



# Nexus® at Silverado Flex Respite Program

Monday - Friday

From the Latin word for “connections,” Nexus® at Silverado is an evidence based, internationally recognized brain health program designed to help residents in the early stages of dementia build and maintain cognitive ability. Participants in Nexus® showed a 60% improvement in cognition compared to those without such treatment. The research-based Nexus® program is comprised of five pillars of activities:

- Physical Exercise
- Stress Reduction
- Cognitive Exercise
- Purposeful Social Activities
- Support Groups

Through this Nexus® Flex Respite Program, adults with mild cognitive impairment or early-stage dementia can participate in Nexus® activities daily.



nexus at silverado  
building connections through science and social engagement

## Nexus® Flex Respite Program includes:

- Engagement activities and outings
- Nutritious meals
- Assistance from our dementia certified professional staff of Engagement Professionals, Licensed Nurses, and Caregivers

## Program Rate - \$225 a day

- 10 days in a calendar month for minimum cost of \$2,250
- Paid days expire 30 days from the date of purchase
- One-time \$1,000 initiation fee

To learn more about the program, including the program's requirements, please call (866) 522-8125

[silverado.com/nexus](https://silverado.com/nexus)