

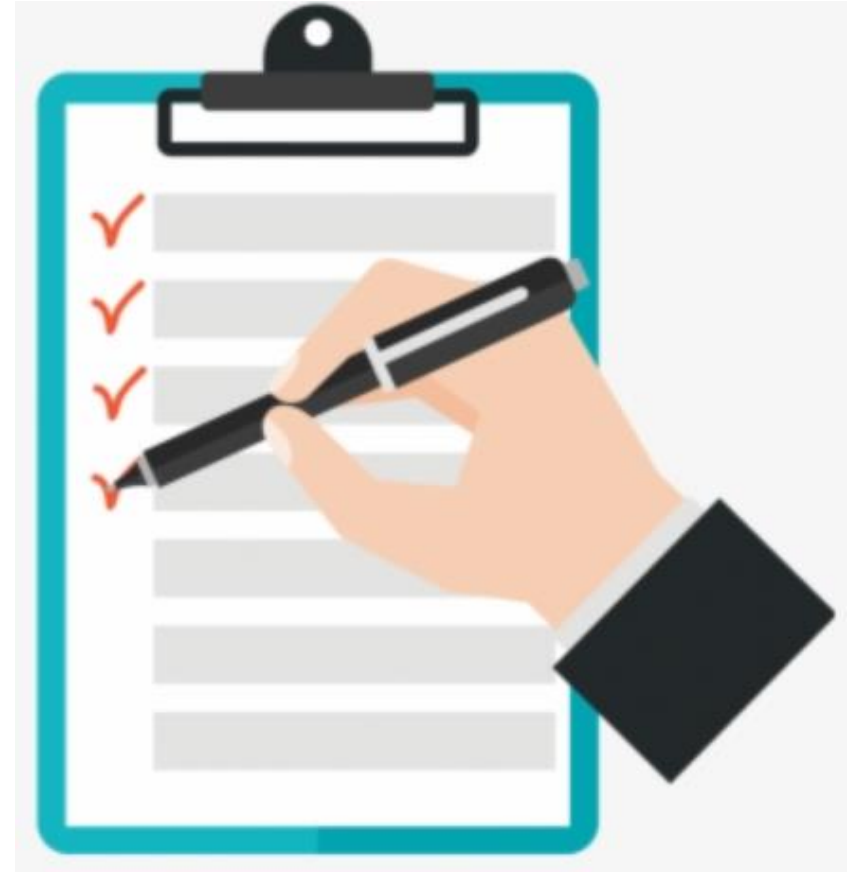


**National CMP Reinvestment Network:
CMP GARDEN Program
June 24, 2021 - 1:00 pm CST**

Hosted by Oklahoma and Tennessee

Today's Agenda

- Purpose Statement
- Washington CMP Program Overview
 - Melissa Lawton, CMP Program Manager
- Eldergrow/GARDEN project
 - Orla Concannon, Founder of Eldergrow
- Q & A



Our Purpose

A national network to share experiences, challenges, and successes with the reinvestment of CMP funds to improve care in nursing homes.

Transforming
Lives

Civil Money Penalty Reinvestment Program (CMPRP)

Melissa Lawton, CMP Grant Program Manager

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 Washington State
Department of Social
& Health Services

Transforming lives

Washington State Department of Social and Health Services

State of Washington CMPRP Overview

- The state has funds to grant and is encouraging and inviting applications
- <https://www.dshs.wa.gov/altsa/civil-money-penalty-cmp-funds>
- CMP Program Manager is available to assist applicants
- As of June 2021, funding for communicative technology has been approved for more than 150 nursing homes, totaling nearly \$415,000.
- Funding for in-person visitation aids has been approved for over 80 nursing homes, totaling over \$200,000.
- We spread the word among the associations, non-profits, for-profits, nursing home communities everywhere we can

State of Washington CMPRP Overview/Timeline

- **Our current funds balance is approximately \$9M with approximately \$4M held in reserve and for current project obligations, we have about \$5M to grant**
- **State notifies the applicant of the decision by CMS**
- **If approved by CMS, DSHS initiates the contract generation process**
- **Grants for approved projects are awarded through a contract entered into by DSHS and the applicant and shall be distributed pursuant to state contractual obligations**
- **The grantee shall submit quarterly progress reports on the status of the project to DSHS as well as a final project report with results**
- **State monitors and tracks projects' progress and metrics or deliverables and conduct periodic site visits**

