



LifeBio in Tennessee

July 17, 2018

Mr. Vincent Davis
State Survey Agency Director
665 Mainstream Drive
2nd Floor Nashville, TN 37243

Dear Mr. Davis:

On behalf of LifeBio and Signature HealthCARE, I am submitting a grant request for the amount of \$130,000 to implement LifeBio in Tennessee.

Our integrated team begins with Signature HealthCARE, a quality health and rehabilitation company with 26 homes across Tennessee. Signature HealthCARE is committed to improving quality of life for the Elders living in their homes. LifeBio is dedicated to improving quality of life for older adults, and employs an evidence-based approach to reminiscence work that is in use at the Mayo Clinic, UnitedHealthcare, as well as in major chains of senior living facilities, nursing homes, and individual households. The approach uses interviews and an *About Me Journal* to create a printed life story book, *Snapshot*, and individualized *Action Plan* for each participant. The process stimulates the brain, promotes purpose and meaning, reduces loneliness, lowers depression, and contributes to healthy aging. The team is collaborating in the hopes of improving overall quality of care in nursing homes in Tennessee.

The later stages of life present numerous health challenges, both physically and mentally. Moving to long term care is an extremely difficult transition for older adults. During this time, loneliness and depression become real concerns with valid, expensive health implications. The primary goals of the LifeBio project are to help Elders to be known as individuals, and to foster meaningful Intergenerational relationships. Connections are empowering; they reduce loneliness and helplessness, and aid in the redevelopment of meaning and purpose in life. For staff, this leads to greater job satisfaction and less turnover. LifeBio serves every population within long term care facilities. All ages and various cognitive abilities benefit from the program. Program components include holistically involving resident and family councils, fostering Intergenerational friendships, as well as including a segment educating CNAs/STNAs on dementia behaviors with a focus on how to comfort and redirect adults with memory impairments, leading to a safer and less stressful environment.

Thank you for considering our proposal. We look forward to partnering with you to improve and deeply enhance the lives of Elder Tennesseans in these ten Signature HealthCARE communities.

Sincerely,

A handwritten signature in blue ink that reads "Beth Sanders". The signature is fluid and cursive, with a small "B" at the start and a long, sweeping line at the end.

Beth Sanders, Founder & CEO

LifeBio, Inc.
937-303-4574
bsanders@lifebio.com

REQUEST

Date of Application: $\frac{7}{\text{MM}} / \frac{20}{\text{DD}} / \frac{2018}{\text{YYYY}}$

PART I: Background Information

Name of the Organization: LifeBio INC

Address Line 1: 232 N. Main St

Address Line 2: _____

City, County, State, Zip Code: Marysville, OH 43040

Tax Identification Number: 31-171240

CMS Certification Number, if applicable: -

Medicaid Provider Number, if applicable: -

Beth Sanders

Name of the Project Leader: Beth Sanders

Address: 232 N. Main St.

City, County, State, Zip Code: Marysville, OH 43040

Internet E-mail Address: amber@lifebio.com

Telephone Number: - -

Mobile Number: - -

Have other funding sources been applied for and/or granted for this proposal? ☐ Yes ☒ No

If yes, please explain/identify sources and amount.

PART II: Applicable to Certified Nursing Home Applicants

Name of the Facility: Please See Attachment (10 facilities)

Address Line 1: _____

Address Line 2: _____

City, County, State, Zip Code: _____

Telephone Number: - -

CMS Certification Number: -

Medicaid Provider Number: -

Date of Last Recertification Survey: / /
MM DD YYYY

Highest Scope and Severity Determination: (A – L) _____

Date of Last Complaint Survey: / /
MM DD YYYY

Highest Scope and Severity Determination: (A – L) _____

Currently Enrolled in the Special Focus Facility (SFF) Initiative? ☐ ☐
Yes No

Previously Designated as a Special Focus Facility? ☐ ☐
Yes No

Participating in a Systems Improvement Agreement? ☐ ☐
Yes No

Administrator's Name: _____

Owner of the Nursing Home: _____

CEO Telephone Number: - -

CEO Email Address: _____



Name of the Management Company: Please see attachment (10 Facilities)

Chain Affiliation (please specify) Name and Address of Parent Organization: _____

Outstanding Civil Money Penalty? ☐ ☐
Yes No

Nursing Home Compare Star Rating: _____ (can be 1, 2, 3, 4 or 5 stars)

Date of Nursing Home Compare Rating: ____ / ____ / ____
MM DD YYYY

Is the Nursing Home in Bankruptcy or Receivership? ☐ ☐
Yes No

If an organization is represented by various partners and stakeholders, please attach a list of the stakeholders in the appendix.

NOTE: The entity or nursing home which requests CMP funding is accountable and responsible for all CMP funds entrusted to it. If a change in ownership occurs after CMP funds are granted or during the course of the project completion, the project leader shall notify CMS and the State Agency within five calendar days. The new ownership shall be disclosed as well as information regarding how the project shall be completed. A written letter regarding the change in ownership and its impact on the CMP Grant application award shall be sent to CMS and the State Agency.

Part III: Project Category

Please place an "X" by the project category for which you are seeking CMP funding.

