Reception and visiting areas
- Beauty salon
- Outdoor patio
- Rooms can be personalized to create a home-like environment
- Flat screen televisions provided

To learn more, please contact:

Kelly McDaniels, Social Work, Admissions
315.413.3116 or kmcdaniels@lorettosystem.org
1301 Nottingham Rd, Jamesville, NY 13078
Or visit our website at thenottingham.org

Rehab Offerings:

- Post-surgical recovery
- Orthopedic rehab
- Physical, occupational, speech and respiratory therapy
- Pain management
- Evaluation upon completion of care to determine ability to live alone, with loved ones, or in a supported living community



The Nottingham
A Loretto Community

The Nottingham Admission Process

Our admissions team will walk you through the admission process and help you have a seamless transition.

1 | *Determine where the resident stands financially.*

You will need to know what their monthly income and assets are. Every community has a different fee structure. Collecting this information in the beginning will help you determine which communities are affordable.

2 | *Tour the community.*

Let them be a part of the process and decision. After all, this will be their new home.

3 | *Complete the financial application.*

You will need verification of all income and assets listed on the application.

4 | *Collect health care directives.*

Now's the time to make sure your loved one has a health care proxy, a do-not-resuscitate order (DNR) if desired, a Medical Orders for Life Sustaining Treatment form (MOLST) and power of attorney. Review them with your loved one to ensure you know what their wishes are.

5 | *Set up an appointment for the pre-admission interview.*

Every new Assisted Living resident must have an in-person assessment by one of our admission nurses within 30 days prior to the admission date. This is to ensure that we can adequately care for your loved one and meet their needs.

6 | *Make an appointment with their primary physician.*

A medical form must be completed by a physician within 30 days of the admission. The physician will also need to issue orders for any medical equipment. These need to be ordered prior to the admission. All prescriptions, including over the counter, will need to be sent to our pharmacy, Omnicare for the Assisted Living Program only.

7 | *Pick out an apartment.*

Meet with the admissions representative to see the room/apartment that is available. Take measurements and decide what your loved one will need to bring.

8 | *Schedule the admission agreement signing.*

A time to sign the admission agreement will need to be scheduled prior to moving in. The agreement includes billing and payment information, services included and rights and responsibilities.

9 | *Move in!*



To learn more, please contact:

Marcy Cole, Director of Marketing & Sales
315.413.3104 or mcole@lorettosystem.org
1301 Nottingham Rd, Jamesville, NY 13078
Or visit our website at thenottingham.org



The Nottingham
A Loretto Community

SKILLED NURSING & SHORT-TERM REHABILITATION	THE NOTTINGHAM CONTINUUM OF CARE COMMUNITY	ASSISTED LIVING	COMMUNITY-BASED PROGRAMS	OVERVIEW
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Skilled Nursing & Short-Term Rehabilitation

OVERVIEW

COMMUNITY-BASED
PROGRAMS

ASSISTED LIVING

THE NOTTINGHAM
CONTINUUM OF CARE
COMMUNITY

SKILLED NURSING
& SHORT-TERM
REHABILITATION



Loretto

Exceptional People. Extraordinary Care.

Skilled Nursing & Short-Term Rehabilitation Overview

Transitioning to the next functional level requires hard work both physically and mentally, along with the appropriate support. The skilled nursing and rehab care we provide at Loretto not only accomplishes this, but also takes each individual's overall well-being into consideration. Loretto is a full-service continuum of care that integrates all services into our health care system, in an effort to allow all residents to stay within the community no matter the care they need.

Our interdisciplinary team includes:

- Hospital Administrators
- Director of Nursing
- Nurse Managers
- RNs
- LPNs
- CNAs
- PAs/Nurse Practitioners
- Physicians
- Social Workers
- Dietitians
- Therapeutic Recreation
- Housekeeping, Dining, and Maintenance teams

Facts About Our Admission Process

- Our staff walks future residents and caregivers through the admission process step by step
- Our finance department can help families through the Medicaid process
- Assessments can be done in the hospital setting
- We support complex medical needs including cardiac, orthopedics and wound care
- We have dedicated dementia care with specially trained 24-hour care and secure entryways
- We accept admissions after hours

To expedite the admissions assessments process, it is important for new residents to have the following documents:

- Completed resident and financial application
- PRI (Patient Review Instrument) and DOH Screen
- Insurance information
- Health care directives (health care proxy, power of attorney and MOLST form)

For more information, visit:

www.lorettocny.org/services/skilled-nursing-rehab



To learn more, please contact:

Katherine Cushman

315.413.3401 or kcushman@lorettosystem.org

700 E. Brighton Avenue, Syracuse, NY 13205

Or visit our website at lorettocny.org

Long-Term Care services include:

- RNs, LPNs and CNAs staff all units 24/7
- Alzheimer's and dementia care
- Podiatry, lab, dental
- Palliative care
- Hospice
- Pastoral care services
- Clinical psychology and psychotherapy
- Nutritional services
- Alzheimer's and dementia unit

Short-Term Rehab and Skilled Complex Medical Care:

- Post-surgical recovery
- Orthopedic clinical specialty programs
- Diabetes management
- Physical, occupational and speech therapy
- Pain management
- Wound care (wound VACs)
- Intravenous antibiotic therapy
- Respiratory therapy (on-site respiratory therapist)

Amenities:

- Private or shared room and bathroom
- Standard meal plan (3 meals/day) with additional offerings as requested by the resident, family, or physician
- Recreational activities
- Housekeeping
- Wi-Fi capabilities
- Free parking
- Spiritual services
- Medication monitoring and supervision
- Social workers/Case management
- Primary care services
- Financial counseling



Skilled Nursing Overview



Loretto is the only rehabilitation program in the area to offer the most comprehensive services to support even the most challenging rehabilitation needs. Our individualized rehabilitation programs are intense and will challenge our patients, helping them to build strength and independence, to get them back to functioning at 100% quickly.

Short-Term Rehabilitation services include:

- Restorative Care Unit (RCU) for those recovering from major cardiac surgery
- Rehabilitation Therapy: including Physical, Occupational, Orthopedic, Speech, Respiratory, Music and Pet Therapy
- Post-Surgical Recovery
- Diabetes Management
- Intravenous Therapy
- Pulmonary Care
- Respite Care
- Stroke Rehab
- Wound Care
- Pain/Medication Management
- Recreational Therapy
- Infectious Disease Management

Our Skilled Nursing & Short-Term Rehabilitation Locations:



To learn more, please contact:

Chris Buck, Admissions Representative
315.413.3306 or cbuck@lorettosystem.org
700 East Brighton Avenue, Syracuse, NY 13205
Or visit our website at www.lorettocny.org



To learn more, please contact:

Beth Rabuano, Director of Admissions
315.282.6849 or brabuano@lorettosystem.org
3 Saint Anthony Street, Auburn, NY 13021
Or visit our website at lorettocny.org

The Commons on St. Anthony



At The Commons on St. Anthony, you'll find warm and attentive staff, bright and inviting spaces, and comfortable, modern rooms where our residents sleep tight. Imagine a friendly, family atmosphere cultivated by the kind attention of expert staff and a broad range of supportive programs to help people live life to the fullest. That's what you'll find right here.

Skilled Nursing

- A warm, compassionate setting where all care plans are individualized
- Clinical nutritional services
- Physical, occupational and speech therapists available six days a week
- Homelike environment with private or semiprivate furnished rooms with ample space to add personal items
- Common areas for family and friends to enjoy each other's company and celebrate special occasions
- Centrally located short-term rehabilitation where family members may observe the process
- Physical, occupational, and speech therapies

Alzheimer's and Dementia Care

- A secured, specialized unit for those who have Alzheimer's or other forms of dementia
- A wander alert system to promote safety and encourage independence
- Daily therapeutic and recreational programs designed for mental stimulation

Therapeutic Recreation

- Fun-filled, stimulating activities geared toward wellness and independence
- Entertainment, crafts, baking, gardening, exercise, and music
- Religious services led weekly
- Safe outdoor walking paths and patio



To learn more, please contact:

Beth Rabuano, Director of Admissions

315.282.6849 or brabuano@lorettosystem.org

3 Saint Anthony Street, Auburn, NY 13021

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Amenities:

SKILLED NURSING CARE:

- Lively, comfortable spaces built around open floor plans
- Fully renovated spa equipped with a user-friendly bathing system

FOOD AND NUTRITION:

- Residents are served nutritious, family-style meals based on the

RECOMMENDED DAILY ALLOWANCE:

- Modified diets accommodated when ordered by a physician
- Registered dietitian on-site

MEDICAL CARE:

- Round-the-clock registered nurses
- Medical directors and nurse practitioners
- Podiatrist, optometrist, and dentist available

OTHER OFFERINGS:

- Social work services
- Pastoral care
- Hair salon
- Internet

Rehabilitation:

- Centrally located short-term rehabilitation where family members may observe the process
- Physical, occupational and speech therapies system

Skilled Nursing Admission Process

We recognize that the decision to move into a Skilled Nursing facility is never an easy one. However, at Loretto, it is also one that you will not have to face alone. Our admissions team will walk you through the admission process and help you have a seamless transition.

