



"If You Want to Change the World, Start Off by Making Your Bed."

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Admiral (Ret.) William H. McRaven US Navy SEAL

Want to change the world? Start by making your bed everyday.

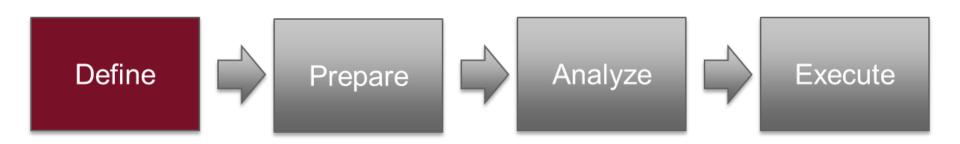
"If you make your bed every morning you will have accomplished the first task of the day. It will give you a small sense of pride, and it will encourage you to do another task and another and another.

By the end of the day, that one task completed will have turned into many tasks completed. Making your bed will also reinforce the fact that little things in life matter. If you can't do the little things right, you will never do the big things right.

And, if by chance you have a miserable day, you will come home to a bed that is made — that you made — and a made bed gives you encouragement that tomorrow will be better.

If you want to change the world, start off by making your bed."



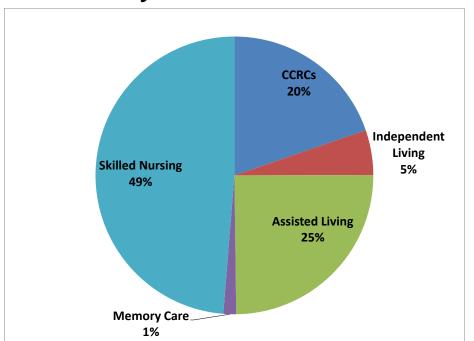


Define the Opportunity

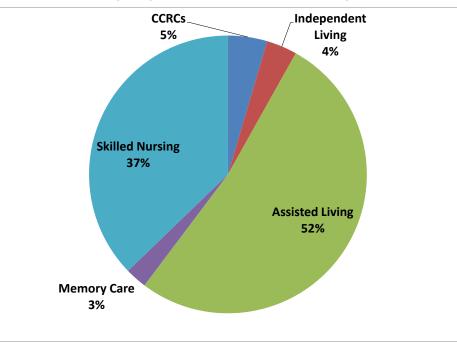
Today's Retirement Options



By Number of Units



By Type of Community



Communities	Units	NFP
1,926	676,000	81%
1,500	179,000	2%
22,000	851,000	22%
1,060	51,000	21%
15,700	1,669,100	31%
42,186	3,426,100	
	1,926 1,500 22,000 1,060 15,700	1,926 676,000 1,500 179,000 22,000 851,000 1,060 51,000 15,700 1,669,100

CCRC National Listing



> 1,926 CCRCs nationally

- 61% of CCRCs are part of systems
- 39% are single sites
- 51% are faith based

> Size

- More than 50% have < 250 units
- Average number of units is 280

Geography

- Top 10 States: PA, OH, CA, IL, FL, TX, KS, IN, IA, and NC
- Most CCRCs located in Metropolitan areas

Key Senior Living Industry Themes



- Occupancy Improving
- Reinvestment in existing facilities
- More strategic planning
- Exploring other sources of revenue
- Continued need for "Performance Improvement"
- Increase in technology investments
- Consolidation continues
- > For-profit pace of growth

NFP Growth Falling Behind





How is Senior Living Development like Dating?



Non-CCRC Communities

CCRC Communities

- ➤ 80% owned & operated by For Profits
- ➤ 80% owned & operated by Not For Profits

➤ Median age is 14-17 years old

Median Age is 23 years old

> 20% of Units > 20 years old

40% of Units > 20 years old

Your Competition is Half Your AGE!!!

Source: ASHA's 2015 State of Seniors Housing.

Comments from BB&TCM 2016 Symposium



Change is Constant

- Change Will Occur
 - Create a governance structure that allows management team to focus on operations and Board on strategy
- > ACOs are Here to Stay
 - Create ability to articulate your value through measurable outcomes
- Face of Competition is Changing
 - Maintain culture of collaboration and service



John Diffey, CEO of Kendal Corp.

Comments from BB&TCM 2017 Symposium



How Will Change Impact Your Business?

Consumerism

 The long-term effect of what we are doing now to create relevancy 5-10 years in the future

The Boomers Are Coming (Harvard Study)

The population aged 65 and over is expected to grow from 28 million to 79

million in the next 20 years

The Pending Staffing Crisis

What do we need to do?



Rick Stiffney, CEO of MHS Consulting

Comments from BB&TCM 2018 Symposium



Relationships: Pathways to Future Success?