CMPRP Projects

- We currently have 20 active and ongoing projects:
 - *PARO Robotic Seal Therapy* *Friend to Friend Virtual Connection Program*
 - *Cycling Without Age* *It's Never 2 Late (iN2L)*
 - *SPARKing Conversation, Connection and Fun* *Touch of Grace*
 - *Dementia Care Practice Recommendations: Organization-Wide Coaching and Implementation*
 - *Use of Virtual Reality for Improved Social and Behavioral Support*
 - *Increasing Resident Engagement and Interaction with Eversound*
 - *Eldergrow's Garden Access Responds to Diagnosis and Environmental Needs (GARDEN)*
 - *Creating a Culture of Person-Directed Dementia Care*
 - *Safe Home: Best Practices for Serving LGBT and Racial and Ethnic Vulnerable Populations*
 - *Nurses Improving Care for Healthsystem Elders (NICHE)*
- We have five projects that have been completed - Largest grant was for \$817,561 and the smallest for \$12,510

Garden Access Responds to Diagnosis and Environmental Needs (GARDEN)



Eldergrow's mobile sensory garden brings nature inside and the program provides twice monthly therapeutic horticulture sessions for residents.

LeadingAge Washington (LAW) was the first to receive a GARDEN grant (in partnership with Eldergrow) for \$706,496 to implement GARDEN in 31 nursing homes, September 2019.

Since that original grant, LAW has received an extension of the GARDEN grant to another five nursing homes.

GARDEN grants have also been awarded to NewGen Healthcare (seven nursing homes), Cornerstone Healthcare Services, LLC (five nursing homes), and Pennant Healthcare WA (nine nursing homes).

GARDEN was recently selected by CMS as a National Success Story.

Feedback from residents, families, nursing home staff has been phenomenal - love the gardens and the Eldergrow programming.

Eldergrow Founder – Orla Concannon



Orla's passion for senior living began when her Irish grandmother spent her last years in a nursing home. Their special bond paved the way for Orla's career, which has included senior roles for The Alzheimer's Society of Ireland, Aegis Senior Living, and other senior living organizations.

Orla saw the need to connect elders living in residential care with the healing properties of nature and she studied the evidence based benefits of horticultural therapy in the Gerontology Department at Legacy Health Hospital in Portland, Oregon.

Orla graduated from Seattle University in 2015 with a Healthcare Executive MBA. While in graduate school, she created Eldergrow which won multiple awards and was awarded seed money.

ELDERGR^{OW}W

G.A.R.D.E.N.



5 FAST FACTS

1. Eldergrow is an evidence-based wellness program
2. Therapeutic horticulture engages all 5 senses & memory
3. Our gardens are handcrafted by veterans & adults living with disabilities
4. Eldergrow is endorsed by Teepa Snow
5. Our diverse program is not just for gardeners! Bring on the nature lovers, birders, foodies, artists, scientists, intellectuals and more!

Therapeutic Horticulture has been scientifically proven to:

- **Improve Mood**
- **Reduce Depression**
- **Improve Motor Skills**
- **Improve Memory**
- **Promotes Socialization**
- **Improve Self-Esteem**



Eldergrow grows purpose & hope



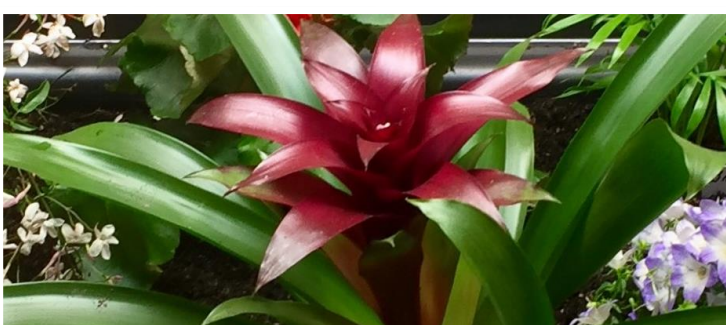


Therapeutic horticulture is one of the most successful interventions for decreasing loneliness in senior living

(Aging & Mental Health, 2019)

Loneliness:

- Is higher among older adults in long term care settings
- Affects nearly 40% of residents in senior living
- Leads to greater health issues and healthcare costs



According to a 2019 systematic review in The Gerontological Society of America, indoor gardening:

1. Slows down cognitive decline in senior living residents with dementia
2. Reduces blood pressure
3. Improves quality & quantity of residents' sleep



Camaraderie & Encouragement



“We are super excited to have Eldergrow as part of our programming at The Lodge. We all witnessed on Friday that the program will have benefits far beyond the actual planting of the garden. **To witness the camaraderie & encouragement between the residents was inspiring.**”

– June 23, 2021

Mary Franklin, Cypress Grove
Executive Director

Evidence-Based Wellness

“Gardening may be a preventative measure to help reduce the onset of dementia; gardening on a daily basis was found to **reduce risk factors for dementia by 36%.**”

“Dementia patients who have access to gardens are less likely to display aggression or experience injuries as well as improved sleep patterns, balanced hormones, and decreased agitation.”



Endorsement

“As horticultural therapists, Eldergrow uses their skills to provide opportunities for people living with brain change to once again feel and experience a sense of value and purpose through work with plants, nature, and outdoor experiences.”

- Teepa Snow, Dementia Care Advocate

Positive
Approach[®]
to Care



ELDERGROW'S INDOOR GARDEN



Indoor Therapy Garden:
Bringing the outdoors inside
for year-round gardening

Safe:
Organic
soil and
nontoxic
plants

Custom Lighting:
Grows and illuminates
healthy plants

Accessible:
For seated
or standing
gardeners

Eco-friendly:
Sustainably
sourced
and energy
efficient

Mobile:
On safety-locking wheels
to move around the community

*Both indoor
gardens are
handcrafted by
veterans and
adults living
with
disabilities.*

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ELDERGROW THERAPY GARDEN
THIS WEEK: PRUNING & PRESSING
NEXT WEEK: BOTANICAL STATUENRY



Lynnwood Post Acute Rehabilitation Center



Our Indoor Garden Programs



Therapeutic Horticulture Program

- Full-service for Skilled & Memory Care
- Onsite Educators



Culinary Herb Garden Program

- D-I-Y for AL & IL
- Interdepartmental - for Culinary & Activities



Therapeutic Horticulture Program

Therapeutic Sensory Garden & Expert Educator



Eldergrow Educators

“The amazing care that the teachers bring to each session that is the heart of Eldergrow. It’s **so much more than just another paid group** that comes in to lead an activity.

Alexandra Clark, Programs Manager, Emerald Heights



Not just gardening! We offer a diverse curriculum including...

HORTICULTURE



GARDEN ART



NATURE



CULINARY HARVEST



HORTICULTURAL CLASSES



CULINARY HARVEST CLASSES



EDUCATIONAL & GARDEN ART CLASSES



Eldergrow Garden Waterer of the Week

The honor goes to:

My watering days are: (circle below)
Monday, Tuesday, Wednesday, Thursday,
Friday, Saturday, Sunday

ELDERGROW



Week of:



Measurable Outcomes

THERAPY EVALUATIONS

We measure residents' participation using the 6 therapeutic horticulture goals according to the American Therapeutic Horticulture Association (AHTA):

- Socialization
- Motor skills
- Spatial awareness
- Cognitive stimulation
- Creative expression
- Sensory stimulation

Measurable Outcomes



Therapeutic Gardening Evaluation

Educator Name: Kizzie
 Community: Madrona Park Date/Time: NOV 8th
 Activity: Fall Party - Pumpkin Mousse
 Number of residents at beginning: 9 + 1 icy garland.
 Number of residents at end: 9
 How many residents present participated (e.g. 3 out of 5): 9/11 *Arline engaged on the class.*

Comments from Educator:

Class today very different than most days as many residents on a field trip. Allowed me the opportunity to engage more w/ residents who are often less involved. Some wonderful highlights: Arline spoke about her garden and growing flowers she likes. Dorothy Peterson described Autumn leaves using colors like gold. Robert + Ron tended to the garden. Helene helped put leaves onto our fall garland! Great to have them involved.