1 | Determine where the resident stands financially.

You will need to know what their monthly income and assets are. Skilled Nursing homes vary in pricing and can be quite costly. Determine if your family member will require a Medicaid application to be completed.

2 | Clinical Requirements

If your family member is in their own home, arrangements need to be made to have the PRI (Patient Review Instrument) completed. The PRI is a New York State assessment tool. This is arranged through a Certified Nursing Agency. The PRI identifies the appropriate level of care required.

3 | Make an appointment with their primary physician.

A history and physical as well as a current medication list are required for admission. This information must be current within 30 days prior to admission.

4 | Schedule an appointment for a tour.

One needs to see what the facility is like. Make an appointment to tour or stop in the facility and ask to speak to a representative in admissions.

5 | Admissions from a Hospital

If your family member is going to be admitted from a hospital, the hospital will refer the patient and provide the necessary medical information. Arrangements for transfer are made by the discharging facility.

6 | Collect health care directives.

Now's the time make sure your loved one has a health care proxy, a do-not-resuscitate order (DNR) if desired, a Medical Orders for Life Sustaining Treatment form (MOLST) and power of attorney. Review them with your loved one to ensure you know what their wishes are.

7 | Pre-pay the burial.

Medicaid allows individuals to pre-pay burial arrangements as long as they are set up in an irrevocable trust through the funeral home.

8 | Day of Admission

On the day of admission, patients/residents are brought to their designated room.

9 | Admissions Documents

Upon admission to the facility there are required documents to be signed. Generally, this is done at the time of admission. If the patient/resident is unable to sign at this time, an appointment can be made to come in and complete the paperwork, or it will be mailed to the responsible party.

10 | Move in!



To learn more, please contact:

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Memory Special Care Unit at Loretto Health & Rehabilitation



Our new, secured Memory Special Care Unit (MSCU) focuses on improving the well-being of individuals with Alzheimer's and other dementing illnesses to support them in meeting the challenges of their late-life stages, by anticipating needs and providing comfort, autonomy, and security.

Putting Special in the Memory Special Care Unit

A Montessori-based approach is incorporated in our activities to help stimulate preserved memory and cognitive skills, such as:

- Chair movement/adapted yoga
- Reading groups
- Mind stretchers
- Creative writing
- Word games
- Musical memories
- Sing along
- Pet visits
- Self-expression through art

The goal for each resident is to participate in activities that are meaningful to them; allowing them to feel useful, apply life-skills, and enhance cognitive stimulation and physical activity.

Highly Trained and Certified Staff

We ensure that our staff has access to current educational tools and cutting-edge technology to continually advance our care practices – specifically for those with memory loss, including the Montessori for Dementia Training approach on the MSCU.

Advanced Memory Care Technology

The MSCU incorporates advanced technology to meet the needs of those in the late stages of this disease, including:

- Robotic animals
- Pearl Memory Care Babies
- It's Never Too Late (IN2L) – digital platform
- Virtual Reality interaction
- Sensory stimulation
- Music and recreation therapy

Feels Like Home

The MSCU offers a neighborhood residence-like setting, providing the comforts of home, including:

- Individual residences with personalized front doors
- Color-coded hallways to help with direction
- Softer lighting, welcoming artwork, familiar scenes on wall murals
- Open spaces to provide a sense of freedom in a safe environment
- A music enhancement room, garden benches, specialized recliners and chairs



To learn more, please contact:

Katherine Cushman

315.413.3401 or kcushman@lorettosystem.org

700 E. Brighton Avenue, Syracuse, NY 13205

Or visit our website at lorettocny.org



Restorative Care Unit at Loretto Health & Rehabilitation

A GUIDE FOR REFERRING PATIENTS

Monitoring Your Care

Patients benefit from noninvasive monitoring of their cardiac performance through state-of-the-art telemetry. This includes the ability to monitor essential vital signs in real-time, enabling physicians to intervene immediately in serious medical situations.

Every patient admitted to the unit is outfitted with a portable wi-fi cardiac monitor which registers real-time data 24 hours a day, including when patients are in therapy. The information is transmitted to a central nursing station where our team has immediate access to any change in a patient's status or condition.

Monitoring

The RCU's comprehensive real-time observation includes monitoring of:

- Blood pressure
- Pulse & pulse oximetry
- ST elevation/depression
- Cardiac rhythm

Patient Benefits

Patients admitted to Loretto's RCU have comfortable rooms, experienced staff, advanced technology and benefit from a smaller RN to patient ratio which enables staff to deliver hands-on, personalized care and supervision. A multitude of rehabilitation services are available to help patients get back on their feet quickly.