- Identify Strategic Partnerships
 - Risk Sharing
 - Learn best practices
- Invest in Staff Relationships
 - Retention
 - Staff happines

Resident happiness

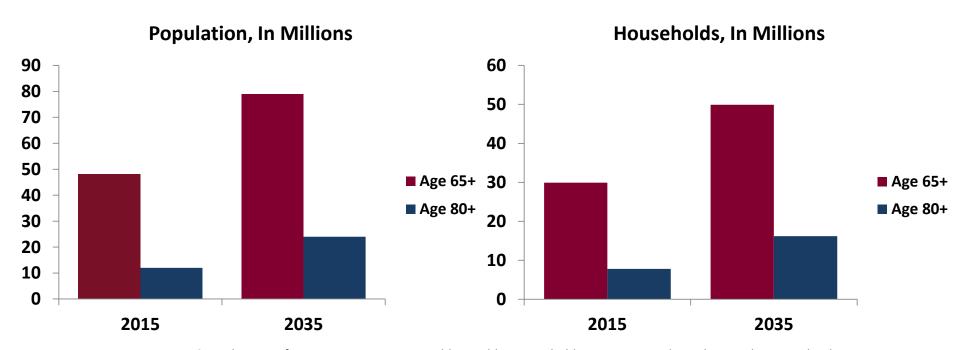
- 80-Year Harvard Study
 - People in strongest relationships were protected against chronic disease, mental illness and memory decline; even
 if those relationships had many ups and downs
 - Quality of relationships were more important than quantity
 - People who sought to replace old colleagues with new friends fared better

Findings from Recent Harvard Study



Over the next 20 years,

- Population 65+ will grow from 48 million to 79 million
- Population 80+ will grow from 12 million to 24 million
- Number of 65+ Households will increase from 29.9 million to 49.6 million
- Number of 80+ Households will increase 7.8 million to 16.2 million



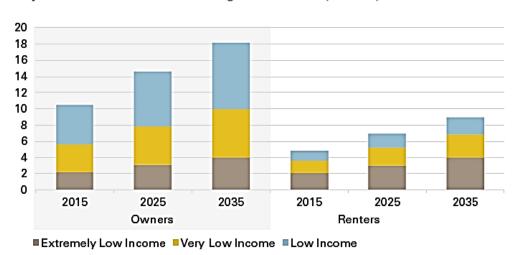
Source: Projections & Implications for Housing a Growing Problem: Older Households 2015-2035, released December 2016 by the Joint Center for Housing Studies of Harvard University

Financial Pressures are Real and Worsening



Figure 4.8: There Will Be Millions More Low-Income Older Households by 2035

Projected Low-Income Households Aged 65 and Over (Millions)



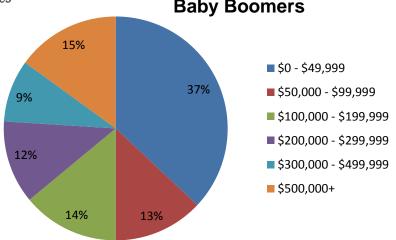
Notes: Extremely low income is defined as up to 30 percent of area median; very low income is more than 30 up to 50 percent of area median; and low income is more than 50 up to 80 percent of area median.

Source: JCHS tabulations of US Census Bureau, 2014 American Community Survey 1-Year Estimates and 2016 JCHS Household and Tenure Projections.

2014 HHs 65+	Median Assets	
Home-owners	\$228,108	
Renters	\$ 6,150	

9 million older homeowners have less than \$50,000 in assets beyond their home.

Median Retirement Savings: Baby Boomers



Housing: A Burden

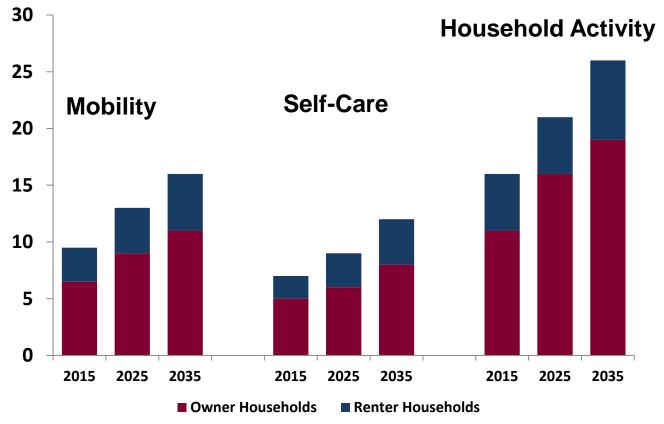


- Rising Cost Burdens will Impact Both Owners and Renters
 - More owners with mortgages
- Growth = Greater Number of Lower Income Adults
 - Top/Bottom 20% of market is being served remaining 60% underserved
 - By 2035 underserved population (# and %) will increase due to wealth/income pressure and aging

Healthcare Uncertainty



By 2035, the number of older households with a disability will increase by 76% to reach 31.2 million:



