



246 North Main Street
South Hadley, MA 01075

Loomis Life

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Calling all Readers!

We enjoy sharing the most recent updates and valuable resources through *Loomis Life* each month, so your feedback is essential to us.

What kind of topics would you like to see in future editions? Whether health & wellness tips, community events, resident spotlights, or something else altogether, please reach out to Devin Cameron at

DCameron@loomiscommunities.org

Want to catch up on past editions of *Loomis Life*? Scan the QR Code below.



OpenView:

Assisted Living with a Focus on Cognitive Health

OpenView at Loomis

We are excited to announce an innovative new chapter in our commitment to promoting comprehensive well-being at The Loomis Communities. Allow us to introduce you to OpenView. OpenView is uniquely designed to empower residents with the tools and knowledge to enhance their mental acuity and overall cognitive health. In this month's *Loomis Life*, we reveal how this program can help sharpen focus, boost memory, and maintain mental agility at any age.

The OpenView cognitive health program is tailored to meet individual needs. Whether you are looking for ways to improve your cognitive function, manage stress, or stay mentally active, our program offers a wrap-around approach. This includes, but is not limited to, personalized assessments, targeted exercises, and guidance on nutrition and lifestyle choices that support cognitive health.



OpenView is a specialized approach that allows participants to receive customized resources and care while still enjoying the full range of activities and amenities offered throughout our communities. Our highly-skilled team will offer engaging programs and stimulating socialization opportunities, complete with delicious and nutritious food options and daily activities. Residents are able to experience OpenView seamlessly as part of the vibrant offerings already provided at The Loomis Communities.

By participating in OpenView you will gain access to a supportive community and a wealth of resources designed to help you thrive cognitively and emotionally. One of the many tools that will be available to all participants of OpenView is SAIDO Learning.

SAIDO Learning

SAIDO is a nonpharmacological program that relies on learning intervention rather than a medicinal remedy to promote improved cognitive health. It entails mental exercises and an opportunity for enhancing individual engagement with staff and others in everyday life. This is a method for impacting and improving the quality of life for individuals who are actively engaged in the program.

The SAIDO Learning method involves a caregiver ("Supporter"), trained to work with the participants ("Learners"), by engaging them in a series of math, reading, and writing exercises. The 30-minute exercises are performed five times per week and are tailored to each individual's readiness. The goal is not to teach, but to engage the Learner in repeated successful exercises, progressing at the Learner's own pace. The process fosters confidence and often results in improved cognitive abilities and quality of life.



Updates From Construction Central

Loomis Village now boasts a new flex space and dining room. Residents, staff, and guests have already begun using these beautifully remodeled spaces. Daily progress continues at Applewood, where a set of new apartments recently welcomed the first residents. Meanwhile, enhancements continue on the meeting room and other apartments at Applewood. Stay tuned as construction goals are met at The Loomis Communities for further updates.



Above: Completed flex space and dining room at Loomis Village



Above: Updated entrance at Applewood

In the Loop with Loomis Experts

Curious about the new OpenView and SAIDO Learning programs? Lori Todd — who serves as Executive Director at Loomis Lakeside at Reeds Landing and oversees Independent Living, Assisted Living, Skilled Long Term Care, Rehab, and now the OpenView Program — is here to share more details with us.

How is OpenView different from other cognitive health programs?

As a strategic focus area developed by The Loomis Communities, OpenView is an inclusive program designed to support those living with dementia so they can live their best lives with purpose and meaning. OpenView incorporates SAIDO learning and individualized programming with a dementia specialty practitioner. Loomis believes that strengthening community inclusion will help those living with dementia to thrive.

What programs and offerings will be a part of OpenView?

Those participating in the OpenView Program will receive individualized activity programs geared for their level of cognition (following a set of standardized tests to gauge readiness). They will also be offered more assistance with activities of daily living and engage in SAIDO learning . Each individual will be assessed to make certain the programs they participate in are created to make them successful and stimulated without stress or frustration to enjoy their day fully. They are also invited and encouraged to take advantage of all programming of interest at any level of living in our communities.



Lori Todd, Executive Director
Loomis Lakeside at Reeds Landing

We are always excited to have Loomis Experts share insights with us to provide to everyone inside and outside of The Loomis Communities. Watch for more words of wisdom in future issues of *Loomis Life*.

Want to learn more? Have an idea to share? We want to hear from you!

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