Expert Staff

Professionally trained registered nurses are an integral component of the RCU, which has a lower staff ratio. They are certified in advanced cardiac life support, intravenous IV insertion and have telemetry expertise. Patients are cared for by an interdisciplinary team and clinical oversight by a cardiologist consultant and intensivist is available 24/7.



Telemedicine

The RCU is equipped with telemedicine technology, which allows staff to deliver real-time care to a patient via electronic communication, essentially doctoring from a distance.

The specialized equipment includes image automation software, video monitors and high-definition cameras to capture the most intricate details. This innovative technology brings timely medical assessments to the patients, versus taking the patients out of their environment for treatment.

In addition to enabling the care between physician and patient, the HIPAA-compliant software allows medical personnel and family members to take part in the care planning.

Admissions Process

Patients who meet the appropriate criteria for the RCU are accepted into the unit on a daily basis. Tours of the unit are available.

**For more information, contact
Loretto Health & Rehabilitation
at 315.413.3400.**



To learn more, please contact:

Katherine Cushman

315.413.3401 or kcushman@lorettosystem.org

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Or visit our website at lorettocny.org



Hospital-to-Home Program Overview

When you are ready to be discharged from the hospital, but not quite ready to go home, Loretto's Hospital-to-Home program offers the option of a supportive homelike setting to help you safely transition back home within 30 days. Continue to recover in the safety of one of our private, furnished apartments while receiving assistance with daily living activities like dressing and bathing, medication management, and more. Meals are prepared daily for you, and all linens are included along with housekeeping and laundry services.

And, with staff available on-site 24 hours a day, know that you will have peace of mind while you recover. Residents can even participate in daily wellness and recreational programs and take advantage of our free cable television.



This program is ideal for individuals, 55 and over ready for discharge from the hospital who:

- May need the assistance of one person for transferring and ambulation
- Has no skilled-nursing care need
- Requires assistance with medications, showering and meals
- May need outpatient rehabilitative services

We understand the importance of a comfortable and nurturing environment during your recovery. That's why we provide:

- Furnished, private studio apartments
- Three nutritious meals served daily
- Housekeeping and Laundry services
- Assistance with Activities of Daily Living including Dressing, Bathing and Personal Hygiene
- Case Management services
- Medication Management
- Medical emergency response system

Call us today to learn more about our Hospital-to-Home Program and continue your journey back home with Loretto.



To learn more, please contact:

Kim Staiger, Director of Housing
315.413.3100 or kstaiger@lorettosystem.org
Or visit our website at lorettocny.org



Palliative Care at Loretto Health & Rehabilitation

Providing Comfort Care for Your Loved One

Loretto offers specialized medical care for people with serious illness focused on providing relief from the symptoms and to improve quality of life for both the patient and the family caring a loved one's final days.

Our family-centered program is coordinated by an interdisciplinary team of nurses, social workers, nutritionists, therapeutic recreation and our spiritual care team to create a compassionate presence and individualized care plan in a homelike environment.

Our residents benefit from:

- *Companionship and specific attention to pain, comfort and relief.*
- *Pet visits, many former pet owners like to have a pet near as they provide comfort.*
- *Spiritual Care for presence with loved ones.*
- *Music of their choice at the bedside.*
- *Overnight accommodations for loved ones who wish to vigil.*
- *We anticipate milestones and celebrate them early.*
- *Soothing comfort measures – hand massage, reading, soft singing, sharing stories, watching favorite movies—a variety of memorable ways to nurture and provide restful care.*
- *We honor at death, escorting your loved one from our building surrounded by their care partners.*

Our goals:

- *To help families understand that caring for the dying is a key component of Loretto's mission.*
- *To ensure constant communication to ease concerns and participate in understanding of the unique, individualized, end of life goals.*
- *To discuss changes, help in understanding of palliative interventions, to provide guidance and support through a difficult time.*
- *To address any fears, so the person and family do not feel alone.*
- *To be responsive and attentive to each person on palliative care.*
- *To embrace the psychosocial, emotional, and spiritual needs of those dying in addition to the physical, medical, and quality of life measures.*



Navigate with Kate!

Kate Conan, RN, is Loretto's Senior Outreach Coordinator for the Navigator Program.

Kate can help steer you in the right direction! She will:

- Assist clients who are looking for placement of loved ones
- Help determine appropriate facilities base on one's medical needs
- Schedule tours and connect families to Admission Representatives
- Guide families on appropriate measures to take prior to admission
- Liason between families and facilities until loved ones are placed



Visit lorettocny.org/navigator
or to learn more, please contact:

Kate Conan, RN
315.413.3699 or kconan@lorettosystem.org



lorettocny.org