- ☐ Direct Improvement to Quality of Care
- ☐ Resident or Family Councils
- ☒ Culture Change/Quality of Life
- ☐ Consumer Information
- ☐ Transition Preparation

Part II: Applicable to Certified Nursing Home Applicants

	Greeneville	Monteagle	Spring City
Name of the Facility	Signature HealthCare of Greeneville	Signature HealthCare of Monteagle Rehab & Wellness Center	Spring City Care & Rehabilitation Center
Address Line 1	106 Holt Court	26 Second Street	331 Hinch St
Address Line 2			
City, County, State, Zip Code	Greeneville, TN 37743	Monteagle, TN 37356	Spring City, TN 37381
Telephone Number	423-639-0213	931-924-2041	423-365-4355
CMS Certification Number	445351	445393	44D0906287
Medicaid Provider Number	7440318	7440422	445209
Date of Last Recertification Survey	7/18/2017	5/24/2028	10/12/2017
Highest Scope and Severity Determination	E	D	D
Currently Enrolled in the Special Focus Facility Initiative	5/16/2018	6/21/2018	6/2/2018
Highest Scope and Severity Determination	D	N/A	D
Previously Designated as a Special Focus Facility	NO	NO	NO
Participating in a Systems Improvement Agreement	NO	NO	NO
Administrator's Name	Daniel Amodio	Norman Haley	Ray Allen
Owner of the Nursing Home	Signature HealthCare	Signature HealthCare	Signature HealthCare
CEO Telephone Number	423-639-0213	931-924-2014	423-365-4355
CEO Email Address	admin.greeneville@signaturehealthcarellc.com	nhaley@signaturehealthcarellc.com	admin.springcity@signaturehealthcarellc.com
Name of the Management Company	Signature HealthCare LLC	Signature HealthCare	Signature HealthCare
Chain Affiliation	Signature HealthCare LLC	Signature HealthCare	Signature HealthCare
Outstanding Civil Money Penalty	NO	NO	NO
Nursing Home Compare Star Rating	4	5	4
Date of Nursing Home Compare Rating	Apr-18	Current	6/1/2018
Is the Nursing Home in Bankruptcy or Receivership	NO	No	NO

	Portland	Rockwood	Westmoreland
Name of the Facility	Signature HealthCare of Portland Rehab & Wellness	Signature HealthCare of Rockwood Rehab & Wellness	Westmoreland Care & Rehabilitation Center
Address Line 1	215 Highland Circle Dr	5580 Roane State Hwy	1559 New Hwy 52E
Address Line 2			
City, County, State, Zip Code	Portland, TN 37148	Rockwood, TN 37854	Westmoreland, TN 37186
Telephone Number	615-325-4052	865-354-3366	615-644-5111
CMS Certification Number	445306	445143	445342
Medicaid Provider Number	1568762854	744069	0445342
Date of Last Recertification Survey	2/22/2018	8/7/2017	May 8-10, 2018
Highest Scope and Severity Determination	D	D	F
Currently Enrolled in the Special Focus Facility Initiative	18-Apr	6/11/2018	Feb 12-14, 2018
Highest Scope and Severity Determination	NONE	D	NONE
Previously Designated as a Special Focus Facility	NO	NO	NO
Participating in a Systems Improvement Agreement	NO	NO	NO
Administrator's Name	Casey Malone/Brandi Bailey	Heidi J Shirley	Lashell Spears
Owner of the Nursing Home	Signature HealthCare	Signature HealthCare	Signature HealthCare
CEO Telephone Number	615-325-9263	865-354-3366	615-644-5111
CEO Email Address	admin.portland@signaturehealthcarellc.com	admin.rockwood@signaturehealthcarellc.com	admin.westmoreland@signaturehealthcarellc.com
Name of the Management Company	Signature HealthCare	Signature HealthCare LLC	Signature HealthCare
Chain Affiliation	Signature HealthCare	Signature HealthCare LLC	Signature HealthCare
Outstanding Civil Money Penalty	NO	NO	NO
Nursing Home Compare Star Rating	4	2	2
Date of Nursing Home Compare Rating	7/10/2018	May-18	Jun-18
Is the Nursing Home in Bankruptcy or Receivership	NO	NO	NO

	South Pittsburg	Standing Stone
Name of the Facility	Signature HealthCare of South Pittsburg Rehab & Wellness Center	Standing Stone Care & Rehabilitation Center
Address Line 1	201 E 10th St	410 W Crawford Ave
Address Line 2		
City, County, State, Zip Code	SouthPittsburg, TN 37380	Monterey, Tn 38574
Telephone Number	423-837-7981	931-839-2244
CMS Certification Number	445343	445363
Medicaid Provider Number	1942490255	0445363
Date of Last Recertification Survey	March 12-21, 2018	10/4/2017
Highest Scope and Severity Determination	D	F
Currently Enrolled in the Special Focus Facility Initiat	4/23/2018	2/6/2018
Highest Scope and Severity Determination	NONE	NONE
Previously Designated as a Special Focus Facility	NO	No
Participating in a Systems Improvement Agreement	NO	No
Administrator's Name	Doyle R Love	Jeff Amonett
Owner of the Nursing Home	Signature HealthCare	Signature HealthCare
CEO Telephone Number	423-837-7981	931-839-4000
CEO Email Address	admin.southpittsburg@signaturehealthcarellc.com	admin.standingstone@signaturehealthcarellc.com
Name of the Management Company	Signature HealthCare	Signature HealthCare
Chain Affiliation	Signature HealthCare	Signature HealthCare
Outstanding Civil Money Penalty	NO	No
Nursing Home Compare Star Rating	3	4
Date of Nursing Home Compare Rating	6/18/2018	Current
Is the Nursing Home in Bankruptcy or Receivership	NO	No

	Fentress	Pickett
Name of the Facility	Signature HealthCare of Fentress Co	Pickett Care & Rehabilitation Center
Address Line 1	208 N Duncan St	129 Hillcrest Dr
Address Line 2		
City, County, State, Zip Code	Jamestown, Tn 38556	Byrdstown, Tn 38549
Telephone Number	931-879-5859	931-864-3162
CMS Certification Number	445362	0445390
Medicaid Provider Number	7440067	0445390
Date of Last Recertification Survey	6/13/2018	7/27/2017
Highest Scope and Severity Determination	E	D
Currently Enrolled in the Special Focus Facility Initiat	6/13/2018	1/16/2018
Highest Scope and Severity Determination	D	NONE
Previously Designated as a Special Focus Facility	No	No
Participating in a Systems Improvement Agreement	No	No
Administrator's Name	Benjamin Holland	Chelsea Conner
Owner of the Nursing Home	Signature HealthCare	Signature HealthCare
CEO Telephone Number	931-704-6320	931-310-4962
CEO Email Address	admin.fentress@signaturehealthcarellc.com	admin.pickett@signaturehealthcarellc.com
Name of the Management Company	Signature HealthCare	Signature HealthCare
Chain Affiliation	Signature HealthCare	Signature HealthCare
Outstanding Civil Money Penalty	No	No
Nursing Home Compare Star Rating	2	3
Date of Nursing Home Compare Rating	7/5/2018	7/26/2017
Is the Nursing Home in Bankruptcy or Receivership	No	No