Source: JCHS tabulations of University of Michigan, 2014 Health and Retirement Survey and 2016 JCHS Household and Tenure Projections

What Lies Ahead



- Demand for Accessible Housing will Increase
 - Universal design elements needed
- The Home will Increasingly be a Site of Long-Term Care
 - 70% of older adults will need some form of long-term care
- Loneliness and Isolation kill

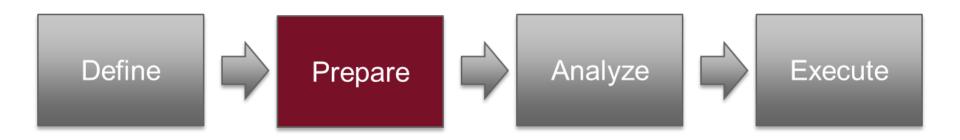
More Studies



- Blue Zones by National Geographic
- Dr. Richard S. Schwartz-"The Lonely American: Drifting Apart in the Twenty-First Century"
 - "Loneliness has been linked to increased risk of cardiovascular disease, stroke and progression of Alzheimer's."
- "The Five Regrets of the Dying"
 - One of the five regrets was "I wish I had stayed in touch with my friends."
- Several studies indicate that 50% of residents living in residential care homes suffer from some form of loneliness.

What will you do at your community?





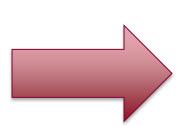
Prepare your Organization

Change is Constant: Prepare Your Organization

LeadingAge® New Jersey

- Must be Nimble
- Board Education
- Pearsoonstree, tour

- Management & Board Alignment
- Enable Quick Decision-Making





A Quick Historical Detour





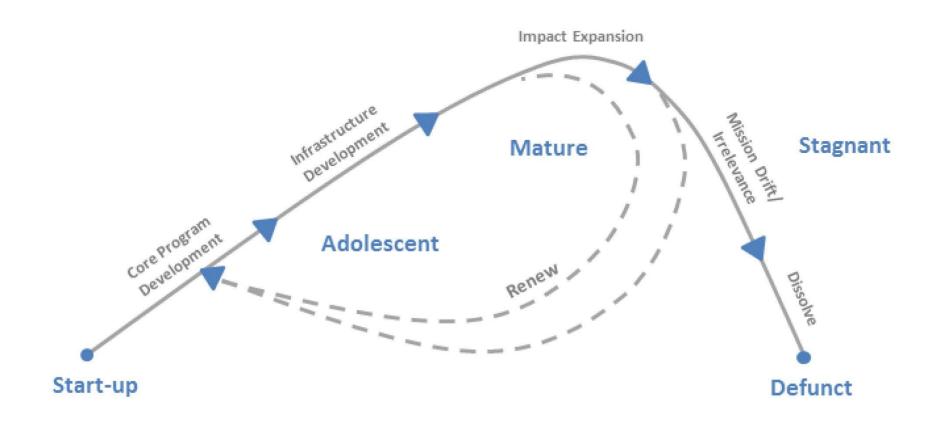
Roman Colosseum (80 AD)



New York's Haughwout Building(1857)

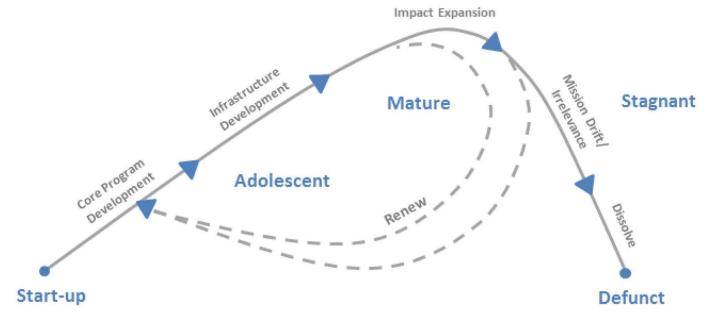
Organizational Lifecycle: How Nonprofits Evolve



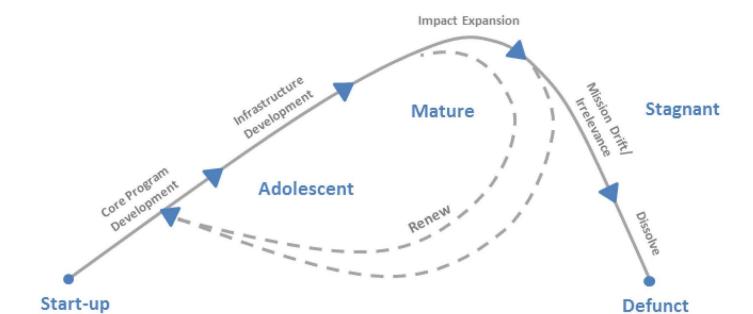


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Lifecycle Stage	Key Questions to successfully navigate NFP Lifecycle	
Idea	Is our dream feasible?	
Start-up	How do we get started?	
Growth	How can we build growth and be viable?	
Maturity	How can we ensure this is sustainable?	
Decline	How did we get here?	
Turnaround	How do we get back to where we need to be?	
Terminal	What can be done to preserve our mission and protect our residents? Affiliate?	





