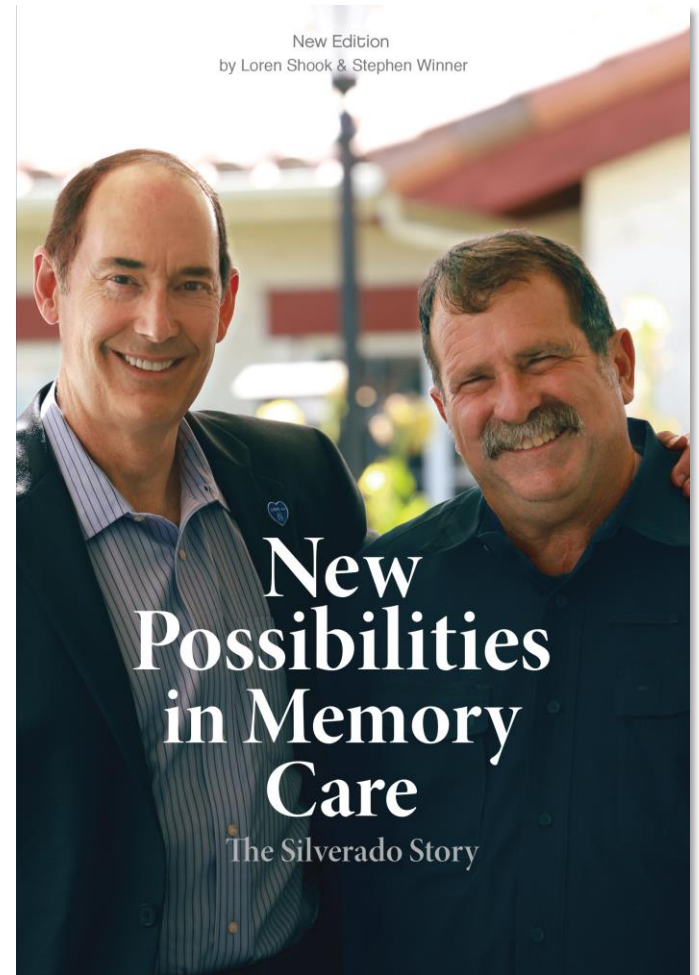


Silverado Spotlight



New Possibilities in Memory Care

The purpose of Silverado is to change the world by changing the way people with memory-impairing diseases are cared for and to support the highest quality of life in the remaining time of life



Foreward from Dr. Cummings

Taken from the foreward to *New Possibilities in Memory Care, The Silverado Story*

“As a scientist deeply engaged in developing new therapies for patients with Alzheimer’s disease and other brain disorders, I know that the need for quality care of memory impaired adults will always be with us. The success in developing new therapies will not eliminate the need for excellent care and dignified means of traveling with people through the end of life. The Silverado Story shows how this can be achieved.”

Jeffrey L. Cummings, MD, ScD

World-renowned Alzheimer’s researcher and leader of clinical trials

2018 recipient of Alzheimer’s Bengt Winblad Lifetime Achievement Award

Founding Director of Cleveland Clinic Lou Revo Center for Brain Health

Foreward from J. English

Taken from the foreward to *New Possibilities in Memory Care, The Silverado Story*

“Loren Shook and Stephen Winner show us that memory impairment doesn’t have to mean the end of life. At Silverado, it means a new stage of life based on love not fear. By replacing restraints, drugs and sterile surroundings with a cozy home, clubs, animals, and children, the “Silverado Way” makes it possible for people with cognitive impairments to live full, engaged lives again, with dignity and purpose. This story is an inspiration – simple but revolutionary. Millions will benefit if this incredibly humane vision becomes the norm.”

Jeannine English

President, AARP (2012–2016)

Clinical Outcomes Data

Silverado Communities Clinical Outcomes compared to industry averages 2019

Clinical Outcomes: Memory Care Communities	Silverado Company-Wide (year ending, 2019)	Skilled Nursing Facilities ¹ (non-Silverado)	Assisted Living ² (non-Silverado)
% transfers to ER/Urgent care	2.6%	11.9%	34.6%
% of hospital readmissions within 30 days	3.5%	21.1%	
% of acute hospitalizations	3.4%	20.0%	23.9%
% of deaths receiving hospice service	85.8%	48.0% ³	

1. Source for SNF averages CMS QM Report 2016 Q4- 2017 Q3

2. 2010 National Survey of Residential Care Facilities The NSRCF was conducted by the Centers for Disease Control and Prevention's National Center for Health Statistics (NCHS). The survey methodology and data dictionary are available from the NCHS website. (http://www.cdc.gov/nchs/nsrcf/nsrcf_questionnaires.htm).

3. NHPCO 2016 National Hospice Utilization Average

Medical Director Expertise (Bay Area Market)



Belmont Hills

Elizabeth Landsverk, MD

Adjunct Professor of Medicine at Stanford University



Berkeley

Michelle Brandchaud Simi, MD

Physician at Alta Bates Summit Medical Center - Oakland

University and Research Affiliations



Strategic Industry Affiliations



Prazosin for Disruptive Agitation in Alzheimer's Disease



University of California San Diego, School of Medicine

Howard Feldman, MD, FRCP(C), a renowned Canadian neurologist noted for his original research in geriatric cognitive disorders and expertise in large-scale clinical trials, is currently conducting this multi-site study at seven Silverado communities. Dr. Feldman is working with Stanford University, University of Southern California, University of California San Diego, University of North Texas, and University of Texas Southwestern Medical Center. Funded by the National Institute for Health (NIH), the goal of the PEACE-AD clinical trial is to identify a well-tolerated treatment for people with severe agitation in the later stages of Alzheimer's disease.