- ☐ Training
- ☐ Resident Transition due to Facility Closure or Downsizing
- ☐ Other: Please specify _____
-

Part IV: Funding Category

Please specify the amount and place an "X" by the funding category.

Amount Requested: \$ 130,000

- | | |
|---|---|
| <input type="checkbox"/> \$2,500 or less | <input type="checkbox"/> \$10,001 – \$25,000 |
| <input type="checkbox"/> \$2,501 – \$5,000 | <input type="checkbox"/> \$25,001 – \$50,000 |
| <input type="checkbox"/> \$5,001 – \$10,000 | <input checked="" type="checkbox"/> Over \$50,000 |

Part V: Proposed Period of Support

From: $\frac{01}{MM} / \frac{01}{DD} / \frac{2019}{YYYY}$ (e.g. 06/01/2010) **To:** $\frac{12}{MM} / \frac{31}{DD} / \frac{2019}{YYYY}$ (e.g. 12/01/2010)

Part VI: Purpose and Summary

PROJECT TITLE

Include a cover letter to the State Agency Director with the application. The cover letter should introduce your organization, explain the purpose of the project and contain a summary of your proposal. The letter should include the amount of funding that you are requesting, the population it will serve, and the need it will help solve. Make a concerted effort to bring your project to life in the cover letter and actively engage the reader.

VII: EXPECTED OUTCOMES

PROJECT ABSTRACT

Beth Sanders, the requester of the project, founded LifeBio in 2006. LifeBio's publications are currently in use with organizations such as United Healthcare, the Mayo Clinic, the State of Ohio, as well as with numerous nursing homes, hospice groups, and on an individual level. LifeBio uses the evidence-based methods of life story and reminiscence work to bring meaning back into the lives of Elders.

LifeBio and Signature HealthCARE have a joint vision to impact quality of life in nursing homes through a continuing emphasis on person-centered care. Signature HealthCARE has a deep commitment to excellence in quality of life initiatives for the Elders who call these communities home. Partnering with a top rated facility is vital for a pilot program, so it can be developed to be replicated to assist lower scoring facilities. Together, we feel that the most cost efficient way to increase an integrated culture of PCC would be by creating Intergenerational equity through the LifeBio Project in nursing homes in Tennessee.

The goals of the LifeBio project specifically target improvement of clinical outcomes associated with the 13 Long Stay Quality Measures, and will address the improvement of quality of life at multiple facilities within Tennessee. The project is structured from evidence based models, has strong community partnerships, is sustainable and replicable, and will be easily measured. Our goals are to:

- 1) Improve Comprehensive Person-centered Care Planning;
- 2) Improve the General Health and Well-Being of Residents;
- 3) Improve Staffing Concerns Within Long Term Care.

Our goals will be achieved during the 1 year period of the study by:

A) Creating and distributing high-quality printed life stories, *Snapshots*, and *Action Plans* to each participant in the program. Life story books are created by completing an *About Me Journal*. The LifeBio *Snapshot* is a framed one-page biography about each participant; the *Action Plans* are personalized preference and activity plans for each resident. By using reminiscence work to deeply know individuals, understanding of Elders is improved, activities are personalized, loneliness is reduced and meaningful relationships develop, which help in rebuilding life purpose and enhancing overall quality of life.

B) Initiating changes in attitudes of staff and volunteers towards older adults and nursing home residents by improving knowledge about Elders as individuals; by providing training for direct careworkers on dementia, associated behaviors and how to appropriately comfort and redirect individuals (thus preventing abuse and neglect and reducing job related stress and turnover).

- C) Initiating positive changes in attitudes of Elders towards themselves and healthy aging; and
- D) Increasing resident and family satisfaction of care.

LifeBio and Signature HealthCARE will evaluate each of these objectives by administering surveys to participating residents, staff, and volunteers before and after the program. Additionally, quarterly surveys will be performed at the participating facilities to measure the overall impact of the program. Aside from obvious demographic information, the surveys administered will cover concerns specific to residents, staff, and volunteers. Resident questions will be tailored to their cognitive abilities, and can be completed either via paper and pen or online (with trained volunteer assistance). The questions for residents shall assess data regarding

mood, satisfaction of care, and general well-being in regards to the Seven Domains of Well-being (Identity, Growth, Autonomy, Security, Connectedness, Meaning, and Joy) as evidenced by Dr. Bill Thomas and the Eden Alternative, as well as mood scales appropriate for use with cognitively affected individuals. Data will be gathered on perceptions on aging and the effects of Intergenerational programming. Staff will be surveyed on job satisfaction, the usefulness of a resident's life history, work load, and administrative functions, if applicable. The data and empirical findings will be taken and turned into replicable, evidence-based programs and services for older adults in the State of Tennessee and beyond. Beth Sanders of LifeBio will serve as the Director of the evaluation of the LifeBio project. Findings will be disseminated in a final report to the funder, as well as at local, state and national conferences of interest to the funder.

