AVINITY RECEIVES MINNESOTA DEPARTMENT OF HUMAN SERVICES GRANT

Richfield, MN – (11.18.2015) – Avinity Senior Living ("Avinity") accepts the largest share of grant funds among a list of 62 recipients from the Minnesota Department of Human Services' Live Well at Home grant program

Avinity has been awarded a two-year $358,000 grant for its *Age Well: Partners in Technology-Driven Support for At-Risk Older Adults* project at LEE Center in Hibbing. The Minnesota Legislature and Governor Mark Dayton approved more than $7 million in funding and the Minnesota Department of Human Services announced this month that it has awarded the funds to 62 different projects that provide services and support allowing aging Minnesotans to remain in their homes as long as possible, prolonging the need to move to more expensive settings.

Through the *Age Well* project, Avinity will collaborate with The Lutheran Home Association (TLHA) to develop robust educational and advocacy programming and is leveraging TLHA's advanced expertise in health monitoring technology. Additionally, Avinity will partner with the Arrowhead Area Agency on Aging, which will promote the project and advocate for sustainability with local organizations serving seniors, including St. Louis County caseworkers. Together, this partnership and grant funding will provide remote health and safety monitoring systems to current residents of LEE Center in Hibbing, a Section 202 HUD Housing, Avinity Independent Senior Living Community that serves seniors with qualifying incomes. The program targets residents who are at risk of needing to move from their homes to a higher, more costly level of care.

Census data shows that Minnesota will experience a permanent shift in the age of its population over the next 25 years, and by 2030 the state will have 1.3 million people over the age of 65, about 20% of the state's population. Specific to St. Louis County, by 2030, nearly 30% of the population over the age of 65 will live alone.

 "Our experience in creating communities for low-income older adults that promote independence and community integration coupled with TLHA's expertise in implementing health monitoring technology and program management and design, uniquely positions us to address this growing need," said Jennifer Zarth, Vice President of Philanthropy & Programming for Avinity and author of the grant proposal.

The Advanced Health and Safety Remote Monitoring service, developed by Healthsense, Inc. of Mendota Heights, Minnesota, uses wireless sensors in a home setting to monitor everyday activities of daily living. The data collected by the system is used to establish individual patterns and alert caregivers when relevant changes are detected. A dashboard interface also makes it possible for caregivers and designated responders to proactively ask informed questions about an individual's health. In all cases, this information is gathered without the

use of cameras or microphones, and in a way that respects the privacy, independence and dignity of the senior.

TLHA is a leader in using advanced technology such as Healthsense to help aging adults maintain their independence while improving their quality of life through enhanced care and reduced healthcare costs. In fact, the Minnesota Department of Human Services and the Minnesota Board on Aging awarded TLHA the 2015 Age and Disabilities Odyssey Innovation Award for its work in this area.

Catherine Berghoff, CGW, Director of Grant Resource Development and Program Administration for TLHA, expressed her enthusiasm for the *Age Well* project in saying, "By partnering with Avinity on the *Age Well* grant, we continue our mission of helping older adults maintain optimum health and independence. The Healthsense™ service, coupled with our strategies for service delivery is a model for providing older adults with extensive support that promotes wellness and enhances lives."

The implementation phase of the grant has kicked off with staff, caseworker, resident, and family educational sessions. Training and advocacy sessions will continue throughout the two-year project as the technology is installed in the homes of LEE Center residents who opt-in for the program.

About Avinity Senior Living

Avinity, formerly Twin City Christian Homes, offers senior living communities throughout the Twin Cities area and greater Minnesota, including Hibbing, Park Rapids, Buhl, Hoyt Lakes and McGregor. Avinity combines extensive management experience with a compassionate faith-based environment to create exceptional communities where aging is all about living well. Older adults can thrive in their social, spiritual and personal lives, and their families can have peace of mind knowing their loved ones are safe, secure and well cared for.

Avinity also provides professional contract management for other senior living facility owners, including a full range of administrative, property management and financial services. Our staff works with owners to analyze the financial, physical and operational needs of a property, and develops the best plan to improve and maintain the property's assets. We partner with owners and residents to develop amenities and supportive services that best match residents' lifestyles and help them address the challenges they face as older adults.

About The Lutheran Home Association

The Lutheran Home Association (TLHA) is a not-for-profit ministry dedicated to providing for the spiritual, physical, and emotional needs of people in their care. TLHA offers a wide variety of health care, housing, technology strategies, dementia outreach, and spiritual outreach services with campuses in several states and congregational programs serving seniors and individuals with intellectual developmental disabilities nationwide. Services and programs include senior living, skilled nursing care, memory care, disability services, rehabilitative

therapies, innovative technologies, spiritual services, property management, and educational outreach. Visit www.TLHA.org for more information.

About Arrowhead Area Agency on Aging

The Arrowhead Area Agency on Aging (AAAA) is the designated area agency on aging for the seven county arrowhead region in northeastern Minnesota. Area agencies on aging were established under the Older Americans Act (OAA) to respond to the needs of Americans aged 60 and over in every local community. There are over 629 area agencies on aging in the United States and seven in Minnesota. Minnesota area agencies on aging are designated by the Board of Aging to provide three critical functions: OAA funding administration, community planning and service development, and information and assistance. Visit www.ArrowheadAging.org for more information.

About Healthsense

Healthsense is the fastest growing provider of remote monitoring services for the senior care continuum. With their full range of health and safety monitoring, providers are empowered to proactively deliver the highest quality care possible through timely health information. Caregivers reduce costs, increase independence and enhance senior experiences when armed with the right information at the right time. Please visit www.Healthsense.com for more information.

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