Daylight and Dementia

University of Southern California, Leonard Davis School of Gerontology

Conducted at eight Silverado communities involving 77 participants in Los Angeles and Orange counties using a two-arm (daylight intervention and control) parallel intervention study design. It assessed the effect of daylight on the mood and behavior of residents living with dementia in long-term memory care.

Study was featured in three publications: “The Importance of Daylight in Dementia Care Communities, A Call to Action” (Seniors Housing and Care Journal, Fall 2018) Clinical Interventions in Aging

https://www.dovepress.com/articles.php?article_id=38608 and the spectrometer measurements used in the pilot study were published in the technical building science journal, Building and Environment.

<https://www.journals.elsevier.com/building-and-environment>.

Nexus[®] at Silverado



Nexus[®] at Silverado is an internationally recognized evidence-based brain health program. This non drug approach has been shown to improve quality of life, cognition and function for many persons in the earlier stages of living with dementia. In fact, academic research has validated that participants in *Nexus at Silverado* showed a statistically significant, 60% improvement in cognition when compared to those without such treatment.

UCSD study on Nexus[®]

UC San Diego

The Department's of Geriatric Medicine (Dr. Allison Moore's team) and Geriatric Psychiatry (Dr. Steve Huege) at UCSD also reviewed Silverado's full database of assessments on its Nexus residents. The UCSD review was consistent with the National Institute for Health and Clinical Excellence recommendation for Aricept and other cholinesterase inhibitors dosing guidelines. This review demonstrated that residents who entered the Nexus program with an MMSE of 20 or greater and participated for a years time, showed a 60% improvement in cognition when compared to those without such treatment. (N=730 residents met the criteria.).

Nexus[®] pilot study by Dr. Andresen

This program served as a pilot for research by Mette Andresen, PhD, Professor, University College Absalon, Denmark, and National Expert on Dementia research, who has committed to implementing a brain-health program based on the five pillars of Nexus in Danish long-term care facilities.

Dr. Mette Andresen, Professor, University College Absalon, Denmark, and National Expert on Dementia Research, and her team reviewed the Nexus outcomes of five Silverado communities and found that those residents showing improvement

in cognition or function had all started with a baseline MMSE of 20 or greater. This review was presented at the Alzheimer's Disease International Meeting in Chicago in 2018. Dr. Andresen then piloted a Nexus brain health program in two nursing homes in Denmark with success and is now moving forward to implement the program country-wide. Based on this review, Nexus programming at Silverado is now offered to those with a baseline MMSE score of 20 or above.



Silverado's Partnership with the NFL

Concussion research leads way to partnership between Silverado and NFL

The NFL Player Care Foundation (NFL PCF) chose Silverado as a preferred memory care provider based on their determination that Silverado is one of the nation's leaders in memory care services and has unparalleled experience in caring for those with Chronic Traumatic Encephalopathy (CTE), brain injury, Alzheimer's disease and other memory impairments.

Don Doll's Story

NFL Pro Bowler Don Doll's Silverado Story

Four-time NFL Pro Bowler Don Doll's wife Diana had been caring for him at home for several years as his dementia progressed. One weekend, the Doll's needed to go out of town, and Diana feared that she couldn't find proper care for Don to remain at home.



She shares, “That’s when I received a letter from the NFL announcing the player care 88 Plan and their partnership with Silverado. The NFL plan was a miracle for me and our family because I was no longer trapped and [with the NFL’s help] we could afford to pay for Don’s care.”

Hospital Partnership

Silverado conducted three Dementia Training Intensives at Mills Peninsula Hospital/Sutter Health when their Head of Case Management saw an opportunity to improve how they managed persons with Dementia in an Acute Care setting. Based on our reputation as leader in dementia care and successful track record of managing their referrals, they reached out to us for guidance.



Hospital Partnership (continued)

To arrange, organize and program the events, Silverado collaborated with a range of leading groups and individuals, including Stanford Professor, Physician and Geriatric Specialist Dr. Mehrdad Ayati and Mills Peninsula's Senior Focus and Departments of Nurse Education and Case Management

Each of the six sessions conducted served between 80 to 140 attendees, who included case managers, nurses, CNAs, Hospitalists and family caregivers from Mills Peninsula's Senior Focus program

Sessions/topics covered included:

- Dementia 101
- Strategies for managing Behaviors
- Medicine Management Basics
- Normalization
- Virtual Dementia Tours
- Panel Discussion including our own family champions, Dr. Ayati and representatives from the Alz Association



Love Lives Here



Love Lives Here is a touching documentary by Dr. Cathy Greenblatt about the Silverado experience as seen by residents, families and partners as well as a range of Silverado associates who share the responsibilities of enriching lives. It has been used as a dementia care-training resource at the 2017 Alzheimer's Disease International conference in Kyoto, Japan, University of Waterloo in Toronto, Canada, and at the Australian Aged Care Quality annual conferences.

silverado.com/loveliveshere

Silverado Culture

Founded in 1996, our goal is to enrich the lives of those with memory loss by changing how the world cares for people with cognitive decline, patients on palliative and hospice care, as well as those choosing to receive home care. This foundation allows Silverado – and its associates – to leave behind previous misconceptions and operate in a way that provides clients, residents and patients with utmost dignity, freedom, respect and quality of life.



LOVE > fear

Trust Courage Financial Responsibility

Respect Appreciation Courage Trust

Accountability Appreciation Financial Responsibility Trust

Courage Respect Accountability

Transparency Respect

Appreciation Transparency

Financial Responsibility Responsibility Trust Respect Accountability Courage

Purpose-Driven



Strength through Culture

Recently developed community

Silverado Thousand Oaks