Implementing a comprehensive reminiscence and life story person-centered care program will impact these targeted measures because engaging residents meaningfully through reminiscence and life review have been found to increase life satisfaction; lower or prevent depression (depression increases pain); reduce agitation; improve feelings of comfort and well-being; engage persons with dementia; assist with cognitive orientation; reduce chronic pain; and improve state, resident and family relations .¹

A brief review of life story work in healthcare, evidence that the use of life story work and life story booklets in healthcare improve resident, staff, and family outcomes, as well as the efficacy of LifeBio can be found here:

<https://www.dropbox.com/s/ozskowa88b60ini/Research%20for%20the%20Effectiveness%20of%20Life%20Stories%20and%20Reminiscence%20with%20Older%20Adults%207-19-18.docx?dl=0>

STATEMENT OF NEED

The LifeBio project specifically addresses CMS regulations and guidelines:

https://www.dropbox.com/s/dhfki0oahjo6pxr/LifeBio_LTC%20Regulations.pdf?dl=0

LifeBio focuses on learning who a person has been over their entire lifespan, from their own experience or from the perspective of someone who knows the individual well. Then, by focusing on preferences and encouraging the growth of real friendships, the program helps to bring renewed meaning and purpose in life's later developmental stages.

The primary challenge to implementing the LifeBio Project is LifeBio's dependence on our relationship with Signature HealthCARE. LifeBio anticipates relying upon Signature HealthCARE to facilitate connections with family members. Additionally, there is the question of to what level the communities will be able to obtain volunteers from their local areas. The participating nursing homes will need to use local resources to connect to volunteers. This objective can easily be achieved, but we must have the support of the nursing facility to find local help. Staying ahead of this need is key. Signature HealthCARE has a dedicated volunteer coordinator working with local universities and organizations, so this issue should not be a problem. However, should volunteers not be available, staff members will fill in these gaps.

PROJECT/PROGRAM DESCRIPTION:

LifeBio uses reminiscence and the life story process to streamline person-centered care with the *About Me Journal* so the authentic selves of Elders can be deeply known. LifeBio uses interviews to produce a high-quality printed life story book. The *About Me Journal* captures information on a person's hometown, family, school, life, work experiences, greatest accomplishments, historical events that mattered, activities and interests, advice, and more. 10-15 photographs are included whenever possible to enhance the biography. Based on information gathered by volunteers with the *About Me Journal*, LifeBio's Story Team will process and build a unique bio for each Elder. The nursing home will receive back the following concrete planning tools for building relationships and improving person-centered care:

- Life Story Book (a personalized gift of legacy to the Elder and his or her family)
- LifeBio "Snapshot" (a one-page Biographical Display for the room and care plan book)
- LifeBio Action Plan (a customized activity and preference guide)

Additionally, these materials are accessible not only via the printed storybook, but also via our secure website, where each individual will have their own account (www.lifebio.com). Voice recordings, images, and video are able to be loaded in that format.

Ten Signature HealthCARE locations are excited to participate in the LifeBio Project:

<https://www.dropbox.com/s/3ld7huyce1a1lwz/Signature%20HealthCARE%20locations%20hyperlink.docx?dl=0>

Staff members will participate in a 90-minute, "LifeBio Getting Started Training" as an overview of the LifeBio process and how it will impact person-centered care and Quality of Life. This staff training will include Quality of Life Directors and Staff Members, at least three members of the permanent Nursing Team (Administrator, Director of Nursing, Nurses, Certified Nursing Assistants), and a Social Services Director. Other additional people to be included in training are the active Chaplain, Social Worker, Admissions and Marketing staff. During "Getting Started Training," the Quality of Life Director at each location will be given materials to explain the LifeBio program to residents and family members and to aid in the recruitment of six to ten volunteers. This will explain the importance of the use of life histories to personalize the care provided to nursing home residents and how it builds stronger relationships with them, and instructs caregivers on how to specifically use the information and integrate it into a resident's care plan. Dementia Awareness training will also be provided at this time for STNAs and CNAs participating in the program. This training will focus on dementia as a disease process, various types of dementia, common symptoms and behaviors, and will present LifeBio as an option for direct careworkers to redirect behavior, provide custom comforts for agitated residents, and better address their own response to resident behavior, to improve overall safety in the facility.

Volunteers over the age of 17 will be recruited from local areas. During the "LifeBio Connect Volunteer Training," volunteers will be instructed on specifics of how to introduce themselves, how to conduct the interview, and how to provide the information to the Quality of Life Director when finished. Volunteers will have no more than two hours to complete the *About Me Journal* during one on one interviews. This time can be broken up in four 30-minute interviews, two 1-hour interviews, or eight 15-minute interviews if someone tires easily (at the interviewer's discretion). If a resident has cognitive challenges, his or her most involved family member will be interviewed by a volunteer (or over the phone by LifeBio) to gather the story using the *About Me Journal*.

The Quality of Life Director will serve as the main liaison between LifeBio and the nursing homes. The Quality of Life Director will present and read the life story book to the resident and family, and he or she will bring together direct care nursing staff, and the volunteer who helped record the story. The Life Story *Snapshot* and *Action Plan* will be displayed for use.

After the distribution of the completed materials, LifeBio will provide staff members specific examples of how to use the *Snapshot* and the LifeBio *Action Plan* effectively. The *Snapshot* and *Action Plan* will also be placed inside the care plan book for each participating Elder so it can be easily viewed and considered during periodic care plan meetings with the Elder, family, and staff.

VIII: RESULTS MEASUREMENT

PERFORMANCE MEASUREMENT AND PROGRAM EVALUATION:

Surveys and interviews will be conducted at several points in time. Participants (i.e., residents, full-time direct caregiving staff and volunteers) will be given a pre-test and a post-test before and after implementation of the program. Facility leaders (decision makers and leadership staff such as the DON, Quality of Life Directors, etc.) will be given quarterly surveys to assess the overall impact and efficacy of the program. Outcomes for direct care staff will include examining changes in job satisfaction, turnover, attitudes towards person-centered care, perceptions of the importance of collecting residents' life histories, and their usefulness in providing person-centered care.

