

The Kendal Corporation

Kendal – College/University Relationships

Revised December 2010

Kendal-Crosslands Communities (KCC)

The first Kendal Communities were not developed with a formal university connection, but soon after opening, the informal affinity became readily apparent. Retired faculty from Swarthmore, Westtown, and other educational institutions in the area were well represented among early residents. Their interest in lifelong learning and in remaining active and involved in the community established a culture with a natural inclination to college/university relationships. This culture has been transplanted to new Kendal communities, has become more formalized over time, and has led to the development of creative, dynamic relationships between Kendal communities and educational organizations.

While there is no one college or university in the area of Kendal-Crosslands Communities, this Kendal affiliate has connections with several schools.

Many residents take courses and are instructors at the Academy of Life Long Learning at the University of Delaware in Wilmington, ten miles south of Kendal-Crosslands, and KCC provides transportation to the Academy three times a day during the week. Residents are also active alumni in several local Quaker colleges, such as Swarthmore and Haverford.

Kendal-Crosslands annually sponsors an integrative health conference with West Chester University. Some residents audit courses at West Chester University and KCC arranges for resident trips to cultural events at West Chester University on a regular basis. The West Chester University Office of Cultural Affairs has worked closely with KCC to develop and promote these opportunities.

KCC hosts interns, nursing students, and social work students from West Chester University; social work students from Bryn Mawr College's graduate program; physical therapy students from Widener University; nurse practitioner students from the University of Pennsylvania; and medical fellows from Jefferson Medical College in Philadelphia. KCC has facilitated clerkships for health and medical services administration graduate students from Widener, Temple and St. Joe's Universities.

Faculty members from local schools serve on the KCC Board. For its staff, KCC offers the Anne Perry Employment Fund, which pays the wages of 2-3 student workers during the summer. Tuition reimbursement is available for both part-time and full-time staff members. For more than fourteen years, KCC has been a site for vocational explorations for students in the Discover Program from the Chester County Intermediate Unit and recently students from other local school districts.

Kendal at Hanover

Kendal at Hanover was the first Kendal community developed outside of the state of Pennsylvania. Its connection to Dartmouth College began through an English professor and Quaker who, along with a group from the Hanover Friends Meeting, was instrumental in Kendal at Hanover's early development. As chair of Kendal at Hanover's first Board, he encouraged and supported the development of relationships between Kendal and both Dartmouth College and the Dartmouth Hitchcock Medical Center.

Later, The Institute for Lifelong Learning at Dartmouth (ILEAD) was created by Dartmouth with the participation of several Kendal residents. ILEAD develops coursework for which Kendal residents teach and many of the courses are held at Kendal at Hanover.

The Resident Care Clinic and Health Center serve as educational settings for Dartmouth Hitchcock Medical Center Medical Students and Residents who rotate through and care for Kendal residents. Nurse Practitioner students have completed clinical work from Yale, Boston College, University of New Hampshire, and the University of Vermont.

Kendal at Hanover has developed affiliations with the River Valley Community College for RN students and the River Bend Career and Technical Center for LNA students.

The Dartmouth Institute for Healthcare Policy and Clinical Practice has had students work with staff of Health Services on quality improvements projects such as safe medication administration and management in the nursing home setting. Kendal at Hanover has assisted the Dartmouth Institute with development and administration of healthcare survey tools in testing for reliability.

The Dartmouth Centers for Health and Aging and Kendal at Hanover have established a working relationship, in part, through Kendal's strategic planning process as Kendal expands community awareness and outreach. This collegial relationship, through an affiliation agreement, will foster the growth of the Centers for Health and Aging by Kendal taking part in integrated research with the goal of improving quality and outcomes for older adults.

For the past eight years, Kendal at Hanover Social Services has partnered with the Dartmouth Film Society to offer a summer film series, "Coming of Age," that showcases cross cultural views of aging from world cinema. Post film discussions take place at Kendal.

For the past three years Kendal at Hanover and The Hood Museum of Art at Dartmouth have engaged in a relationship entitled "The Art and Alzheimers Program." Kendal residents who reside in healthcare have visited the museum where docents share art treasures with them in order to engage their reaction as well as bringing forth memories. The program involves members of the Hood Museum and Kendal residents, staff and volunteers.

Kendal at Oberlin

Kendal at Oberlin came to be through significant involvement and support of Oberlin College. Initially, some Oberlin College staff served on a broad based community committee charged with exploring options for bringing a retirement community to the Oberlin area. The committee concluded that Kendal was the organization of choice and the College expressed its commitment to the project by providing seed money, facilitating the acquisition of land, and supporting College faculty and staff, including the College President to serve on the Board.

Today, while it is physically located close to Oberlin College, Kendal at Oberlin relates to several colleges/universities in Ohio. These include Akron University, Case Western Reserve University, Cleveland State University, Lorain County Community College, Bowling Green University, Ohio State University, Youngstown State University, MedCentral College School of Nursing, and Oberlin College. The Academy for Lifelong Learning, which is sponsored by Lorain County Community College, is also affiliated with Oberlin College and the Elderhostel Institute Network. The Academy plans and offers field trips and numerous noncredit college-level courses, many of which utilize current and retired faculty members from the two colleges as instructors. Many of the instructors include Kendal residents and many of the courses are offered at Kendal at Oberlin. The Oberlin College library, and other campus facilities and amenities, such as the athletic facilities are open to Kendal at Oberlin residents.

The Oberlin Conservatory of Music offers free concerts performed by faculty and students, as well as, moderately priced performances. Free shuttle service is provided by Kendal to transport their residents to such events. Students from Oberlin College also perform at Kendal at Oberlin. Additional joint endeavors between Kendal and Oberlin College include: 1) residents are able to audit, without charge, courses at Oberlin College; 2) Oberlin College faculty lecture at Kendal; 3) residents teach, conduct research, and consult at Oberlin College; 4) Kendal hosts marketing meetings for prospective residents in Oberlin College facilities such as the Allen Art Museum; 5) mutually beneficial cooperative projects are planned, such as students from the Environmental Studies department are working with Kendal to improve its energy use; 6) Kendal at Oberlin hosts alumni dinners for Oberlin College; 7) Kendal staff teach a one credit hour course on aging at Oberlin College and pair students with Kendal residents for an experiential component; 8) Kendal Creative Arts Therapy team trains student volunteers in expressive therapies; and, 9) Kendal serves as a Federal Work-Study site for students to learn about aging and earn compensation toward their tuitions.

In 2006-07, Kendal has begun communication in an informal collaboration with Obirin University, in Tokyo Japan. The university has ties to Oberlin College in a number of ways and developed ties over the years with Kendal residents.

Kendal at Oberlin also works collaboratively with other local educational institutions for student field placements, research projects, and staff recruitment. Faculties from Akron University, Cleveland State University, and Case Western Reserve University have conducted research at Kendal. Kendal nursing staff serves on the Joint Vocational School advisory committee and provide consultation to the Diversified Health Occupations and the Health Science Technology Programs. The Frances Payne Bolton School of Nursing and Case Western Reserve University utilize Kendal's nurse practitioner as an NP preceptor and Kendal is used as a clinical site for NP student clinical requirements. The Social Services department provides oversight for students from various programs and schools and has maintained relationships for many years with students studying social work from Case Western Reserve University, Cleveland State University, Ohio State University, Bowling Green University, Youngstown State University and Lorain County Community College. Dining services hosts students in Dietetic Technology from Ehope Technical School and provides affiliation experiences for master-prepared dietetic interns from CWRU. In addition, students in the following areas have been provided learning opportunities at Kendal at Oberlin: Physical therapy, social work, early childhood education, nursing home administration, and art therapy.

Kendal at Oberlin collaborated with Case Western Reserve University on a community wide survey related to spirituality. Results have impacted space plans in their ten-year Master Plan.

In 2008 Kendal participated in a caregiver research project titled "The Caregiver Knowledge and Skills Project" in conjunction with The University Memory and Aging Center of CWRU and University Hospitals Case Medical Center. It offered a six week series of workshops including an evaluation and follow up program after 8 months.

Kendal at Ithaca

The origins of Kendal at Ithaca also relate directly to early relationships with the local university, in this case, Cornell University. The President of Cornell took an active role in the exploration for potential developers and the decision to select Kendal. Cornell also supported the project by providing seed money, facilitating the acquisition of land and supporting faculty and staff to serve on the board. Ithaca College, likewise, supported the development of Kendal at Ithaca and maintains an ongoing relationship.

Kendal at Ithaca has always characterized its relationships with local educational institutions as originating in 'people connections' and that is still true. Kendal sits amidst an impressive number of campuses: Cornell University, Ithaca College and SUNY Cortland are the three largest.

Researchers at Cornell and Ithaca College have consistently viewed the Kendal residents as a well-defined pool of subjects for research. A prime example of this is the Pathways to Life Quality project, a longitudinal study comparing CCRC residents' and community dwelling residents' use of health care services. There is now interest in identifying

funding to conduct another survey at the 10 year mark. (See www.pathwaysoflifequality.org)

Several classes at Cornell University are inviting residents to participate as project team members and subjects in studies. One is a study of hand-eye coordination undertaken by the Engineering School. Two courses in the School of Human Ecology under the Living Environments Aging Partnership program involve Kendal at Ithaca residents. Located within the Design & Environmental Analysis Department, the first project concerns “Furniture as a Social Art” and the second is “Environments for Elders.” Both build intergenerational teams to address creating improvements in the lives of older and aging adults. A recent project involved teams of residents and students from Cornell examining Kendal at Ithaca dining service areas. The students proposed and constructed life-sized models of elements that should be considered as improvements. This particular relationship is expected to continue for several years.

In the spirit of contributing to learning, Kendal at Ithaca residents and staff participate in class presentations. Recent examples are a graduate course in the Program in Real Estate at Cornell and the Aging Policies and Programs class from Ithaca College. Regular presentations are made to an Occupational Therapy class from the Ithaca College Clinical Studies program and another to a short course at Cornell’s College of Human Ecology entitled “An Overview of Long Term Care and Living Alternatives for the Older Adult.”

In a very special case, certain Kendal at Ithaca residents attend the Center for Life Skills directed by Ithaca College clinical staff and students and hosted at Longview, a local adult housing facility with strong ties to Ithaca College. This program is designed to give students direct contact and practice with individuals recovering from strokes or other similar health events, and it provides intense therapeutic interventions for the participants three days a week, fall and spring semesters.

Kendal at Ithaca hosts many intern and fieldwork students from Cornell, Ithaca College and Cortland State in its finance, marketing, social work, therapeutic recreation and health care departments. Marketing has invitations to speak at alumni events about planning for retirement and care scenarios in later life. Turning the tables around, some Kendal at Ithaca residents take courses at Cornell. Many Kendal residents who are Cornell faculty alumni continue to keep office hours, do research and mentor students.

Cooperative projects in watershed monitoring, crow population dynamics and white-tailed deer control continue with experts from Cornell working with Kendal staff. Energy management is another area of cooperation, and the debut of the College of Engineering’s annual national race car project is always a high point of the spring Lyceum series. The Cornell team has many trophies to its credit.

The mutual enrichment between Kendal at Ithaca residents and local colleges and universities is demonstrated in a variety of ways: faculty members speak in Kendal programs, serve on the Board and various committees; Kendal residents may use the Cornell libraries and take certain courses at no cost; on-campus events, especially

concerts and theatrical performances are popular; residents volunteer at the Cornell Arboretum.

Kendal at Lexington

The initial impetus for Kendal at Lexington can be traced to another community group comprised of individuals from the local religious denominations, from Washington and Lee University (W&L), and from the Virginia Military Institute (VMI). This local group was formed to identify options for bringing a retirement community to Lexington. While the local market was limited, the group managed to convince Kendal of its determination and commitment by raising seed capital and procuring land.

These two universities in Lexington - the Virginia Military Institute (VMI) and Washington and Lee University (W&L) – and a third, Southern Virginia University (SVU), just 7 miles away in Buena Vista continue to maintain vibrant relationships with Kendal at Lexington. Kendal's board of directors and board committees have a history of membership which includes current and past alumni, faculty and staff from W&L and VMI.

Faculty members from VMI and W&L regularly provide lectures at Kendal at Lexington. Kendal College, a series of lifelong learning classes, is coordinated by Kendal residents and taught by Kendal residents and university faculty or other outside experts. These classes, attended by residents and future residents, have included field trips to the Booker T. Washington national monument, the New Market battlefield, and Black Friar's Theatre in Staunton, among others.

Residents audit classes at W&L and simply need the permission of the instructor to do so. Their maturity and wisdom is valued by students and teacher alike. Both VMI and W&L have made special arrangements for Kendal residents to attend cultural events at their schools, and W&L faculty members have provided lectures about upcoming concerts. When President Bush spoke at VMI, Kendal residents were specifically invited to attend. All three schools send student musicians to Kendal for special performances. Kendal residents are permitted to attend W&L sports events free of charge.

Kendal volunteers have participated in research projects conducted by the schools, and Kendal residents regularly serve as jurors for the W&L law school's Moot Court. In 2003, music students from Southern Virginia University worked with Health Center residents for a student practicum. Kendal at Lexington partnered with a W&L sociology class in 2005 to perform Kendal's resident satisfaction survey. Kendal began an affiliation in 2006 with Radford University's nursing program. Our nurse practitioner serves as a preceptor to a student, teaching and reinforcing the basics of wound care, preventive health care, and screening for functional and cognitive deficits in the elderly population.

Kendal at Granville

Two couples, both alumni of Denison University, and one with a relative at Kendal at Oberlin made the initial introductions between Kendal and Denison. Granville, located 26 miles northeast of Columbus, is the home of Denison University. Thereafter, Denison and Kendal at Granville (KAG) have supported each other and each has reaped the benefits of a dynamic and synergistic relationship. Early in KAG development, Denison University President and staff publicly supported KAG to the local community and to the alumni through the alumni magazine. The University not only provided seed money for the project, but also provided the land through a land lease arrangement.

Denison was not only supportive of the establishment of Kendal at Granville, which opened in the spring of 2005, but has continued to be actively involved with the community. Members of Denison administration and Denison alumni sit on the Board of KAG. Denison assisted KAG's marketing efforts through publishing articles about the retirement community's progress in its alumni magazine, inviting KAG representatives to have displays at Alumni meetings and allowing mailing of the KAG newsletter to alumni from appropriate class years.

Kendal residents take advantage of the many cultural, intellectual and sporting events that Denison brings to the Granville community. Denison professors have lectured on a variety of topics at Kendal, and Kendal residents audit courses through Denison's Community Scholar program. Denison has begun an orientation program to familiarize new Kendal at Granville residents to the campus and opportunities available at the University. Residents have regularly participated as subjects in research projects at both Denison University and Kenyon College in Gambier, Ohio.

The Ohio State University-Newark and Central Ohio Technical College campuses are in nearby Newark. Our relationship with these campuses allows us to be a practicum site for students in health related courses of study. These campuses also serve as an important recruitment resource for KAG. Tuition reimbursement is currently available for KAG employees.

Working together, Kendal at Granville staff and residents and Denison University office of alumni relations have organized and offered campus tours and an orientation program for new Kendal at Granville residents. This program was so successful it is also being offered by the Central Ohio Technical College. Using questions developed by KAG residents, the University developed a Frequently Asked Questions Response leaflet to help residents learn ways to become involved in the campus community and access the many opportunities available to them through Denison.

Barclay Friends

Though it dates its origin back to 1897, Barclay Friends joined the Kendal family in 1994. Like other Kendal affiliates, it has developed and nurtured dynamic relationships with several academic institutions in its geographic area. Barclay Friends is involved with local universities primarily through affiliations and internships with students. This includes West Chester University and LaSalle University. Recent internships include Horticultural Therapy, Social Services, Development, and the Registered Dietitian. Student Affiliations include clinical nursing affiliations in skilled nursing and assisted living. Barclay Friends is also affiliated with the Brandywine Center of Technology's Licensed Practical Nurse program, and Chester County Opportunities Industrialization Center Certified Nursing Assistant Program. Intergenerational programs with younger students are provided through Westtown School and West Chester Friends School.

Additionally, West Chester University provides a variety of programs at Barclay. The alumni orchestra from the University's Music Department provides a very popular concert annually for residents. Students from the Music Department perform regularly. A recently developed program called Traveling Across Generations, or TAG, was developed by West Chester Undergraduates especially for Barclay Friends, and promotes the value of intergenerational friendships through weekly visits with residents. Students from the TAG program initiated the Grandmothers to Grandmothers program assisting our residents to make scarves and mittens for grandmothers in South Africa caring for children whose mothers were victims of the HIV virus.

Kendal on Hudson

Prior to its 2005 opening, the residents' Education Committee was formed to develop relationships with local institutions and begin planning programs of interest to residents. The pre-opening activities of the Committee included:

- designing, mailing and tabulating an extensive education questionnaire (with a 90 percent response rate) which not only identified and ranked individual interests but also generated a list of residents capable of giving lectures, courses, leading discussion groups, etc.
- meeting personally with the Presidents and senior administrators of the five colleges and universities in closest proximity to set up courses at Kendal on Hudson (KoH) and provide opportunities for on-campus participation by residents.

The first **course**, "History of Opera" taught by a Westchester Community College (WCC) instructor (later to become director of the Kendal Chorus) proved so popular that one or two courses have been taught each month by professors from State University of New York (SUNY) at Purchase, Columbia University, WCC, the Hudson Valley Writers' Center, Scarsdale Adult School, The Archaeological Institute of America, Iona and Sarah Lawrence College. Courses have covered history and politics, mythology, music, art,

literature, religion and philosophy, and science. Three residents, former academicians from Earlham College and City University of New York, also created and taught courses. Modest tuition is charged to both cover immediate costs and generate funds to support other resident-directed activities.

A number of residents take courses on their own at Fordham University, New York University, Pace University, Iona College, WCC, Sarah Lawrence and other nearby institutions. A close working relationship has been developed by the Kendal Library with our local Warner Public Library. The Trips Committee has sponsored excursions to the Philadelphia Flower Show, the Katonah Museum, the Neuberger Museum, The New York Botanical Garden, Wildlife Conservation, The American Museum of Natural History, Vassar College, Jacob Burns Film Center, among others.

Evening **lectures** are given once or twice weekly throughout the year and cover a broad variety of topics including history, politics, science and conservation, current events, social and national issues, literature, art, film, theater and media, education and medicine. Speakers have included the Superintendent of the local schools, the president of WCC, professors from City College of New York, Baruch College, Mount Sinai, Pace University, SUNY at Purchase, as well as representatives of the United Nations, the Japan Society and the Center for Constitutional Rights. We have hosted national, state, county and local political leaders, including pre-election debates by local candidates and representatives of interest groups such as Amnesty International.

The Resident Health and Wellness Committee sponsors a medical educational series featuring physicians primarily from their neighbor, Phelps Memorial Hospital. In addition, the staff and committee jointly sponsor an annual Health Fair at KoH with local providers as exhibitors. KoH is currently working with NY Medical College through Phelps, with medical students visiting the Clearwater as part of their rotation in geriatric care.

Beginning in May 2008, Kendal on Hudson has hosted several Roads Scholar events open to residents, potential residents and the community. Additionally, KoH has sponsored ten AARP Safe Driving Courses for residents and non-residents. Among other charitable activities, a number of residents volunteer their time with literacy and social service organizations serving the immigrant population in the local community.

Two members of the Education Committee formed a Music Committee, and with the help of an anonymous donor, has sponsored a series of free Sunday afternoon concerts including chamber music, handbells, pianists, jazz groups, and vocalists. The Purchase College Faculty String Quartet and a jazz ensemble from the State University Conservatory of Music were among the performers. Additionally, several local high school orchestras and bands have given concerts for residents.

A round table current events discussion is held weekly.

Lathrop Communities

Lathrop Communities, ideally situated in the five college area of Massachusetts, joined the Kendal family in 2004. While residents are able to audit courses at the various colleges, the unique opportunity available at Lathrop is membership in an organization called Five College Learning in Retirement. Sponsored by the area's five colleges, Smith College, Mt. Holyoke College, Amherst College, Hampshire College, and the University of Massachusetts, the Learning in Retirement seminars occur on all the college campuses as well as at the two Lathrop campuses. But instead of being taught by university professors, within the usual college format, what is unique about this program is that it is managed by retirees and the courses are all initiated and moderated by retirees. Everyone who joins and signs up for a seminar is expected to take a role in leading one session of that seminar. This program provides a model of active adult learning that is extremely appealing to those who yearn to continue their intellectual stimulation but not necessarily by being a student in a college course.