

Conscious Health Network

CCS (Conscious Care Systems) & I-WELL (Integrative Wellness & Lifestyle Systems)

The Big Picture Although the original mission of Conscious Health Network, LLC-NY / CHN was to provide much better and less costly care for elder and challenged individuals through its division of Conscious Care Systems / CCS, it has inevitably evolved to include cutting-edge, intergenerational village prototypes, and to maintaining lifelong good health for all through its division of I-WELL / Integrative Wellness & Lifestyle Systems. The I-WELL division of CHN will focus on prevention and treatment of illness through Integrative Medicine and Lifestyle enhancement for all ages and will include services provided to retirement and Long-term Services and Supports / LTSS entities as delivered by Conscious Care Systems.

Care Delivery Costs to Double CHN has designed models for a new generation of healthcare services that will drastically reduce expenditures while providing optimal care delivery. A specific area of concern, as addressed by CCS, is related to solving intransigent LTSS issues plaguing a very siloed industry. The current standalone system will not be able to effectively accommodate the expansion of long-term care / LTC, including Home and Community-based Services (HCBS), as the LTC population doubles over the next 5-10 years. Even now it is literally bankrupting many states (particularly through Medicaid & Medicare), as it is in many economies abroad.

CHN Templates for Change CHN's overarching strategies and client-customized templates will help ensure the success of the very ambitious goals that present-day problems demand. The Company intends to work cooperatively with any entities or persons who are dedicated to a similar agenda and can offer expertise, products or services to a common purpose. CHN is fortunate to have attracted a core team of top experts and affiliates in varied fields, (e.g. high-tech, clean-tech, healthcare, intentional / eco-community experts) who together provide the means to achieve our objectives.

Wealth and Health We are living through many firsts in human history including the largest transfer of wealth ever from one generation to the next. A majority of baby boomers now control the assets of their parents, in addition to their own, and have a strong desire to secure the futures of their loved ones and themselves. Consequently, upscale and holistically-oriented elder and inter-generational communities are growing and prospering in many countries.

Perfect Storm The combination of population demographics, consolidation of wealth, and commitment to living and aging in new and better ways has created a "perfect storm" and the many commercial, government and NGO constituencies that can help provide conducive opportunities for boomers, their children and their parents to live comfortable and meaningful lives will benefit greatly.

CHN Positioning Whatever the future of global markets and political realities, CHN intends to be as well positioned as possible. However, it is vitally important to concretize CHN prototypes prior to any further economic degradation, especially in the LTSS space as it is insolvent and destined to soon fail. The Company is now accruing the necessary capital and human resources for model implementation (and documentation of outcomes) which includes further development and subsequent deployment of CHN Management / Wellness / Prevention & Lifestyle software libraries (as described in a number of CHN, I-WELL & CCS documents).

Intergenerational Community Centers In every neighborhood, however dense or sparse, community members may assist each other. CHN has developed "It Takes a Village" templates to coordinate, execute, supervise and provide quality control measures designed to be effective even in the most economically disparate of cities, and in other population centers such as small towns, suburbs and rural communities. CHN will design, deploy, promote and support these neighborhood multi-use centers, also designed to attract investment and supports from commercial, advocacy and government entities alike.

Imminent Financial Disruption CHN has designed the most comprehensive systems available to meet the demands, and necessities, of healthcare today and tomorrow. These flexible systems have been developed to adapt to any fiscal or environmental circumstances, and to exceed regulatory directives. The economic and political upheavals that continue to occur, and to escalate, throughout the world have factored significantly in the Company's strategic development. There are a number of respected economists who even warn of the imminent collapse of our current economic and trading systems, including a change in the world reserve currency, and the potential for such an eventuality has been also taken into account in the design of CHN models.

Codified and Equitable Systems CHN programs and services will prove that not only can the quality of care delivery be greatly improved, but costs slashed as well. CHN division, CCS, anticipates a minimum 30%+ reduction in the cost of LTC in the U.S. over 2 years, given broad implementation of its facility-based and homecare models, however, even this will likely be insufficient in light of economic indicators and the surge in the need for LTSS services that is already occurring. Village-like residential settings, effectively implemented, can provide codified, yet highly adaptive, incentive-based / incentive-rich prototypes that will reduce LTSS costs substantially beyond this 30% projection. These will ensure that everyone, regardless of age, station or location, can have their needs met and be provided opportunities, and the means to achieve, their own personal goals - client, caregiver and citizen alike.

Alternative Residential Settings Many societies are fast approaching an inflection point as people actively seek alternative residential settings that provide real security while supporting healthy living/aging, healing and personal fulfillment. Such populations are also quite willing to commit their savings and inheritances to investments that meet the kinds of criteria that ensure access to the most advanced systems available, criteria that are integral to organizations such as Conscious Health Network.