Lifecycle Stage	Key Questions to successfully navigate NFP Lifecycle Statements putting organization at risk Have you heard any of these?		
Idea	Is our dream feasible?	This is impossible.	
Start-up	How do we get started?	No one will give us the money to do it.	
Growth	How can we build growth and be viable? Growth is too risky.		
Maturity	How can we ensure this is sustainable?	We don't want to risk what we've built here.	
Decline	How did we get here? Let's keep doing what we've been doing.		
Turnaround	How do we get back to where we need to be?	We tried everything, the market changed. It's not our fault.	
Terminal	What can be done to preserve our mission and protect our residents? Affiliate?	We have to protect our reputation.	

Digging Deeper

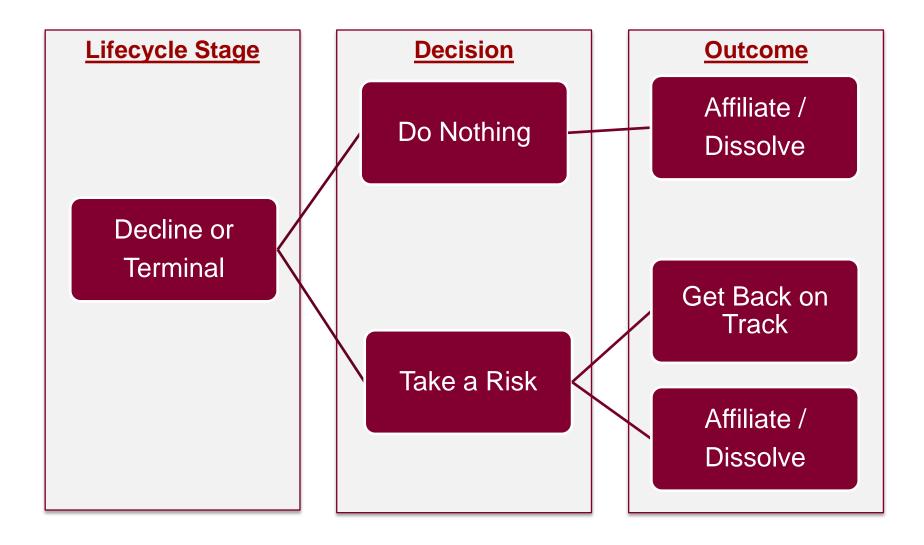


Stage	Duration	Obstacles	Opportunities
Grass Roots - Invention	0 - 5 years	Resistance to formingLack of funding expertiseNo outside support	CreativityEnergy for the dreamExcitement to join
Start-up - Incubation	1 -2 years	Fear of formalizingSustaining initial enthusiasmFocusing the founder(s) and energy	Excitement of fundersCharismatic leaderPeople wanting to belong
Adolescent - Growing	2 - 5 years	 Absence of systems/accountability Overwhelmed with change Change may alienate funders, clients, staff & board Danger of becoming isolated in the system 	 Sense of accomplishment New faces, 'arms and legs' Diversification in all areas of the organization
Mature - Sustainability	7 - 30 years	 Lack of, or too much, control Lack of risk-taking Board & Staff too 'operational' Unable to transition to a governance board Conflict between old and new 	 Feeling secure Adequate resources New staff/board - fresh ideas Ability to try something new
Stagnation & Renewal	2 - 5 years	 Resistance to change Inability to address key challenges Declining excitement Isolation of the agency 	 Wisdom from past Strategic partnership opportunities Chance to take risks again Think 'out-of-the-box'
Decline & Shutdown	1 - 2 years	 Financial crises Inappropriate leadership Loss of staff and volunteers Lack of any passion 	Commitment to complete turnaround Graceful 'sunset' or merger

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Addressing the Question of Affiliation Head-on





Affiliation Preparation



- Board Education
 - What is happening in the SL Market
 - Partnerships

- Strategic Plan
 - Honest view of yourself
 - What is your vision for your future

Board Tools to deliver on Plan

Starts and ends with Board education & discussions

Sellers vs. Buyers



- No shame in being a Seller
 - To be commended
 - Selflessly looking out for best interest of the community
 - Able to expand offering for existing residents
 - Strengthen Mission



- Buyer
 - Growth
 - Spread overhead over a larger operational base
 - Strengthen Mission

Being proactive increases flexibility and options

Aldersgate Case Study





Aldersgate: What Got Us Here, Won't Get Us There



- As not for profit organizations have gotten more complex, the work of the executive has gotten more sophisticated.
- No longer a manager/doer; today's executive has to be a catalyst, strategist, visionary.
- We need boards and CEOs who know how to lead and add value.

In the future, there will be two types of providers:

- 1. The Excellent
 - 2. The Extinct

Aldersgate: What Governance Means



- Serve as guardians of vision, mission, values, resources
- Monitor operational performance against clearly defined performance targets
- Play a leading, proactive role in strategic decision making and setting strategic direction
- Ensure board members are fully engaged
- Take accountability for its own performance and CEO's performance

Aldersgate: Strategic Pillars



Excellence in
Service

Offering
Highly
Attractive
Services to
Current and
Future
Residents

Reach and Influence

Increasing the number of lives enriched

Relationships

Growing and Enhancing Relationships

Missional Impact

Bringing
Knowledge
and Expertise
to Enhance the
Lives of Those
in Need

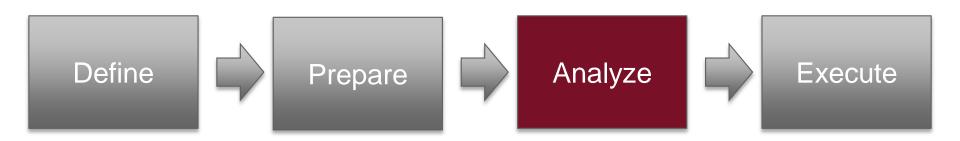
Fiscal Soundness

Maintaining
and
Enhancing
Fiscal
Soundness
and Strategic
Flexibility

Governance

Providing Strong Governance and Oversight

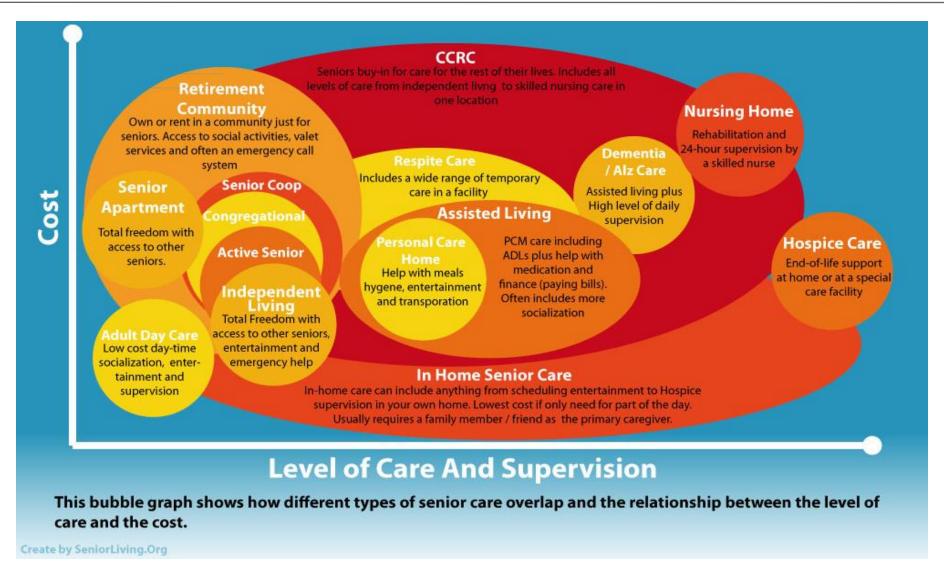




Analyze the Strategy

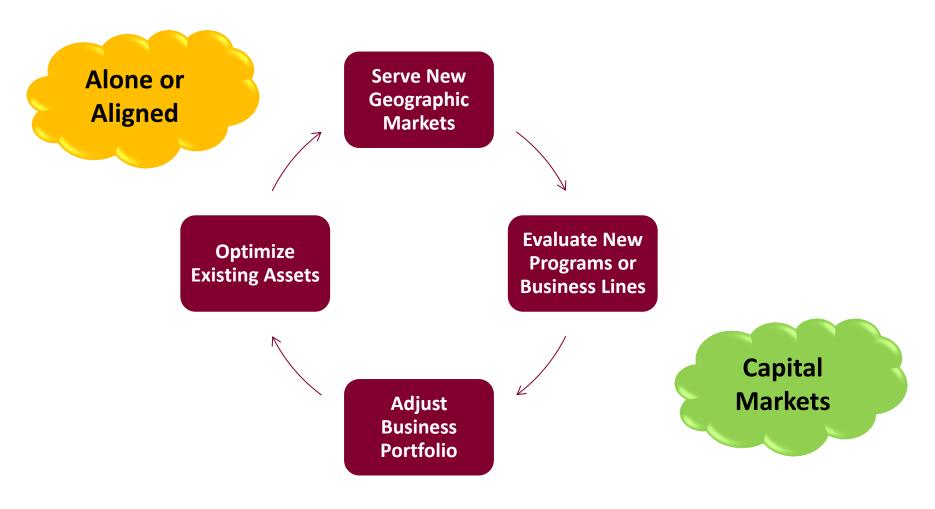
Too Many Opportunities?





Choices and Considerations



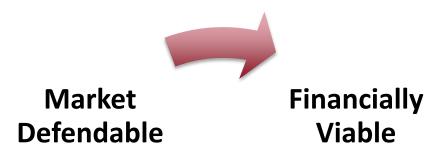


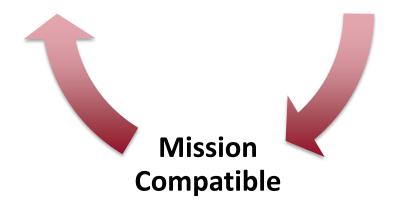
Make sure the mother ship is doing well!



Success Requires the Board to Embrace the Strategy and Champion its Implementation

Set Strategic Imperatives...





...Turn them into Guiding Principles

- Provides touchpoints going forward
- Project Team Consensus

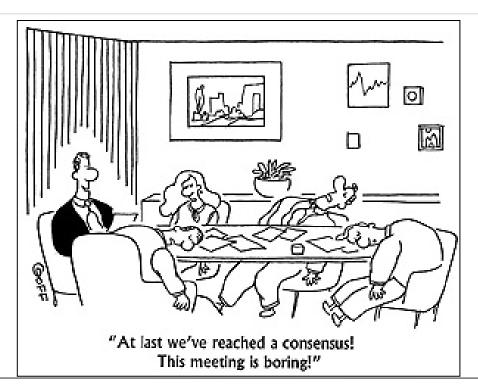
What Does Consensus Mean?



Definition of CONSENSUS

- 1 a: general agreement: UNANIMITY
 - the consensus of their opinion, based on reports ... from the border —John Hersey
 - **b**: the judgment arrived at by most of those concerned the consensus was to go ahead
- 2 : group solidarity in sentiment and belief

https://www.merriam-webster.com/dictionary/consensus



https://funnytimes.com/19951122/

Possible Objectives



Mission

- Enhance Quality of Life for Existing Residents
- Improve Environment for Staff and Families
- Touch More Lives

Market

- Create reasons for Consumer to change Traffic Patterns
- Meet the Needs of Key Health Care Referral Sources
- Become a Change Agent for the Surrounding Community

How to draw an owl 1. 2. 1. Draw some circles 2. Draw the rest of the owl

> Financial

- Leverage Areas of Excellence
- Expand Front Doors
- Establish a Sustainable Business Model

Business Planning Process



Produce Specific Market Analysis

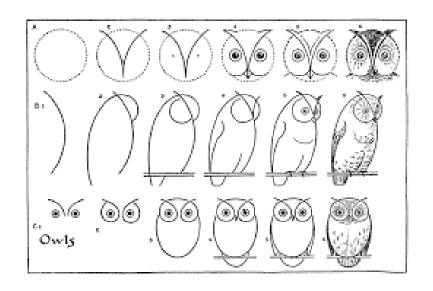
- What does the market want?
- Where are our current weaknesses?
- How do we differentiate from others?

Complete Design Charette

- How do we create the vision on the site?
- What is ability to expand?

Develop Project Costs

- Construction is the big dog
- But granularity critical on the other costs
- Establish appropriate contingencies
- Timeline with all of above equally critical piece



Business Planning Process (cont.)



- Develop Operating Envelope
 - SPONSOR ENGAGEMENT!!!!
 - Based on REAL proven results
 - Adjust for THIS consumer
- Layer on Financial Structure
 - Leave room if capital markets move in wrong direction
- REVISIT ALL ASSUMPTIONS!
 - Iterative process

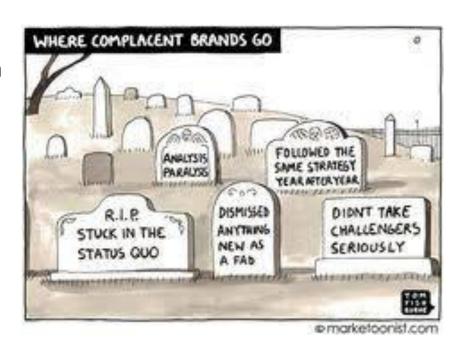
When challenges arise, address with ALL levers

Lessons Learned



Act and Adapt

- Procrastination is the grave in which opportunity is buried
 - Speed to Market
- Nothing good happens over time
 - Jump the Market
- Make others play catch up
- Sponsor is in this for 30+ years, not to flip at year 5
 - Flexibility
- The world will be different in 10 years



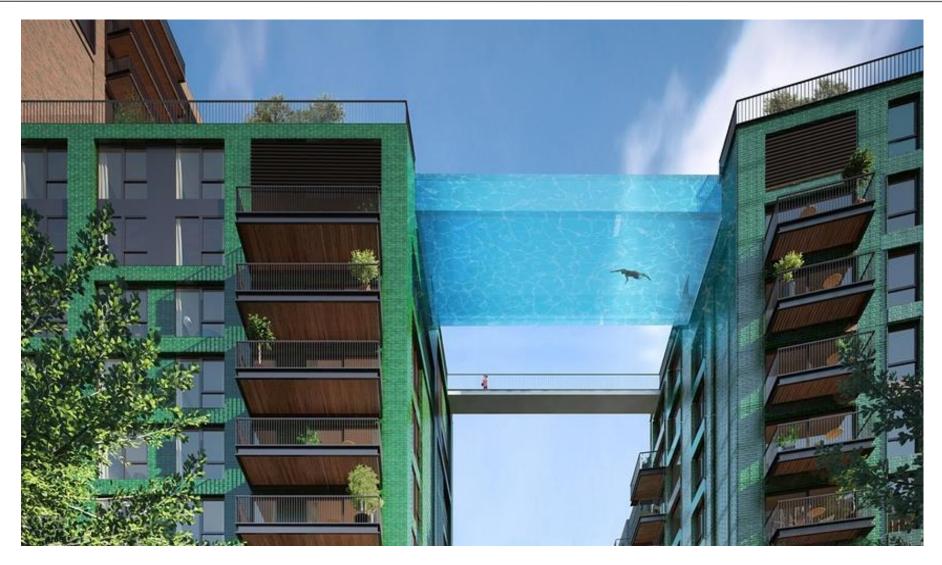
Takeaways



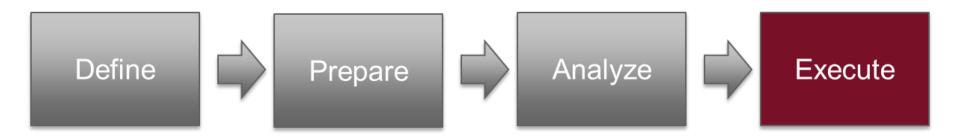
- Bigger Does Not Necessarily Mean Better
 - Getting to market quickly saves money and reduces risk
 - Second phases benefit from learning how people "voted with their feet"
- Health Care is a Part of the Equation
 - But it doesn't have to be on the same campus
- Transparency is CRITICAL Among the Project Team
- Earlier Is Better
 - If you want them on the team, they should be on from the beginning

Don't Assume the Impossible is Impossible





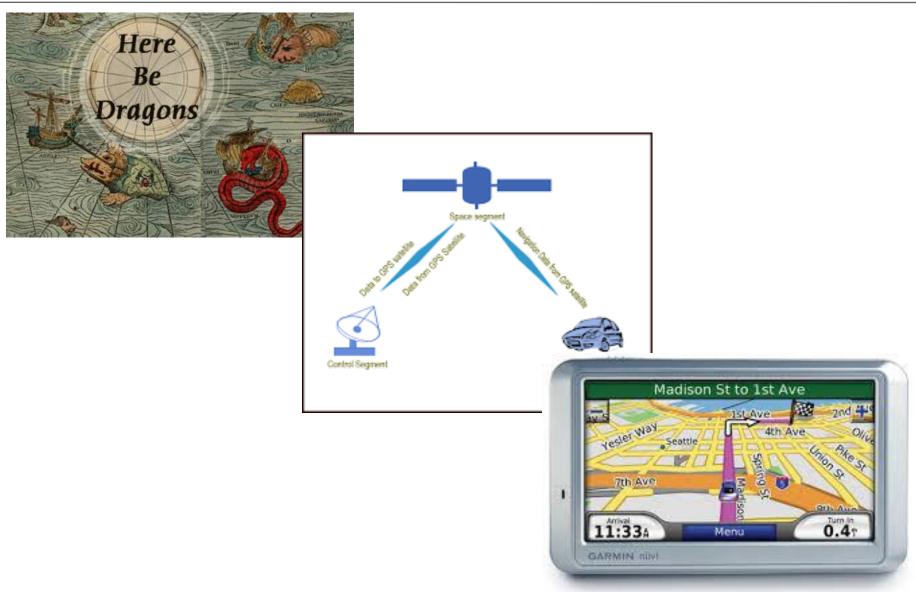




Execute the Plan

A Good Business Plan is Your Roadmap, NOT Your GPS





Major Milestones



Marketing

- Commence Priority program
- Commence Conversions
- 50% and 70% pre-sales

Building

- Land: zoning, entitlements, etc.
- Architect: Concept, SDs, DDs, CDs
- GMP

Regulatory

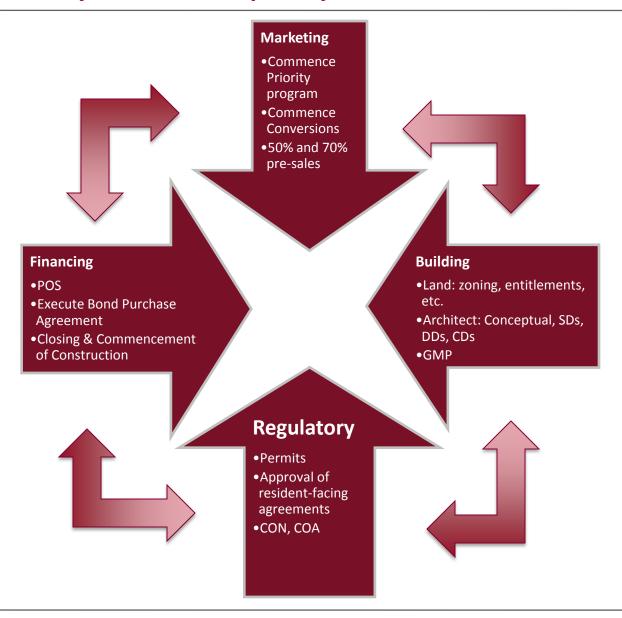
- Permits
- Approval of resident-facing agreements
- CON, COA

Financing

- POS
- Execute Bond Purchase Agmt
- Closing & Commencement of Construction

Mutual Dependency Creates Complexity





Challenges to Managing Complexity



- Manage Team (Grows in Size, People Come and Go)
- Finite Resources
- Interpreting the Market
- Long-lived Process

Early Communication and Understanding are the Only Way Forward



Reporting & Oversight

- Weekly marketing report
- Regular (bi-weekly) project team calls
- Monthly project status reporting

Project Management

- Detailed pre-finance budget, managed and monitored from Day 1
- Timeline actual vs. plan
- Action Log: Who is going to do What by When
- Confirm and reaffirm understanding
- Be Prepared
- Board of Directors
 - Material changes made with Board's understanding and approval



What's Trending



> Technology

- SMART Homes
- Wireless is a must
- Social Apps

Physical Plant

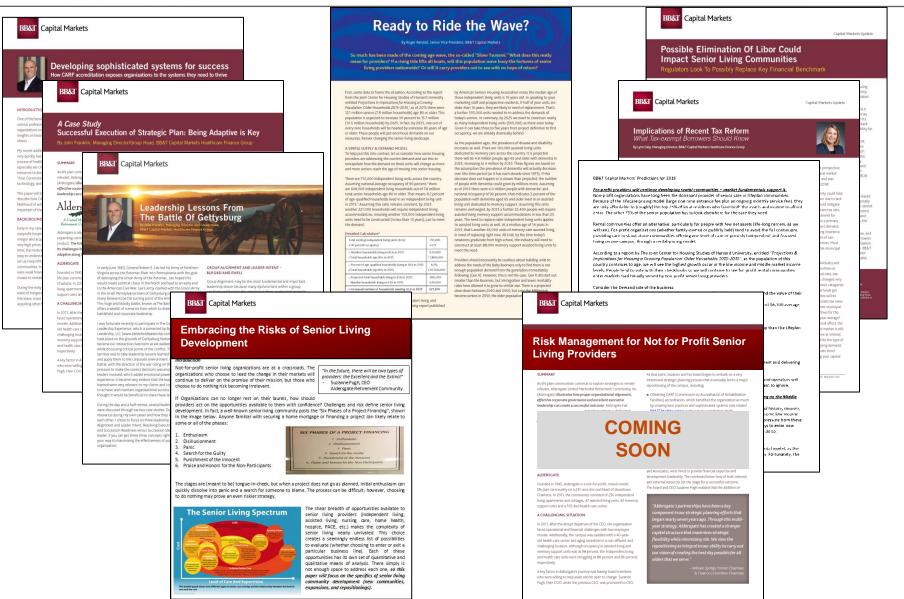
- Dining- variety, choices outside the campus, alfresco, rooftop, fire pits
- Wellness
- Convertible Spaces

> Types

- Satellite Campuses
- Urban Settings
- Rental Retirement Communities

Learn, Educate, Act, Repeat

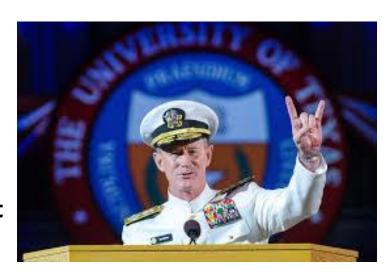




Admiral (Ret.) William H. McRaven: Interesting Facts



- Attended University of Texas on track scholarship
- ➤ Naval Postgraduate School Master's Degree Thesis: "The Theory of Special Operations"
- Organized "Operation Neptune Spear" against Osama bin Laden



- ➤ Before retiring from the Navy, attained "Bull Frog" distinction as longest-serving Navy SEAL still on duty at the time
- Former Chancellor for University of Texas System (2015-2018)



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