Overview of Skilled Nursing and Short-Term Rehabilitation Services
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Who We Are

Loretto is a comprehensive continuing healthcare organization which provides a variety of services for adults throughout Central New York. Formed in 1926, Loretto transforms adult care by deinstitutionalizing nursing homes and long-term care services, and replacing them with home-like settings utilizing person-first care. The comprehensive system of care serves close to 10,000 individuals each year through 19 specialized programs in Onondaga and Cayuga counties.

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.

The Loretto Family of Services —
A Continuum of Care all in one community

Loretto is an innovative developer of services that meet emerging community needs: From home-based care to skilled nursing and memory care, we provide a full range of services and facilities described below. We serve the needs of all income levels as this community’s safety-net provider.

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.

HEADQUARTERS:
700 East Brighton Avenue
Syracuse, New York 13205

CEO:
Kimberly Townsend

EMPLOYEES:
6th largest employer in Central New York with more than 2,500 dedicated employees and compassionate caregivers.

AREAS SERVED:
Loretto is the 4th largest health system in Central New York, servicing Onondaga and Cayuga Counties

WEBSITE:
www.lorettocny.org

HOME & COMMUNITY-BASED CARE

• PACE CNY
• Daybreak Adult Medical Day Program
• McAuliffe Health Center
• Respite

ENRICHED LIVING

• The Nottingham
• Malta House
• Malta Manor
• O’Brien Road Apartments

ASSISTED LIVING

• Community Residences
• Forest View at Fayette
• Highland House

SKILLED NURSING & REHAB CARE

• Loretto Health and Rehabilitation
• The Nottingham
• The Commons on St. Anthony
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
- Incision care

**To expedite the admission assessments process, it is important for new residents to have the following documents:**
- Completed resident and financial application
- PRI (Patient Review Instrument)
- Insurance information
- Health care directives (health care proxy, power of attorney and MOLST form)

**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 Nursing:**
- 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)
At Loretto Health & Rehabilitation, you’ll find warm and attentive staff, bright and inviting spaces, and comfortable rooms where our residents sleep tight. Imagine a friendly, family atmosphere cultivated by the kind attention of expert skilled nursing staff to help people live life to the fullest. That’s what you’ll find right here

**Long-Term Care**
- A warm, compassionate setting where all care plans are individualized.
- Physical, occupational and speech therapists available Monday through Saturday.
- Homelike environment with private or semi-private 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.

**Memory Care Unit**
- 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.

**Restorative Care Unit**

**Palliative Care**

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**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 care
- Spiritual care
- Medication monitoring and supervision
- Social workers/Case management
- Primary care services
- Financial counseling
- Vascular Surgeon
- Psychiatrist

**Amenities include:**
- Private or semi-private, air conditioned rooms
- Free WiFi and 75 channels of cable TV
- Bedside phone service
- Housekeeping services
- Recreational activities and outings
- On-site Chapel
- A gift shop with snacks and sundries
Loretto Health & Rehabilitation
Long-Term Care Services
The Most Expansive Services for Rehabilitation in the Area – 7 days a week

Loretto is the only rehabilitation program in the area to offer the most comprehensive services to support even the most challenging rehabilitation needs, whether its cardiac, neurological, or:

- Physical Therapy
- Post-Surgical Recovery
- Occupational Therapy
- Diabetes Management
- Orthopedic Rehabilitation
- Psychiatry
- Vascular
- Nephrology
- Intravenous Therapy
- Pulmonary Care
- Respite Care
- Speech Therapy
- Stroke Rehab
- Wound Care
- Pain Management
- Recreational Therapy
- Cardiac Care
- Infectious disease Management

No Surprises – Know What to Expect Throughout Your Program

Your care plan will focus on all aspects of your recovery, from your exercise regimen, to teaching you the skills you need to be on your own. This might include:

- Functional strengthening exercises
- Training in mobility and using a wheelchair
- Pain/Medication Management
- Joint Protection and Fall Prevention
- Community safety tips and home modification suggestions
- Training in self-care activities and use of assistive devices
- Instruction for an in-home exercise program
- Incision care

Most residents who rehab with us can expect the process to last one to three weeks, depending upon your diagnosis. And, before you leave, we ensure you, your family and any caregivers are fully educated on what’s needed for you to return home.