Surveys of volunteers who interview residents about their life stories will follow a similar structure. A baseline survey will be conducted prior to volunteers receiving training on how to collect life story information as well as attitudes on later life and aging. The post-test surveys will be mailed two to three months after all life story booklets and summaries have been developed. Outcomes for volunteers will include examining changes in benefits gained from participating in the study and changes in attitudes towards nursing home residents.

Family members of nursing home residents will be surveyed as well. Outcomes for family members will include potential changes in satisfaction with care of their relatives and the perceived usefulness of the LifeBio materials in improving person-centered care of their relatives.

Study Procedures

Staff: Prior to nursing home staff training, LifeBio staff will distribute flyers describing the study, consent forms for participation, as well as pre-test surveys to appropriate participants.

The staff that completes the pre-test will be sent post-test materials later in the program.

A process similar to that for staff will be used to conduct the resident, volunteer, family, and decision maker quarterly surveys.

Measurements

This project will utilize a variety of demographic and individual-level measurements in an attempt to evaluate changes in the attitudes and perceptions of nursing home staff, LifeBio volunteers, and residents' family members.

Staff-specific measurements will be utilized from existing studies examining job satisfaction among direct care staff in long-term care settings (Ejaz et al., 2008; Ejaz et al., 2013; Sengupta, Ejaz, & Harris-Kojetin, 2012). These studies examine job satisfaction of direct-care staff with questions related to working conditions, job responsibilities, pay, equipment, opportunities for advancement, teamwork among staff, and feelings of appreciation at work.

Staff perceptions of the desire to seek other employment will include measures from the above-mentioned studies and are assessed through questions about reasons for wanting to leave a current position, and future perceived longevity in long-term care. Finally, questions will also address staff members' relationships with the residents under their care, the number of residents they care for, and consistent assignment to particular residents. The outcomes of specific interest for this study will be job satisfaction and turnover for staff, in regards to improved relationships between direct-care workers and residents.

For volunteers, measurements will focus directly on their experiences and satisfaction conducting life history interviews and will attempt to capture changes in perception towards nursing home residents and older adults. Outcomes of interest would examine changes in attitudes towards older adults, empathy, and overall satisfaction with conducting life story interviews. One of our previous volunteers had this to say about the LifeBio experience:

"I am so pleased that I was able to participate in the enriching LifeBio project to interview 10 residents at local nursing homes. I love to write, so it was ideal for my skills. The people I met with were appreciative & forthcoming. Their tales will be shared with the next generation—their own families, as well as staff at the nursing homes—which is so important. Yesterday, in particular, was heartwarming. My time with "Tina" was exceptional. She is 82 & very sharp. She has wit and a grateful nature for the life she has led. We laughed a lot during our time together. When done with all my questions, she asked me if I enjoyed doing the interviews with her contemporaries & with a big smile, I assured her that I had. She then took my hand & kissed it. That gesture alone speaks volumes about this volunteer work. Pure joy. I let the volunteer coordinator know I will be happy to do more interviews when she is ready."

For family members of residents, surveys will include questions focusing on their satisfaction with the care their relatives receive in the nursing home.

Data Analysis and Findings

Products from the study will include a final report to the funder. Further, project staff will disseminate findings at local, state, and national conferences of interest to the funder. We have the support of Signature HealthCARE's Signature Research Institute (SRI) for assistance with data analysis and dissemination.

IX: BENEFITS TO NURSING HOME (NH) RESIDENTS

The Domains of Well-Being were developed by the Eden Alternative as a way to gauge holistic personal care, and are included in CMS guidelines. Signature HealthCARE, as a top-ranking Eden facility, believes that the LifeBio Project addresses these measures and provides numerous benefits to NH residents. The Domains of Well-Being include Identity, Growth, Autonomy, Security, Connectedness, and Meaning. LifeBio fosters community knowledge of the interests that comprise **identity**, and encourages individuality. From this knowledge of the whole person, goals for the future and the development of life-enriching experiences are encouraged, leading to **growth** over time. By learning about preferences, staff can focus on what activities are most likely to give the greatest sense of **autonomy** and enjoyment. Being deeply understood increases dignity and a sense of **security**. The implementation of *Action Plans* will elucidate similarities in preferences, and will pave the way for **connectedness**—a way to know those who share similar tastes and experiences, so that relationships with Intergenerational volunteers and relationships with others in the homes may be facilitated. The process gives individuals an opportunity to give back to the community by sharing their experiences, deepest feelings and beliefs, and to find **meaning** in a world with many challenges. Studies have shown that LifeBio increases happiness and renews feelings of purpose, key components of experiencing **joy**. All of our goals specifically referenced in the project abstract are integrally linked to the happiness and well-being of residents.

X: CONSUMER AND STAKEHOLDER INVOLVEMENT

The nursing home staff will be supporting the project and the use of the LifeBio tools, especially after participating in *LifeBio Getting Started Training*. The nursing home will also assist LifeBio in the recruiting of local volunteers who will be trained through the LifeBio Connect Volunteer Training. The most involved family member (guardian or friend) will be assisting with capturing their loved one's stories if the person has dementia or another communication challenge.

Elders will be giving back to the external community by telling and sharing their stories to younger volunteers. It will be a remarkable “give and take” as both are learning from each other. The LifeBio Project will be something shared with the Elder Council at the participating communities. When the Life Story Summaries are back and ready for display for various Elders, the stories can be presented and celebrated during Neighborhood Meetings, as these take place within each individual neighborhood in the home. Elder satisfaction surveys in these 10 communities will be closely monitored and shared with the LifeBio Project team to document changes from previous surveys.