Evaluation / Comments from Community Activity Director / Staff:

- Please score class (1 below average, 2 average, 3 good/4 excellent) 4
- Comments:

well done the Rsd were participating very well due to their teacher Kizzie, good job, we like it, they have gained very many skills in pumpkin mousse well done, keep it up caregiver Rosemary on behalf of the others present. Thanks! 10/8/2017

Resident Evaluations

- Choose Therapeutic Goals: Circle 3 goals in the box below, then write their abbreviated code in the 3 blank boxes with asterisks* below:

Sensory Stimulation (SS)	Socialization (S)
Cognitive Stimulation (CS)	Motor Skills (MS)
Creative Expression (CE)	Spatial Awareness (SA)
- Evaluate Residents:

Resident Name	Measure Resident Outcomes: Write 3 abbreviated goals in blank boxes* below			Sum of left three columns	Measure Resident Emotional State Using the scale below, please note the resident's visible emotional state at the beginning and <u>during</u> /end of the class. 2 - Happy/Animated/Engaged 1 - Neutral/Reserved/Sleepy 0 - Upset/Agitated/Anxious N/A - Non-applicable		
	SS	MS	CS		Start of Class	End of Class	Difference: Please note improved or declined emotion by adding a "+" or "-" in front of the difference.
Ron	2	2	2	6	2	2	✓
Margaret	1	1	0	2	1	1	
Dorothy	1	1	0	2	1	1	
Peter	0	0	1	1	0 1	1	
* Helene	2	2	2	6	1	1	
Rosemary	0	0	0	0	1	N/A	left very early
Dorothy P	2	2	2	6	2	2	✓
Doris	1	1	1	3	1	2	✓
Robert	2	2	2	6	1	2	✓
Henry	2	2	2	6	1	2	✓
Arline	1	1	1	3	1	2	✓
Please note the number of residents who scored a sum of 3 or higher:				7/11	Note the number of residents who maintained a positive state or improved their emotional state during the Eldergrow class:		
					6/11		

Qtr 7 - Eldergrow Impact

LeadingAge Washington

Wellness/Engagement Goals:	
Total % who met or partially met goals:	97.9%
Total % who met goals:	87%
Total % who partially met goals:	10.9%
Total % other outcomes*	2.1%
Emotional State	
Total % whose emotional state maintained positive or improved:	100.00%
Total % whose emotional state maintained positive:	78.00%
Total % whose emotional state improved:	22.00%
Total % other outcomes*	0%

GARDEN CMP GRANT PARTNERS

Organization	Number of Programs	Number of Communities	Start Time	Qtrs Served
LeadingAge Washington 2019 (one extension)	51	36	August 2019	7
Pennant 2020	16	9	Sept 2020	3
Cornerstone 2021	10	5	Jan 2021	2
NewGen 2021	14	7	April 2021	1
LeadingAge Florida 2021	44	22	June 2021	



Full-Service Wellness Program

1. Twice Monthly Therapeutic horticulture classes
2. Twice Monthly Garden Maintenance
3. Documented resident wellness evaluations per American Horticultural Therapy Association
4. Fresh seasonal plants & resident supplies at each class
5. Ongoing Staff training (Activities, Care Staff, Sales Advisors)
6. Extra Programming – Monthly lessons for staff to do in between our classes



During Covid: Hope & Serenity



“...the garden has become like a sanctuary and it is being used more than ever during the COVID restrictions”

WE EMAIL 'VIRTUAL' ACTIVITIES 2X MONTH

ACTIVITY: GARDENS OF THE WORLD!

Resident Solo

Talking Points

One-on-One

Garden Vase Printout

Small Groups

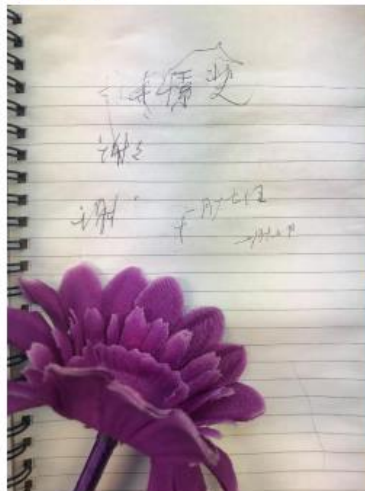
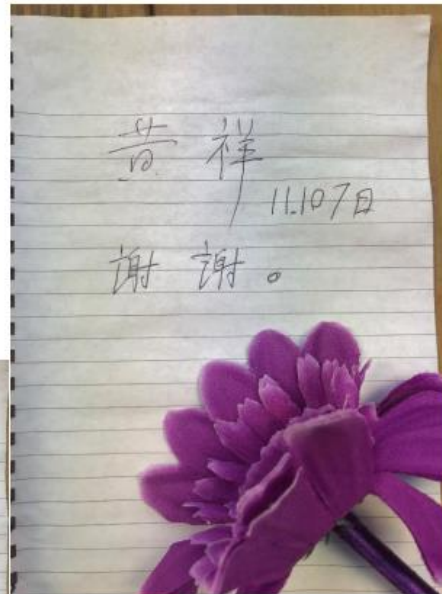
Home Garden Printout



