



A COGNITIVE SUPPORT ECOSYSTEM

MINDWELL

AT EMERALD HEIGHTS

Supporting the person. Empowering the journey.

At Emerald Heights, we believe cognitive changes should never diminish a person's sense of purpose, independence or belonging.

Our Cognitive Support Ecosystem brings together clinical therapies, meaningful engagement, social connection and caregiver support to give residents and their spouses a growing toolbox of resources. From proactive cognitive rehabilitation to creative expression and peer connection, our programs meet residents where they are while helping them remain active, valued and connected to the community they call home.

01 | VIRTUAL SUPPORT

NewDays

Virtual Cognitive Rehabilitation in Partnership with NewDays (newsdays.ai)

Think of it as physical therapy for the brain. NewDays provides virtual cognitive rehabilitation from the comfort of a resident's home. Participants work with a dedicated cognitive specialist and complete guided exercises designed to support cognitive function and everyday independence.

AT A GLANCE:

Virtual • Individualized • Clinically guided • Available from home

02 | ON-CAMPUS SUPPORT

DayHaven

Memory Support in Partnership with Elderwise

A weekly, on-campus program centered on what each person can do. In a small, supportive group, residents enjoy conversation, music, lunch, watercolor painting and meaningful companionship. DayHaven also provides caregiving spouses with a four-hour window for rest and respite.

AT A GLANCE:

Weekly • Small group • Creative engagement • Caregiver respite

03 | SMALL-GROUP THERAPY

Cognitive Stimulation Therapy

Engaging the Mind Through Connection

Cognitive Stimulation Therapy, or CST, is an evidence-based approach for people experiencing mild-to-moderate cognitive changes. Small-group sessions use conversation, music, word activities, movement and other engaging experiences to stimulate thinking while building confidence and social connection. Currently offered at our Wildflower Point neighborhood.

AT A GLANCE:

Twice weekly • Evidence-based • Small group • Social and engaging

04 | COMING IN 2027

Memory Café

Connection Without Stigma

Our monthly Memory Café will bring residents, spouses and friends together in a welcoming, relaxed environment for conversation, creative activities and friendship. It is designed to normalize cognitive changes and help residents and families stay connected to one another and the broader Emerald Heights community.

AT A GLANCE:

Monthly • Residents and spouses together • Social • Welcoming

Different needs. Different tools. One connected approach.

Cognitive change looks different for every person. That's why Emerald Heights is creating multiple pathways for support, giving residents and their families more choices throughout the journey.

Because cognitive wellness is about more than memory. It's about independence, dignity, purpose and connection.