XI: FUNDING

The funding proposal for the LifeBio Project follows, and it covers a 12 month period. This is an aggressive timeline, but we feel it is reasonable to tell the life stories of up to 400 residents within the 10 locations. We also see conducting *Getting Started Training* for approximately 15 staff members per location. In addition, LifeBio will help recruit and coach volunteers in conjunction with Quality of Life Staff via *LifeBio Connect Volunteer Training*. ***Please refer to attached Budget spreadsheets for specific financial details.***

Volunteers will use the *About Me Journal* to gather the life stories of residents. Once the information is gathered, it will be transferred to LifeBio for processing. LifeBio will create life story books, *Snapshots*, and *Action Plans* that are personalized for each resident. LifeBio will help interview the family members of residents who are unable to communicate their own stories. These phone interviews with family members are included in the pricing.

Once the stories are completed and returned to the community, LifeBio staff will assist Signature staff members in implementing *Action Plans*, advising how to best to use the person's strengths, gifts, and experiences as connecting points for individualizing and creating person-centered activities, conversations, and more.

TIMELINE:

ACTIVITY	ACTIVITY DESCRIPTION	DATE	RESPONSIBLE PARTY
Start Date	Communicating Start Date of LifeBio project	Month 1	Project Coordinator (Roni Anderson)
Scheduling Training	Dates chosen for onsite Getting Started and Dementia Training Sessions for key staff and CNAs/STNAs respectively	Month 1	Project Coordinator (Roni Anderson)
Baseline Survey Packets Distributed	Pre-test surveys, project flyers, consent form and envelope are distributed and returned to LifeBio staff	Month 1	LifeBio staff
Getting Started, Dementia Training and Baseline Research Surveys (onsite)	Overview of the LifeBio project for stakeholders in all 10 communities; Onsite Trainings Occur.	Month 2	LifeBio staff
Baseline Research Surveys Analyzed	Data analyzed	Month 2	LifeBio and Roni Anderson
Volunteer Recruitment	Volunteers recruited (ages 17+ from schools and Universities, churches or corporate sponsors). Flyers provided to assist in recruiting. Baseline surveys given to volunteers and returned to LifeBio.	Month 2	LifeBio and Roni Anderson
Volunteer Surveys Analyzed	Data Entry and Analysis	Months 2-3	LifeBio and Roni Anderson
Volunteer Interviews with Residents (Group 1)	Volunteers will complete at least 20 life story interviews with residents during this timeframe, using the <i>About Me Journal</i> . Bios will be returned to LifeBio HQ for processing.	Months 3-6	Volunteers, Quality of Life Directors at all sites (supervised by Roni Anderson)
Creation of Life Story Books, Life Story Snapshot & Action Plans	LifeBio will process and return printed Life Story books, <i>Snapshots</i> , and <i>Action Plans</i> . All completed products will be presented to residents and displayed for use.	Months 6-7	LifeBio
LifeBio Action Plan review	LifeBio will make onsite visits to train stakeholders on the implementation of Action Plans to integrate them into activities and Care Plans	Month 7	LifeBio
Volunteer Interviews with Residents (Group 2)	Volunteers will complete at least 20 life story interviews with residents during this timeframe, using the <i>About Me Journal</i> . Bios will be returned to LifeBio HQ for processing.	Month 8	Volunteers, Quality of Life Directors at all sites (supervised by Roni Anderson)
Creation of Life Story Books, Life Story Snapshot & Action Plans	LifeBio will process and return printed Life Story books, <i>Snapshots</i> , and <i>Action Plans</i> . All completed products will be presented to residents and displayed for use.	Months 9&10	LifeBio
Post Survey Research Interviews, Post Survey Analysis, and Result Reporting	Data Entry, Analysis, research processing, paper written for program replication.	Months 11&12	LifeBio and Signature
Quarterly Surveys	Surveys to be given quarterly	Quarterly during project	LifeBio and Signature

ATTACHMENT 2 (continued)
GRANT BUDGET LINE-ITEM DETAIL
(BUDGET PAGE 2)

SALARIES								AMOUNT
Salaries to be handled by grantee participation		x		x		+	(Longevity, if applicable)	\$0.00
ROUNDED TOTAL								\$0.00

PROFESSIONAL FEE/ GRANT & AWARD	AMOUNT
LifeBio Full Service Licensing, On Site Training & Service for 10 Signature Healthcare Communities. Creation of approximately 400 life stories within 10 locations. Onsite getting started training for Staff (approximately 10 staff members per location), LifeBio Connect volunteer training (up to 10 volunteers per location). Onsite LifeBio Action Plan Training for Staff (approximately 10 staff per location). Onsite dementia training. LifeBio.com licensing and processing and training of Life Story Books, 1-page Life Story Summaries, and LifeBio Action Plans for each resident participating.	\$112,400.00
ROUNDED TOTAL	\$112,000.00

TRAVEL/ CONFERENCES & MEETINGS	AMOUNT
Travel expenses	\$3,300.00
ROUNDED TOTAL	\$3,000.00

Supplies	AMOUNT
Misc. Supplies	\$1,600.00
ROUNDED TOTAL	\$2,000.00

Benefits and Taxes	AMOUNT
Benefits and Taxes	\$7,700.00
ROUNDED TOTAL	\$8,000.00

Postage and Shipping	AMOUNT
Mailing costs	\$600.00
ROUNDED TOTAL	\$600.00

OTHER NON-PERSONNEL	AMOUNT
Indirect Costs	\$4,400.00
ROUNDED TOTAL	\$4,000.00

CAPITAL PURCHASE	AMOUNT
	\$0.00
ROUNDED TOTAL	\$0.00

ATTACHMENT 2

GRANT BUDGET

(BUDGET PAGE 1)