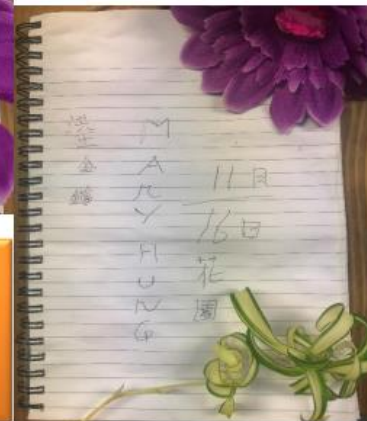
During Covid: Hope & Serenity

November 2020, Visit Eldergrow Gardens

Residents smell, touch, and observe the plants with an activities team member. Through this, residents appreciate nature. This helps residents release their stress.



Mary Hung said
THESE PLANTS BECAME
MY FRIENDS AND I VISIT
THEM EVERYDAY.



“These plants became my friends and I visit them everyday.”



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This is a checklist for the garden bed. It includes a list of plants and their locations. The checklist is as follows:

Plant Name	Location
Yellow flowers	Left side
Purple flowers	Center
Green leafy plants	Right side

Checklist for the garden bed. It includes a list of plants and their locations. The checklist is as follows:

Plant Name	Location
Yellow flowers	Left side
Purple flowers	Center
Green leafy plants	Right side



ELDERGROW GARDEN MAINTENANCE!



Outdoor, onsite
garden maintenance -
2x a month!

ELDERCROW AT THE LANDING OF STOW



Residents, families & staff love their Eldergrow gardens! The indoor gardens provide residents with new purpose and sensory stimulation. The gardens are handcrafted by disabled veterans and other adults living with disabilities.

The Therapeutic Horticulture Garden is tailored for memory care residents who benefit from the therapeutic programming with Eldergrow's Educator.

The Culinary Herb Garden is for IL & AL residents who enjoy fresh Herb of the Month deliveries along with fun recipes and activities.

THE ELDERCROW EXPERIENCE



PR & Marketing Package

Custom Flyers

Custom promotional flyer



Tour tips & event guide



Social media exposure



Your Enhanced Marketing Package

6 ways Eldergrow spreads the word

Coloradoan.
PART OF THE USA TODAY NETWORK

McKnight's
LONG-TERM CARE NEWS

Senior
Times

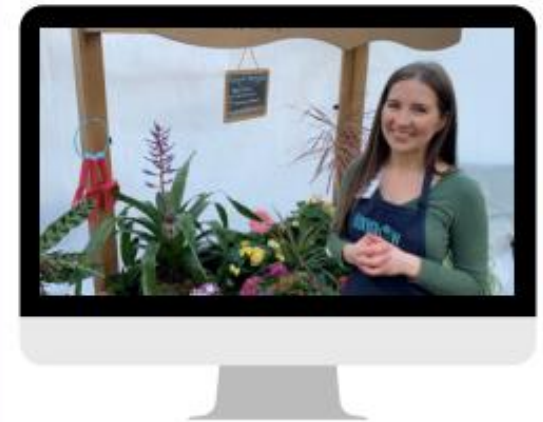
The Oregonian



Custom media release



Printable poster board



Video for future families

June 2, 2021

LeadingAge Florida, Eldergrow awarded \$1M to launch therapeutic gardening program for dozens of facilities



Danielle Brown



Photo: Eldergrow

Nearly two dozen Florida nursing homes will have access to a national indoor gardening program designed for residents, thanks to a \$1 million Civil Monetary Penalty grant.

The grant was awarded through the Centers for Medicare & Medicaid Services Region 4 office and the Agency for Health Care Administration, according to a LeadingAge Florida and Eldergrow announcement on Wednesday. The funding will be used to implement [Eldergrow's GARDEN project](#) at 22 nursing homes across the state in an effort to help residents combat isolation and loneliness during the ongoing public health crisis.

“...The grant was awarded through the Centers for Medicare & Medicaid Services Region 4 office and the Agency for Health Care Administration”

*Thank
you!*



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