Doable Humanism is an apt term describing the mission of CHN. Intentional communities supported by advanced organizational and technological functions will allow us to simply, very simply, take care of each other so that everyone gives what they have to give, and gets back what they need or want. Such systems can be customized for every residential setting, urban, suburban or rural, and in any country.

Federal Metrics for CHN Documentation of CHN's CCS and I-WELL outcomes will rely, in part, on federal metric systems, especially the Minimum Data Set (MDS) / Resident Assessment Instrument (RAI) that governs federal and state funding for skilled nursing facilities. The MDS provides a detailed resident status assessment that determines care delivery and drives regulation, compliance, and reimbursement. This tool is particularly useful to CHN in diverse ways; and crucially, the many CHN-triggered results (both individual and congregate) of these assessments cannot be refuted and must be accepted, endorsed and ultimately, mandated.

MDS/RAI Benefits to CHN MDS/RAI results will begin to be reflected within several weeks of CCS and I-WELL protocol implementation and will lead the way to increasingly progressive implementation practices, and empowerment for the Company and its on-site consultants. It may be noted that even communities that are not reliant on the MDS/RAI by regulation will substantively benefit from their utilization by CHN (as tailored for each venue), and will therefore enjoy even greater cost savings, higher visibility profiles and significant competitive advantage. In addition, OASIS (Outcome and Assessment Information Set) is similar to the MDS and is used by Home Care Agencies (HHA) in accordance with CMS requirements. CHN will use this tool in a manner congruent with the MDS in homecare settings and in collaboration with HHAs.

Currency & Intentional Communities There are many groups and individuals around the world who are realizing the need for, and significant benefits of, congregate living and sustainable intentional communities, yet it is usually very difficult to marshal the initial financial and human resources needed to create these village-like or co-housing communities. Such impediments may be overcome by focusing on the addition of LTSS and aging-in-place tiered residences. In fact, leading with these residential options will provide very attractive investment opportunities for lenders that can be the linchpin of intergenerational living.

Teaching "How to Fish" The above "sentiments" seem almost foreign in our current culture yet are core to the way successful societies have traditionally evolved. Community living can support the individual to achieve and thrive but without it many are left behind, and often become burdens to their families, and their cultures. It is heartbreaking to witness the large percentages of people worldwide who could, in fact, be very productive (and less prone to aberrant behaviors by some) if their physical and human needs were met and they were given the means to realize their potential.

"CHN-Certified" A designation of CHN-Certified will conclusively guarantee that an intergenerational or elder living Conscious Community is operating at the highest practicable levels for the benefit of all and is doing so in the most economical way possible. In addition, LTSS entities will receive CCS certification specifically oriented to LTC communities, hospitals, hospice, Adult Day, and homecare agencies, i.e., CCS-Certified. These certifications and their obligatory Quality Assurance and Membership Maintenance Services (QA/MM) subscription programs may, ideally, be a requisite to receiving government funding. This would be financially and otherwise advantageous to all vested interests including providers, payors, employees, advocates and, most important, their clients and members.

Productive for Life The CHN system has developed programs to enable all who are willing to become, or to remain, productive throughout their lifetimes. This is true not only for the general population but also for those who are elder and challenged and who, for the most part, retain many of their abilities irrespective of their frailties. Even so, they are not provided the supports needed to continue to be productive citizens. This is tragic and profligate for individuals, society and governments alike. Only the most vulnerable among us are exempt from this opportunity, yet they too must be provided, at the least, truly compassionate and incentivized care, a sense of purpose, and of personal - and for many - spiritual fulfillment.

All Venues Necessary The best residential settings and operations may ultimately be intentional eco-villages, complete with off-the-grid capacities, and surely such ventures will continue to gain traction in the future. Yet even today, all physical plants and residences, in any location, can be easily adapted to create life-affirming, economically sound, and environmentally conscious neighborhoods and communities. Existing physical plant resources - individual, commercial, public, etc., will continue to be needed in the years ahead, as will rehab, nursing homes and other LTC facilities, particularly those serving high acuity populations.

Pillars of Comfort and Strength for All Highly accessible community centers serving everyone can be established regardless of any limitations, as per CHN's adaptable and customizable models. These congregate centers may come to be the heartbeat and cornerstone of each community providing functional pillars of strength, resolve, and inspiration, as well as comfort and support services to their members. In addition, well-suited individuals may be matched to create alternative extended families to be supported and supervised by CHN and its highly trained representatives. Co-housing with its customized variations can provide great benefits to those who wish to participate, and will also greatly reduce public and private expenditures. CHN will help to propagate such flexible and joyful lifestyles through the commitment of its many varied services and resources.

Newsflash: 21st century / ancient models to come, **"Back to the Future Tribe"** indeed!

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