ADDITIONAL IDENTIFICATION INFORMATION AS NECESSARY				
APPLICABLE PERIOD: The grant budget line-item amounts below shall be applicable only to expense incurred during the period beginning DATE , and ending DATE .				
POLICY 03 Object Line-Item Reference	EXPENSE OBJECT LINE-ITEM CATEGORY ¹ (detail schedule(s) attached as applicable)	GRANT CONTRACT	GRANTEE PARTICIPATION	TOTAL PROJECT
1	Salaries ²	\$0.00	\$0.00	\$0.00
2	Benefits & Taxes	\$7,700.00	\$0.00	\$7,700.00
4, 15	Professional Fee/ Grant & Award ²	\$92,400.00	\$0.00	\$112,400.00
5	Supplies	\$1,600.00	\$0.00	\$1,600.00
6	Telephone	\$0.00	\$0.00	\$0.00
7	Postage & Shipping	\$600.00	\$0.00	\$600.00
8	Occupancy	\$0.00	\$0.00	\$0.00
9	Equipment Rental & Maintenance	\$0.00	\$0.00	\$0.00
10	Printing & Publications	\$0.00	\$0.00	\$0.00
11, 12	Travel/ Conferences & Meetings ²	\$3,300.00	\$0.00	\$3,300.00
13	Interest ²		\$0.00	\$0.00
14	Insurance	\$0.00	\$0.00	\$0.00
16	Specific Assistance To Individuals ²	\$0.00	\$0.00	\$0.00
17	Depreciation ²	\$600.00	\$0.00	\$600.00
18	Other Non-Personnel ²	\$0.00	\$0.00	\$0.00
20	Capital Purchase ²	\$0.00	\$0.00	\$0.00
22	Indirect Cost (% and method)	\$4,400.00	\$0.00	\$4,400.00
24	In-Kind Expense	\$0.00	\$0.00	\$0.00
25	GRAND TOTAL	\$110,600.00	\$0.00	\$130,000.00

¹ Each expense object line-item shall be defined by the Department of Finance and Administration Policy 03, Uniform Reporting Requirements and Cost Allocation Plans for Subrecipients of Federal and State Grant Monies, Appendix A. (posted on the Internet at: <https://www.tn.gov/assets/entities/finance/attachments/policy3.pdf>).

² Applicable detail follows this page if line-item is funded.

XII: INVOLVED ORGANIZATIONS

CONTACT INFORMATION

Signature HealthCARE, LLC

12201 Bluegrass Parkway

Louisville, KY 40299

Roni Anderson

Regional QOL Director - Quality of Life Program Coordinator-Headquarters

Certified Eden Alternative Educator & Eden Mentor

randerson@signaturehealthcarellc.com

615-388-5373

LifeBio

232 N. Main Street, Suite 2J

Marysville, OH 43040

Beth Sanders

Founder & CEO

bsanders@lifebio.com

937-303-4574

BIOGRAPHICAL SKETCHES AND CVS FOR KEY PERSONNEL

Beth Sanders, *LifeBio*

<https://www.dropbox.com/s/8ngsrr056iyqz66/Beth%20Sanders%20CV%20Hyperlink%2071818.docx?dl=0>

Veronica Anderson, *Signature HealthCARE*

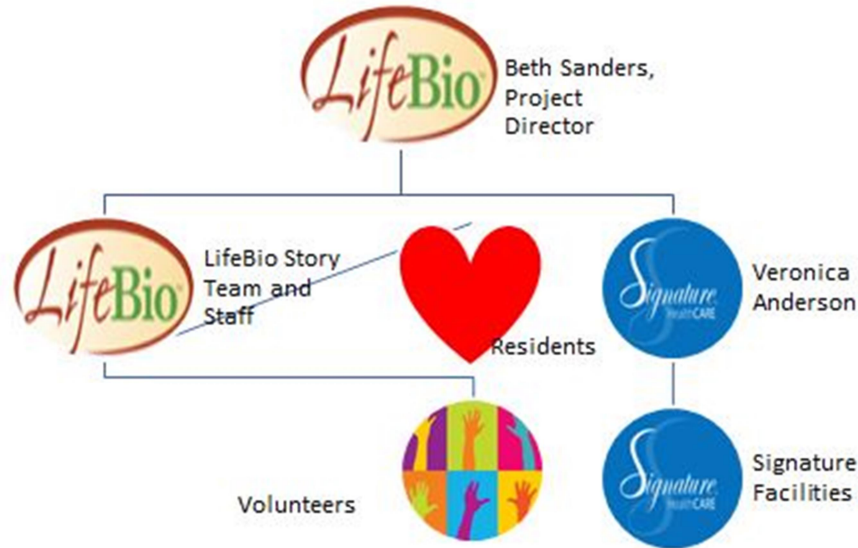
<https://www.dropbox.com/s/e9pf3llfw3u1mid/CV%20Veronica%20Spears%20Anderson%20Hyperlink%20718-18.docx?dl=0>

CONFLICTS OF INTEREST/ATTESTATION STATEMENT

LifeBio and Signature HealthCARE have no conflicts of interest and no family relationships involved in our program, and agree to abide by the following rules and regulations set forth by CMS:

CMP funds have been provided for the express purpose of enhancing quality of care and quality of life in nursing homes certified to participate in Title 18 and Title 19 of Social Security Act. Failure to use civil money penalty funds solely for certified nursing homes and for the intended purpose of the grant proposal is prohibited by Federal law. Failure to use the CMP funds as specified will result in denial of future grant applications and referral to the appropriate entity for Medicare/ Medicaid fraud and Program Integrity. The applicant shall disclose any conflicts of interest, including family relationships.

LIFEBIO PROJECT ORGANIZATIONAL CHART



INNOVATION AND REPLICABILITY

LifeBio’s evidence-based approach to person centered care shows statistically significant improvements in happiness and life satisfaction for people age 65 and older (Iowa State, 2014). Studies with LifeBio are currently in progress with UnitedHealthcare, Mayo Clinic, and the State of Ohio Department of Medicaid. The experienced team on this project is confident in our ability to execute our plan successfully to achieve excellent outcomes.