Our rehabilitation facilities feature:

- Spacious rehabilitation gym with lots of natural light
- Indoor walking track
- Full occupational therapy kitchen and bath
- Indoor/outdoor walking surfaces to prepare for all conditions at home

Amenities include:

- Private, air conditioned rooms
- Free WiFi
- Cable TV - 75 channels
- Bedside phone service
- Housekeeping services
- Recreational activities and outings
- Spiritual services and on-site Chapel
- A gift shop with snacks and sundries

Our residents enjoy participating in a wide variety of our daily recreational activities designed for socialization and active engagement, whether it’s live entertainment, craft projects, interactive games, pet therapy and much more.
Loretto Health & Rehabilitation
Short-Term Rehabilitation Services
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.

Long-Term Care
• 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

Short-Term Rehabilitation
• Physical Therapy
• Post-Surgical Recovery
• Occupational Therapy
• Diabetes Management
• Orthopedic Rehabilitation
• Psychiatry
• Vascular
• Nephrology
• Intravenous Therapy
• Pulmonary Care
• Respite Care
• Speech Therapy
• Stroke Rehab
• Wound Care
• Pain Management
• Recreational Therapy
• Cardiac Care
• Infectious disease Management

Memory Care Unit
• 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

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 care
• Spiritual care
• Medication monitoring and supervision
• Social workers/Case management
• Primary care services
• Financial counseling

Amenities:
• Private or semi-private, air conditioned rooms
• Free WiFi
• Cable TV - 75 channels
• Spiritual services and meditation room
• A gift cart with snacks and sundries
• Transportation assistance as needed.
• Guest meals for loved ones.
• Access to computers
• Outdoor patio and gardens with seating to spend time with visitors.
• And even free parking for your family
• Bedside phone service
• Housekeeping services
• Recreational activities and outings
The Commons on St. Anthony
What is the TeliStat™ Restorative Care Unit?
The first of its kind in Central New York Loretto’s TeliStat™ Restorative Care Unit (TCRU) offers specialized care designed to help those recovering from major cardiac surgery and diagnosis requiring hemodynamics and telemonitoring, to rehab more comfortably in a more home-like setting, resulting in quicker recovery and reduced hospital readmissions.

The average length of stay is 5 days or less, and individuals requiring additional un-monitored care can be moved to a general rehabilitation room as required. From there, they are able to be discharged home, move to an alternate level of care or transfer to long-term care if needed, while remaining within the Loretto network.

Every patient is outfitted with a portable wifi cardiac monitor which registers data real-time, 24 hours a day, 7 days a week, including while patients are in therapy. Data is transmitted to a central nurses station where a dedicated team has immediate access to any changes to a patient’s condition and can respond immediately.

How Many Beds Are Available?
The Loretto TCRU will have 25 available beds in a unit on the fourth floor of the Fahey rehabilitation Building on our main campus. The majority are private rooms, equipped with state-of-the-art monitoring technology.

What Monitoring Is Offered?
The TCRU’s comprehensive real-time observation includes monitoring of:
• Blood Pressure
• Pulse Oximetry
• ST Elevation/Depression
• Stroke Volume
• Systemic Vascular Resistance
• Cardiac Rhythm
• Cardiac Output
• Cardiac Index

How Is the Unit Staffed?
Our unit employs an interdisciplinary team approach to care management, including doctors, registered nurses and certified nurse assistants, with clinical oversight by a cardiologist and intensivist who are available 24/7. Our professionally trained nurses are certified in advanced cardiac life support, intravenous IV insertion and telemetry, and can provide personalized care with an approximately 6 to 1 patient ratio.

Do You Offer Telemedicine?
The TCRU 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.
TeliStat™ Restorative Care Unit
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:**
- Companioning 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.
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 your loved one 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 | **Set up an appointment to tour the Skilled Nursing Facility.**
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 the Admissions Office and escorted to their designated room. They are then seen by the members of the interdisciplinary team.

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.
Loretto Family of Services Map

To learn more, please visit www.lorettocny.org
# Key Contacts

## Skilled Nursing

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<th>Facility</th>
<th>Name</th>
<th>Title</th>
<th>Email</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Loretto Health &amp; Rehabilitation</td>
<td>Cheryl Coolican</td>
<td>Director of Admissions</td>
<td><a href="mailto:ccoolica@lorettosystem.org">ccoolica@lorettosystem.org</a></td>
<td>315.413.3401</td>
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<tr>
<td>The Commons on St. Anthony</td>
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<tr>
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<td>Admissions Representative</td>
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<td>315.412.3104</td>
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## Short-Term Rehabilitation

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## Home & Community-Based Programs

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<th>Name</th>
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## Senior Housing

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<tr>
<td>The Nottingham</td>
<td>Katy Nappi</td>
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