The results of this intervention will be documented and made available for other nursing homes, state and federal agencies, and researchers.

The LifeBio Project is being piloted in these 10 homes, but it would be reasonable and effective to replicate this project into more Signature HealthCARE nursing homes or into other nursing homes across the state of Tennessee or in other states as well.

The LifeBio Project has a concrete plan and timeline. We expect to advance Person-Centered Care and improve quality of life and quality of care for Elders, while training staff, volunteers, and family to see and honor the individual’s life experience in a new and remarkable way. Thank you for this opportunity to propose our solution.

¹ Critical Advances in Reminiscence Work, Jeffrey Webster and Barbara Haight, 2003. Transformational Reminiscence, John Kunz and Florence Gray Soltys, 2007.

Clip art from : <http://clipartix.com/volunteer-clip-art-image-30275/>

GENERAL ASSURANCES

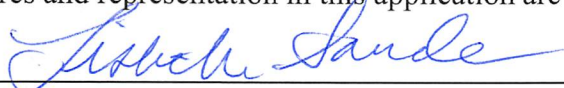
Assurance is hereby provided that:

1. This program will be administered in accordance with all applicable statutes, regulations, program plans and applications:
 - a. The laws of the State of Tennessee;
 - b. Title VI of the federal Civil Rights Act of 1964;
 - c. The Equal Employment Opportunity Act and the regulations issued there under by the federal government;
 - d. The Americans with Disabilities Act of 1990 and the regulations issued there under by the federal government;
 - e. The condition that the submitted application was independently arrived at, without collusion, under penalty of perjury; and,
 - f. The condition that no amount shall be paid directly or indirectly to an employee or official of the State of Tennessee as wages, compensation, or gifts in exchange for acting as an officer, agent, employee, subcontractor, or consultant to the Agency in connection with any grant resulting from this application.
2. Each agency receiving funds under any grant resulting from this application shall use these funds only to supplement, and not to supplant federal, state and local funds that, in the absence of such funds would otherwise be spent for activities under this section.
3. The grantee will file financial reports and claims for reimbursement in accordance with procedures prescribed by the State of Tennessee Department of Health.
4. Grantees awarded grants resulting from this application process will evaluate its program periodically to assess its progress toward achieving its goals and objectives and use its evaluation results to refine, improve and strengthen its program and to refine its goals and objectives as appropriate.
5. If applicable, the program will take place in a safe and easily accessible facility.

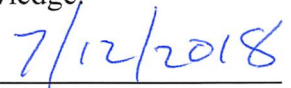
CERTIFICATION/SIGNATURE

I, THE UNDERSIGNED, CERTIFY that the information contained in the application is complete and accurate to the best of my knowledge; that the necessary assurances of compliance with applicable state/federal statutes, rules and regulations will be met; and, that the indicated agency designated in this application is authorized to administer this grant.

I FURTHER CERTIFY that the assurances listed above have been satisfied and that all facts, figures and representation in this application are correct to the best of my knowledge.



Signature of Applicant Agency Administrator



Date Signed (Month/Day/Year)



12201 Bluegrass Parkway | Louisville, Kentucky 40299
Phone: 502.568.7800 | Fax: 423.370.1200

July 19, 2018

Melissa Painter
Competitive Procurement Coordinator
Service Procurement Program
Division of Administrative Services
Andrew Johnson Tower, 5th Floor
710 James Robertson Parkway
Nashville, TN 37243

Dear Ms. Painter:

I am pleased to write this non-binding letter of support for the LifeBio research project.

Signature Research Institute (SRI) would ideally provide support required to develop and implement the project. This will include research oversight, data collection and evaluation.

We fully support the LifeBio proposal and are confident we can improve the quality of care provided to nursing facility residents as well as improving overall health outcomes, and quality of life in nursing facility residents.

Sincerely,

Jeff A. Beaty, CAEd, DHed, LMSW, MSHA, CCTS
Chief Research Officer



RFA 34305-22418
CMPQI CHECKLIST

Applicants Name:

Life Bio

Page(s) #:

Required Element:

PASS

FAIL

Cover letter is included and addressed to:

Vincent Davis, State Survey Agency Director

665

Mainstream Drive, 2nd Floor

Nashville,

TN 37243

Cover letter is signed by facility administrator if nursing home or signed by project administrator if other.

CMS Fillable Application (**Attachment 1**) is included and is signed by an individual who can legally sign a contract with the State of Tennessee.

All applicable blanks are completed in CMS application including Tax Identification number, and if applicable, Medicare/Medicaid numbers.

Submitted the completed Excel budget spreadsheet and budget details page (**Attachment 2**) for the project, along with a narrative explanation of the costs.

Job descriptions for key personnel are included (one page limit).

Biographical sketches/Curriculum Vitae for currently employed key personnel are included (one page limit).

Project organizational chart is included and significant collaborators are identified.

Project Title information is included per CMS application.

Required Abstract information is included per CMS application.

Statement of Need information is included per CMS application, and addresses possible problems and contingency plan.

Project Description information is included per CMS application and includes projected outcomes, the timeline, deliverables, benchmarks, and dates.

Results Measurements information is included per CMS application and identifies what data will be measured, how and when it will be measured, and who will measure it.

Description of how the nursing home community and governing body will assist and provide support for the project which is included per CMS application.

Identification and list of all organizations and subcontractors that will receive funds from this grant are included per CMS application (i.e., specific nursing homes, hospitals, local community agencies, etc.).

1
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2-6
2-6
15+16
17
17
18
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13
5, 6, 15+
16

CMPQI CHECKLIST

Letters of commitment/agreement from all organizations and subcontractors that will receive funds from this grant are included per Request for Application.

General Assurances form is included and signed per Request for Application.

Primary Evaluator Signature and Date: