



670 Sentry Parkway, Suite 120
Blue Bell, PA 19422-2325
Phone 215-646-0720; Fax 215-646-0724
info@fsainfo.org

Guide to FSA Member Organizations

The Friends organizations listed in this guide share important features that have become associated with Quaker senior services. All are committed to the Quaker belief that human life is sacred and that all people are to be treated with loving respect.

All of these members are operated under the guidance of boards of directors that are committed to the importance of nourishing Quaker values in the life and work of the organization. Many of the boards continue to be at least 50 percent Quaker in composition. They provide caring, high quality services that support the health and dignity of older adults. They seek to respond to the spiritual as well as the physical and social needs of the people they serve. All are established as not-for-profit organizations.

These Friends' services share the belief that the later years of life are full of potential for love, growth, friendship, and contributions to others. Together, they offer a unique range of services for people with diverse needs, interests, and circumstances.

While the programs included here share these values, they are not part of a chain and are not replicas of one another. Each is distinctive in its setting, its delivery of services, and its admissions procedures, contracts, and financial arrangements. The particular programs of each organization grow and change over time in response to changing needs. Each seeks to be responsive to its own residents or clients and to the needs of its surrounding community.

This guide provides an overview of services and who provides them, and it includes a thumbnail portrait of each organization. Because each organization has unique qualities, be sure to contact and visit the programs that most interest you for full details.

Visit the Friends Services for the Aging website for additional information:

www.fsainfo.org

Categories of Service

The following are major categories of service from least to most intensive, followed by two categories of continuing services. Names of the organizations that provide the service accompany each category. (Names in parentheses indicate the name under which you may find the organization described later in this Guide.)

ADULT DAY CARE PROGRAMS

This is a program in which older adults with mental or physical needs and who live at home spend time together during the day in settings designed to support their physical and emotional health. Structured programs include physical activities, social engagement, health monitoring, and meals, all provided by professional staff in cost-effective, therapeutic settings. Transportation may be available by arrangement.

Chandler Hall

ASSISTED LIVING/PERSONAL CARE/RESIDENTIAL CARE

Assisted living facilities (frequently called personal care homes) are designed to support the freedom and activities of people who require limited assistance in routine activities such as dressing or bathing. These programs provide a less intensive (and less expensive) level of care than nursing homes. Some of them also have on-site nursing facilities or are related to other Quaker nursing facilities for those whose requirements for services change.

Barclay Friends
The Moorings at Lewes
Chandler Hall
Foulkeways at Gwynedd*
Friends Home and Friends Village in Newtown (Personal Care)
Friends Home in Kennett
Friends House – California
Friends House – Sandy Spring
Friends Village at Woodstown
Friendsview Retirement Community
Kendal at Granville*
Kendal at Hanover*
Kendal at Ithaca*
Kendal at Lexington*
Kendal Northern Ohio*
Kendal on Hudson*
Kendal~Crosslands Communities*
Medford Leas
Pennswood Village*
Rowntree Gardens

Quaker Heights Care Community
The Admiral at the Lake
The Hickman

CARE MANAGEMENT

Care Management helps seniors with a wide variety of life care issues including locating appropriate physicians, hospital advocacy, finding companions to help at home, making appropriate community referrals (nutrition, transportation, socialization), as well as assisting in the search for senior housing when the time is right.

Intervention Associates

CONTINUING CARE

Continuing Care Retirement Communities

These facilities (frequently called CCRCs) provide a full continuum of care, ranging from residential living for self-sufficient older adults to nursing facilities. They also provide many amenities designed to support the activities and interests of active people. Residents pay an entry fee for continuing care and make monthly payments in exchange for housing, meals, and other services. Housing options range widely and can include free-standing cottages, town houses, one and two bedroom units, and studio apartments. Typically, the size of the living unit determines both the entry fee and monthly maintenance fee. Smaller units are more affordable and provide the same life care contract as larger living units. The details of finances and contracts and the scope of health care services vary from community to community.

Residents shape the programs and activities of the community, often through residents' associations and committees.

The skilled nursing and assisted living services of some CCRCs are available for direct entry by people from outside the community on a space-available, per diem payment basis.

Barclay Friends* (accredited by JCAHO, is a continuing care community on a smaller scale with Residential and Assisted Living apartments intermingled.)

Broadmead

The Moorings at Lewes

Chandler Hall

Foulkeways at Gwynedd

Foxdale Village

Friends Center City

Friends Village at Woodstown

Friendsview Retirement Community

Kendal at Granville

Kendal at Hanover

Kendal at Ithaca

Kendal at Lexington

Kendal Northern Ohio
Kendal on Hudson
Kendal~Crosslands Communities
Medford Leas
Pennswood Village
Rowntree Gardens
The Admiral at the Lake

HOME CARE

These programs provide a range of supports and assistance to people in their own homes, up to and including nursing services and therapies.

Caring Friends Home Care
Intervention Associates

HOSPICE

Hospice services are designed for people near the end of life who choose treatment that is comfort-promoting rather than curative. Nursing and personal assistance are provided in patients' homes or residential settings to control symptoms and to provide social and spiritual support to the patient and to those family members or loved ones who are providing care.

Chandler Hall
Friends Home in Kennett
The Admiral at the Lake
(Most other Quaker programs provide hospice-like services to people at end of life, or they assist residents or members gain access to outside licensed hospice care providers.)

RESPIRE CARE

This is short-term residential care provided for dependent older adults in order to relieve family members or other caregivers in the home. Many FSA member organizations provide such a service on a space-available basis. Call Friends Services for the Aging for more information.

Friends Home in Kennett
The Admiral at the Lake

RETIREMENT RESIDENCES (these do not include health care services)

Senior housing, subsidized housing, and Quaker retirement residences provide rooms, apartments, or houses for people who want maximum freedom and the security and

support of a non-intrusive community setting. Some are related to assisted living, home health, or nursing services and can provide support to residents with changing needs.

Senior Housing

These apartments and freestanding homes provide the maximum level of autonomy. Few personal services are provided beyond assurances of security and routine building maintenance and, in some cases, shared meals.

Cartmel (Kendal~Crosslands Communities)
Chandler Hall
Coniston (Kendal~Crosslands Communities)
Friends Home and Friends Village in Newtown
Friends House – California
Friends House – Maryland (Friends House Retirement Community)
Friendsview Retirement Community
The Admiral at the Lake
The Lathrop Communities
Woods Court (Friends Home at Woodstown)

Subsidized Housing

These facilities provide comfortable housing at modest rates, with financial support provided by the government or private funds. There are few personal services other than security and building maintenance.

Friends Home in Kennett
Friends House Retirement Community – Sandy Spring

Quaker Retirement Residences

These residences provide comfortable but simple rooms or apartments and meals for people who require little or nothing in the way of personal care.

Barclay Friends
Friends Boarding Home of Bucks Quarterly Meeting
Friends Home in Kennett
Friends Village at Woodstown
Friends Village (Friends Home of Bucks Quarterly Meeting)
The Admiral at the Lake
The Hickman

SKILLED CARE CENTERS/INTERMEDIATE CARE

These nursing facilities provide a full range of social, spiritual, dietary, and nursing assistance and social and physical activities. Programs seek to maximize residents' capabilities and strengths even as they provide 24 hour a day skilled nursing care.

Barclay Friends
The Moorings at Lewes
Chandler Hall

Foulkeways at Gwynedd*
Friends Home in Kennett
Friends Village at Woodstown
Friends House – California
Friends Nursing Home (Friends House Retirement Community)
Friendsview Retirement Community
Kendal at Granville*
Kendal at Ithaca*
Kendal at Lexington*
Kendal Northern Ohio*
Kendal on Hudson*
Kendal~Crosslands Communities*
Medford Leas*
Pennswood Village*
Rowntree Gardens
Quaker Heights Care Community
The Admiral at the Lake

Organizations

Broadmead This continuing care retirement community is situated on a picturesque 84-acre campus in the rolling hills of Maryland, about 7 miles northwest of the Baltimore beltway. Its friendly and active resident population takes advantage of on-campus opportunities offered in the community center, swimming pool, wellness program, nature trails, wood shop, and more than 70 different resident activities and interest groups. The nearby city of Baltimore offers residents an array of cultural and intellectual events.

13801 York Rd
Cockeysville, MD 21030
410-527-1900
Website: www.broadmead.org

The Moorings at Lewes Located where the Delaware Bay meets the Atlantic Ocean on the Delmarva Peninsula, Springpoint Senior Living's newest senior living community near historic Lewes, DE offers residents an opportunity to live in one of the most desirable retirement locations on the east coast. This bayside community is located on 40 acres, designed in keeping with the small town charm of historic downtown Lewes, and just minutes from Rehoboth Beach and

* These continuing care retirement communities provide, on a space-available basis, direct access to their skilled nursing services to people from the surrounding community.

within an hour of Ocean City, MD. The Moorings features 83 spacious, beautifully appointed, maintenance-free apartments and 48 cottages. The Moorings offers a marvelous lifestyle where residents can optimize their retirement years secure knowing that assisted living and long term health care are available on campus along with a wide variety of services and amenities.

Should a health care need arise, the Moorings offers a full continuum of on-site health care, assisted living apartments with a secure memory support area, as well as skilled nursing services.

17028 Cadbury Circle

Lewes, DE 19958

302-645-6430; Toll free: 800-390-8298

www.springpointsl.org and www.mooringsatlewes.org

Caring Friends Home Care is a non-profit home care organization owned by Friends Life Care System. Caring Friends Home Care employees provide families in the five county Philadelphia area with high quality home care and concierge services. Services include the following:

Home Care Services

1. Certified nursing assistants/home health aides assist with activities of daily living such as eating, bathing, dressing, grooming, and getting in and out of bed as well as with meal preparation and light housekeeping. This includes hourly or live-in home care.
2. Home care services are also provided as supplemental care within institutions such as hospitals, skilled nursing and assisted living facilities.

Home Care Concierge Services

1. Organizational Services: Help with organizing papers, de-cluttering, record keeping, schedule coordinating, etc.
2. Personal Errands: Caring Friends Home Care staff will work with clients to outline their nutritional and personal needs and accompany them to their own local supermarkets and stores.
3. Medical Appointments: Caring Friends Home Care staff is able to not only transport, but accompany clients to various medical/health visits to assure follow through and communication to family members, as appropriate.
4. Socialization: Recognizing the need for socialization and community engagement, Caring Friends Home Care staff is available to participate in activities with clients that help them to maintain their sense of well being and independence by accompanying them on dinner outings, movies, theater, etc.
5. Other: We invite clients and families to contact the Caring Friends Home Care offices and visit our website at www.caringfriendshomecare.org to suggest other creative ideas to foster a healthy life style for our community members.

Caring Friends Home Care Aides are interviewed in person, undergo a thorough background check including criminal and child abuse history and verification of eligibility to work in the United States and have a minimum of two (2) satisfactory references checked prior to hire. Caring Friends Home Care Aides are supervised and trained for their specific job functions. Caring Friends Home Care is responsible for all payroll related taxes related to the Home Health Aide's employment.

531 Plymouth Road, Suite 500
Plymouth Meeting, PA 19462
215-628-8964
www.caringfriendshomecare.org

Foulkeways at Gwynedd Founded in 1967, Foulkeways was the first Continuing Care Retirement Community (CCRC) in Pennsylvania and the first Quaker CCRC in the eastern United States. Located on 106 suburban acres in historic Montgomery County, Foulkeways is home to 263 private entry, garden-style apartments and cottages, surrounded by beautiful, wooded walking trails and abundant, natural foliage. The award-winning Abington House and Gwynedd House serve the needs of the assisted living and skilled nursing populations. Foulkeways' on-going commitment to the physical and mental well-being of all members of the community is evidenced not only by their comprehensive healthcare program, but also by the fitness center and Olympic-sized, indoor pool under the direction of a full time, certified fitness instructor.

Foulkeways at Gwynedd®
1120 Meetinghouse Road
Gwynedd, PA 19436
215-643-2200
Website: www.foulkeways.org

Foxdale Village Foxdale Village is a continuing care retirement community that is located in the scenic center of Pennsylvania, in State College. Accessible by public transportation from New York, Philadelphia, Washington, DC, and Pittsburgh, it is located close to The Pennsylvania State University with its many academic, cultural, and sporting attractions and in sight of surrounding mountains. A neighboring Friends school provides opportunities for intergenerational programs.

500 E. Marylyn Avenue
State College, PA 16801
814-238-3322; toll free: 800-253-4951
Website: www.foxdalevillage.org

Friends in the City (formerly Friends Center City) Friends in the City is a not-for-profit organization dedicated to supporting a diverse group of older adults who wish to participate in the vibrant social, cultural, political and spiritual life of Philadelphia from a secure residential base. Inspired by the values of the Society of Friends, Friends in the City enables its members to contribute to the city and enjoy its benefits.

Friends in the City offers an expanding array of clubs, activities and educational programming.

Friends in the City disseminates information about its organization and other events and activities to its members via its website and email communications.

Friends in the City sponsors **FCC Riverfront**, a residential community in Center City Philadelphia, providing residents with communal activities and programming designed to simplify their lives and expand opportunities. FCC Riverfront plans encourage residents' participation in the opportunities of Center City while assuring their lifelong wellness and healthcare needs are met through services provided by Friends Life Care.

Friends in the City is designing **Friends Center City Community (FC3)** as a new membership program for individuals residing throughout the Center City Philadelphia region to provide community opportunities and needed services thereby contributing to the vibrancy of the city in the context of our supportive FCC community (available Q1, 2011).

22 South Front Street
Philadelphia, PA 19106-3354
267-639-5257
Website: www.friendscentercity.org

Friends Foundation for the Aging Friends Foundation for the Aging is a Quaker grant-making foundation that funds services for seniors in the Middle Atlantic region. The mission is to promote innovative, value-based options for seniors, collaborating with other institutions in identifying, developing and funding promising undertakings. It works closely with, but is not restricted in its granting to, Friends Services for the Aging and its member organizations and other not-for-profit and faith-based organizations.

Friends Foundation for the Aging promotes innovative, value-based options for seniors, collaborating with other organizations and institutions in identifying, developing and funding promising undertakings. Its work is grounded in the faith, practices and values of the Religious Society of Friends and is informed by Friends experience in providing high quality programs and services that enhance the lives of seniors, foster independence, and respect the dignity of all.

606 West Upsal Street
Philadelphia, PA 19119
215-478-6663

Friends Home and Friends Village of Bucks Quarterly Meeting Friends Home and Village are two small retirement communities offering independent and Assisted Living in the Quaker tradition. Located in and around Newtown Borough, Friends Home and Village offers a variety of accommodations including one and two bedroom apartments, private rooms, and suites. Friends Home and Village has a mission to provide quality retirement residences at moderate cost. Monthly fees for independent living include one main meal daily, all utilities, grounds maintenance, and housekeeping services. The Assisted Living community provides three meals a day, medication reminders, and much more in a warm, home-like environment.

50 S. Congress Street
Newtown, PA 18940
215-968-3346
Website: www.friendshomeandvillage.org

Friends Home in Kennett - The Friends Home in Kennett has been serving older adults for over 100 years with quality care at an affordable price. Founded by the members of the Religious Society of Friends, the Home has a strong tradition of encouraging the independence and dignity of each person. Friends Home is centrally located in the heart of Kennett Square – close to cultural activities, shopping and restaurants. Friends offers Independent Living, Personal Care, Skilled Nursing, Hospice and Respite Care in a small, intimate community where you can know your neighbor.

The Home's staff provided compassionate care based on each resident's individual needs, working to keep residents as healthy, and independent as possible. Residents experience a homelike lifestyle in an historic building that and are supported by our experienced Nursing Staff, Activities, Dietary and Maintenance/Housekeeping Departments.

Because it's not just where you live...but how you live.

147 West State Street
Kennett Square, PA 19348
610-444-2577
Website: www.friendshomeinkennett.org

Friends House Retirement Community – Sandy Spring This program includes a nursing home as well as cottages and apartments for self-sufficient adults. The suburban location, 20 miles southwest of Baltimore and near Washington, D.C, provides scattered housing sites on a rolling 63-acre campus, with a central building in which residents may share meals and other activities in a community setting. The apartments serve people of low and moderate income, with some subsidies available through a program of the federal government for those who meet income eligibility requirements. The nursing home provides a full range of services for those in need of medical, rehabilitative, and hospice care. Assisted living and dementia care are also offered.

17340 Quaker Lane
Sandy Spring, MD 20806
301-924-5100
Website: www.friendshouse.com

Friends House – Santa Rosa Friends House is located in beautiful Sonoma County, California in the quiet neighborhood of Santa Rosa. Friends House is composed of three closely interrelated programs for the older person's health and well-being: independent living apartments and houses, an assisted living facility, and a skilled nursing facility. It is known for its high level of resident participation and activism in the wider community of Santa Rosa

684 Benicia Drive
Santa Rosa, CA 95409
707-538-0152
Website: www.friendshouse.org

Friends Life Care Partners This pioneering program offers individuals a wide variety of programs designed to support adults (40-81) who wish to remain in their own homes as well as receive the financial protection offered by traditional long term care insurance. Modeled on the concept of a continuing care retirement community, it is a total plan that provides and pays for care with the goal of helping their members live at home for as long as it is safe. This program is available to independent and healthy individuals in Philadelphia, Montgomery, Delaware, Bucks, Chester, Lehigh, Northampton, Lancaster, and Lebanon Counties in Pennsylvania as well as those in New Castle County, Delaware.

531 Plymouth Road, Suite 500
Plymouth Meeting, PA 19462
215-628-8964 (PA) toll free: 877-352-2465
302-426-1510 (DE)
Website: www.friendslifecare.org

Friends Village at Woodstown Friends Village at Woodstown, a continuing care retirement community in southern New Jersey, offers lifestyle options for older adults. These options include: Independent Living, Assisted Living, Residential Care, Memory Support, and Skilled Nursing Care. Residents enjoy great food, social and cultural programs, and recreational activities. Friends Village offers all this in a convenient, supportive community environment with a beautiful country setting. Guided by time honored Quaker values, Friends Village respects your independence at all levels of care.

One Friends Drive
Woodstown, NJ 08098
856-769-1500
Website: www.friendsvillage.org

Friendsview Retirement Community Friendsview Retirement Community is a continuing care retirement community established by the Northwest Yearly Meeting of Friends Church. Friendsview offers a full range of lifestyle and housing options including active and independent living homes, duplexes, condominiums, and apartments, as well as Continuing Health Care Services. The latter includes Residential Care, Special Alzheimer's/Dementia Care Unit, and the Charles Beals Health Center. Friendsview is located next to George Fox University, where residents are able to audit courses and enjoy sports and fine arts events.

1301 East Fulton Street
Newberg, OR 97132
503-538-3144
Website: www.friendsview.org

The Hickman Located in the heart of West Chester, PA, The Hickman is a licensed Personal Care Home offering assistance with Activities of Daily Living (ADLs) and Instrumental Activities of Daily Living (IADLs). To maintain our commitment to affordability and accessibility, individual fees are based on size of apartment and assistance that is provided. We encourage resident engagement and offer a variety of opportunities and activities for resident involvement.

We share our historic "Quaker Block" with West Chester Monthly Meeting and the West Chester Friends School. Nearby downtown West Chester offers easy access to various services, social, cultural, and educational institutions as well as the highly regarded Chester County Hospital, now part of Penn Medicine.

400 North Walnut Street
West Chester, PA 19380
484-760-6300
Website: www.thehickman.org

Intervention Associates is a non-profit professional care management organization owned by Friends Life Care System. Intervention Associates provides families in southeastern Pennsylvania and surrounding areas with direction and navigation through the health care maze while caring for their loved ones. Services include the following:

Care Management Services

1. Professional assessment of the family's needs followed by an effective plan of care to help the loved one maintain independence, function and quality of life. It is our belief that home care does not mean home bound.
2. An effective plan to help one find the most appropriate links to the community and private resources, including home-delivered meals, transportation, and other services for the home bound or aging.
3. Patient advocacy services from inpatient admission through discharge when leaving a hospital or medical/nursing facility.

4. Referral services to appropriate care providers such as physicians, adult care programs, or rehabilitation centers.
5. Assistance in the selection of a senior care facility or in the actual move.
6. Evaluation of services within the home, assisted living facility, or nursing home for appropriateness and quality.
7. Transportation and accompaniment on medical appointments/health visits to assure follow through and communication to family members, as appropriate.
8. Assistance with the organization of bills and arrangements for bill paying services.

Guardianship Services

Intervention Associates is available to serve as Guardian of Person and/or of the Estate in certain situations where a client’s ability to function and communicate is significantly impaired and there is no one else to serve in this capacity.

Bill Paying Services

Caring Friends Home Care staff is available to provide assistance with bill paying. Social work assistants do home visits and engage clients in the normal activity of sorting mail and determining how best to pay their regular bills. Bill-paying options include either on-site assistance or an online bill paying service. Clients can maintain involvement in this process.

531 Plymouth Road, Suite 500
 Plymouth Meeting, PA 19462
 215-628-8964
 Website: www.interventionassociates.org

Kendal Kendal is a system of not-for-profit, charitable organizations located in six states. Kendal affiliates include continuing care and residential living communities, and in-home care coordination. Kendal Outreach provides education and advocacy on aging issues. Kendal Charitable Funds supports the system with raising, managing and distributing charitable donations for mission purposes. Centered in values that are based on the principles of the Religious Society of Friends, Kendal is committed to working with older people and others in the broader community to create conditions that foster independence, well-being, security, and fulfillment in later years.

1107 E. Baltimore Pike
 Kennett Square, PA 19348
 610-335-1200
 Website: www.kendal.org

Barclay Friends
 Coniston & Cartmel
 Kendal at Hanover
 Kendal at Home
 Kendal at Ithaca
 Kendal Northern Ohio

Lathrop Communities
 Collington
 Kendal at Granville
 Kendal at Hudson
 Kendal at Lexington
 Kendal-Crosslands Communities
 The Admiral at the Lake

Barclay Friends Located in a residential area, this established organization is a state-of-the-art facility with two dining areas and several gardens supported by a horticultural therapy program. Residents in the Cotter nursing facility enjoy spacious private and semi-private rooms with views of courtyards or the surrounding neighborhood. Services include rehabilitation, long-term care, hospice, and respite care. Woolman, the residential and assisted living community, provides residents with private studios or larger units that include kitchenettes. Respite care is provided as space is available. Barclay Friends is Medicare and Medicaid certified.

700 North Franklin Street
West Chester, PA 19380
610-696-5211
Website: www.bf.kendal.org

Chandler Hall Situated in suburban Bucks County in Newtown, Pennsylvania, Chandler Hall provides a wide range of health and wellness services for the aging, including assisted living, nursing care, home health, hospice, adult day programs, geriatric assessment, and case management. Through the on-site primary care Wellness Center, Chandler Hall also provides geriatric health care to people in the wider community. The community includes specialized Alzheimer's care, an aquatics program and features an inter-generational program in conjunction with an on-site child development program.

99 Barclay Street
Newtown, PA 18940
215-860-4000
Website: www.ch.kendal.org

Collington Collington had its start with a gift of 125 acres in Prince George's County, Maryland, through the Episcopal Diocese of Washington, D.C. Construction began in 1986, and the community opened in 1988, located between Washington and Annapolis. Collington consists of 361 independent living residences, including cluster cottages, and a three-story apartment building. The Community's health and wellness center provides 65 accommodations licensed for assisted living and 44 licensed for skilled nursing care. It features restaurant-style dining with an open grill showcasing chef specialties, an auditorium, a fitness and therapy center, an interfaith chapel, two miles of wooded and lakeside paths and an indoor swimming pool. A resident described Collington as a community of active, vital, and engaged people who are first and foremost "searchers, people who live into life." Collington became a Kendal Affiliate in June 2011.

Collington
10450 Lottsford Road
Mitchellville, MD 20721
800-540-1709
www.collington.kendal.org

Kendal at Granville Kendal at Granville, a Continuing Care Retirement Community located in Central Ohio, opened in April, 2005 and recently received a five-year accreditation from CARF-CCAC. Built on 88 acres of rolling farmland with wooded hillsides and a pond, the community consists of 110 residences (apartments, cottages and villas), and a health center with assisted living and skilled nursing care. The “village” design makes Kendal at Granville an inviting place for friends to meet and gather. The community center includes an indoor pool, fitness center, library, wood working shop, art studio, and other amenities. Located one mile from the historical Village of Granville and Denison University, Kendal at Granville residents take full advantage of the rich cultural and intellectual activities the college provides. Kendal at Granville is about 25 minutes from Columbus, its cultural attributes, and the airport.

2158 Columbus Road
Granville, OH 43023
740-321-0400
Website: www.kag.kendal.org

Kendal at Hanover Kendal at Hanover is set on a 64-acre campus in the heart of New Hampshire’s beautiful Upper Valley region. It includes 250 apartments and a health center with 56 licensed and Medicare-certified nursing beds and 40 licensed assisted living beds. Kendal is bordered by the Connecticut River on the west and a wooded area on the north. It is also in proximity to Dartmouth College with its stimulating mix of academic and cultural opportunities, and Dartmouth-Hitchcock Medical Center. Kendal at Hanover features a health and a wellness area with exercise facilities and an indoor swimming pool, an employee child care center, and adult day services. The attractively landscaped campus, including native flora and a rose garden, offers a variety of leisure activities, including a shuffleboard court and walking areas.

80 Lyme Road
Hanover, NH 03755
603-643-8900
Website: www.kah.kendal.org

Kendal at Ithaca Kendal at Ithaca welcomed its first residents in 1995 after pioneering the establishment of CCRCs in New York State. Situated on 103 acres with meadows, woods and streams, the community has two hundred and thirteen cottages and apartments. Paved and natural walking paths, tennis courts, a putting green and dog play-yard provide outdoor recreation. The community center houses a large library, pool, fitness areas, computer and craft rooms, closed circuit television station, and a woodworking shop. Kendal at Ithaca has a culture of participation. A wide array of activities exists, all planned and carried out by the residents through a strong Residents’ Association. Residents serve on the board of trustees and comprise the Residents’ Council. A

resident care clinic, home care services, an adult home, and skilled nursing facility provide health care for residents. Cornell University and Ithaca College offer many of the cultural advantages of a large city amid the pleasures and easy access inherent in small town living. The Finger Lakes area of New York State has spectacular lakes and gorges, world-recognized wineries, charming local and organic farms and farmers markets, many types of outdoor exploration and enjoyment set in an area brimming with interesting history.

2230 North Triphammer Road
Ithaca, NY 14850
607-266-5310
Website: www.kai.kendal.org

Kendal at Lexington Opened in 2000, Kendal at Lexington is nestled on 85 acres near historic Lexington, Virginia. Located between the Blue Ridge and Allegheny Mountains at the southern tip of the beautiful Shenandoah Valley, Lexington is also home to Washington and Lee University and the Virginia Military Institute. Residents of this CCRC take full advantage of the educational and cultural events afforded by these two institutions, by auditing classes, attending academic and athletic events, or organizing their own on-site “Kendal College”. The community offers 23 types of residential settings in cottages and 3-story apartment buildings, as well as assisted living suites. The Benjamin Borden Health Center provides skilled and long term nursing services. Residents maintain active lives, keeping fit with local walking trails, the nearby Appalachian Trail or fitness center with indoor pool.

160 Kendal Drive
Lexington, VA 24450
540-463-1910
Website: www.kalex.kendal.org

Kendal Northern Ohio Serving over 300 residents from 32 states, Kendal at Oberlin has a 107-acre campus that is three city blocks from the center of Oberlin. There is an enriching lifestyle and an active resident association with over 80 committees. The association annually reports more than 40,000 volunteer hours benefiting more than 80 non-profit organizations. Kendal offers a full continuum with independent living for older adults, assisted living and nursing care. Oberlin, with its College and Conservatory of Music, is a unique combination of culture and small town ambiance. Residents find cultural enrichment in a serene rural setting, educational opportunities to exercise the mind, excellence in health care, experience in providing services for older adults, and value and security in predictable fees and conservative financial management. As needs may change, the Stephens Care Center provides both assisted living and skilled nursing care. Cleveland offers metropolitan resources and entertainment and is less than an hour away with an international airport within a 25 minute drive.

600 Kendal Drive
Oberlin, OH 44074-1900
440-775-0094
Website: www.kao.kendal.org

Kendal at Home Serving northeast Ohio, Kendal at Home offers the first home based continuing care program in Ohio. Kendal at Home offers healthy and independent older adults who have planned for their retirement a unique opportunity to address some of their greatest concerns for their future. For those who want to remain in their own home but are concerned about what the future may hold in terms of their health and well being there is little they can do to assure that they will be able to afford the care they need and that they will be able to find that care without becoming a burden to their loved ones. Kendal at Home offers a comprehensive package of high quality long term care services including home care, assisted living and nursing home care while at the same time providing members with financial protection for a life time! Kendal at Home Members are able to maintain their independence and quality of life and at the same time know that services will be available as soon as they need them for as long as they need them. Membership benefits also assure individuals of a personal relationship with program professionals who will assist with all their health care needs as they may emerge.

26040 Detroit Road, Suite 1
Westlake, OH 44145
440-835-8681
Website: www.kahome.org

Kendal on Hudson Opened in May of 2005, Kendal on Hudson is situated on 22 acres overlooking the Hudson River in Sleepy Hollow, Westchester County, NY. About 25 miles north of Manhattan, the community has spectacular views and the feel of a riverside village. The newest Kendal community offers river view dining, pool and fitness center, and extensive walking trails in Rockwood Hall State Park adjacent to the property. The Kendal environment is one in which each resident may strive to experience his or her full potential. Kendal on Hudson supports and encourages residents to build a stimulating community where life-long learning and social opportunities are fostered.

1010 Kendal Way
Sleepy Hollow, NY 10591
914-922-1000
Website: www.kohud.kendal.org

Kendal-Crosslands Communities These communities offer a spectrum of retirement choices, from full services with lifetime health care at Kendal at Longwood and Crosslands, to residential living with maintenance and housekeeping services at Coniston and Cartmel. The four related communities are united by a common spirit of vitality. This spirit is the legacy of a group of Friends who, more than 30 years ago, founded an organization dedicated to a better way of life for older people. Together, the communities serve more than 950 people and are located on over 400 acres in the heart of the Brandywine Valley in historic Chester County. Special features include: indoor/outdoor swimming pools, over 3 miles of hiking trails, tennis court, computer centers, libraries, extensive craft areas and an on-site child day care and a new wellness center at Kendal at Longwood featuring indoor lap and warm water therapy pool and state of the art fitness equipment

PO Box 100
Kennett Square, PA 19348
610-388-1441; toll free: 800-216-1920
Fax: 610 388-5503
Website: www.kcc.kendal.org

The Admiral at the Lake The Admiral at the Lake is a not-for-profit continuing care retirement community located along the lake in Chicago, on the corner of Foster Avenue and Marine Drive. It includes 200 independent living apartments, 39 assisted living apartments, 17 memory support suites and 36 private skilled nursing rooms. The Admiral is Chicago's oldest senior living organization having served local seniors for 154 years. The redeveloped campus opened in the summer of 2012 and features over 26,000 square feet of amenities including several roof top terraces, aquatic center, dining venues, movie theater, and much more. Many of the apartments and new community spaces boast panoramic views of the Chicago skyline and unobstructed views of Lake Michigan. A life care community, The Admiral at the Lake enables independent living residents to access assisted living and skilled nursing services at a reduced rate as well as ensuring that they always have a place at The Admiral, even if they outlive their assets.

1055 West Bryn Mawr Avenue, Suite 7
Chicago, IL 60660
773-433-1800
Website: www.admiral.kendal.org

The Lathrop Communities The Lathrop Communities are nestled in the heart of the Pioneer Valley of Western Massachusetts and are just minutes from downtown Northampton. This five college community offers easy access to arts, culture, education, travel, shopping, and medical facilities. Lathrop Northampton opened in 1988 with 79 independent living cottages and a central Meeting House. Lathrop Easthampton opened in 1997 with 44 independent living cottages. In 2006, 17 additional cottages were built on the Easthampton campus so that there are currently 61 cottages in that community. Both campuses have

three floor plans to choose from. The Inn on the Easthampton campus opened in 1998 with 59 apartments and six floor plans to choose from. Services at the Inn include: the main meal of the day, a café for lunch, transportation, 24-hour security, a wellness center directed by a nurse practitioner, a fee for service home health aide program, and weekly housekeeping. Services available to the cottage residents on a fee for service basis include housekeeping, full course meal delivery and home health aides. Both campuses are surrounded with acres of forests and fields preserved in all their natural beauty; walking paths wind throughout. Lathrop offers an exceptional social calendar which takes advantage of the numerous events of the Pioneer Valley and beyond. Outings are scheduled to museums, symphonies, theater, dance, and educational venues.

100 Bassett Brook Drive
Easthampton, MA 01027
413-586-0006
Website: www.lathrop.org

Medford Leas This continuing care retirement community offers a distinctive blend of the convenience and accessibility of suburban living with the unique aesthetic of an arboretum and nature preserve, thus continuing the long tradition of Quaker interest in plants and nature and their restorative qualities. Located in southern New Jersey, Medford Leas offers a wide range of housing options and service packages on its two campuses. Residential units on the 168-acre Medford campus feature clustered garden-style apartments surrounding central landscaped courtyards; clustered patio homes and townhouses; and single-family homes. The Medford campus also includes dining areas, recreational/cultural facilities, and outpatient health services. Just five miles away, the 89-acre **Lumberton** campus features clustered townhouses. Amenity highlights include walking/biking trails, tennis courts, indoor and outdoor swimming pools, fitness centers, computer center, and greenhouses. Ideally located for those wanting to visit Philadelphia (18 miles to Center City), New Jersey shore points, Princeton, and New York City (60-90 minute drives).

Route 70
Medford, NJ 08055
609-654-3000; toll free: 800-331-4302
Website: www.medfordleas.org

Pennswood Village Opened in 1980, Pennswood Village is tucked onto an 82-acre site in historic Bucks County encompassing meadows, woodlands, streams, walking paths, and native flora and fauna. A wide range of activities and events are planned and coordinated by residents of this CCRC, including concerts, day trips, lectures, and college courses taught in our classrooms. Close links to George School and Newtown Friends School provide opportunities for residents to get involved on these adjacent campuses. The Passmore Center offers residents a full range of exercise and fitness programs, from warm water exercise or cool water lap swimming in the two pools, to use of state-of-the-art cardio and resistance training equipment under the guidance of certified instructors. The values articulated by Pennswood Village's founding Board

continues to lead it to a practice of inclusion -- welcoming women and men of all races, colors, religions, national origins, and sexual orientation.

1382 Newtown-Langhorne Road
Newtown, PA 18940
215-504-1122; toll free: 888-454-1122
Website: www.pennswood.org

Rowntree Gardens
Compassionate care for all life's seasons.

Founded in 1965, Rowntree Gardens is one of Southern California's only licensed, not-for-profit, faith-based Continuing Care Retirement Communities (CCRC). As a CCRC, we offer a full array of integrated onsite services, amenities and expertise that meet the changing needs of people as they age. This continuum of care means that our community members receive the complete and compassionate care they need to enjoy a high quality of life within the community they call home.

With an average staff tenure of 13 years, every staff member at Rowntree Gardens is devoted to the physical, emotional and spiritual well being of our community members. Featuring comfortable apartment living, onsite beauty salons, a library, fireside lounge areas, and lovely garden paths, Rowntree Gardens provides all the comforts and conveniences of home within a close-knit community. Here, in our beautiful park-like setting, community members form lifelong friendships, participate in a wide range of enriching activities, enjoy chef-prepared meals in restaurant-style dining rooms, and have access to rehabilitation services, expert memory care and five-star Medicare-certified skilled nursing services — all within one welcoming setting that encourages people to thrive. In every season of life.

12151 Dale Street
Stanton, CA 90680
714-971-6833
Website: www.rowntreegardens.org

Quaker Heights Care Community Quaker Heights Care Community is located in Waynesville, Ohio, a charming and historic village of 2,500 people, known as the "Antique Capital of the Midwest". The location offers the peace and tranquility of a small town, while it is easily accessible from both the Dayton and Cincinnati areas. Quaker Heights features a modern, 98 bed Nursing Home which was newly renovated in 2003 providing skilled nursing services, memory care and respite stays plus restorative care. In 2003 Quaker Heights Care Community introduced Assisted Living, with 30 new studio and one bedroom apartments.

514 West High Street
Waynesville, OH 45068
Phone: 513-897-6050
Website: www.quakerheights.org

***The Guide to FSA Member Organizations
is a publication of
FRIENDS SERVICES FOR THE AGING***

FSA is an association of Quaker organizations providing services to older adults. It was founded in 1991 to facilitate cooperation among these independent programs and to enhance the quality of their services. Its information and referral services are available to all, regardless of religious affiliation or geographic location.

670 Sentry Parkway, Suite 120
Blue Bell, PA 19422-2325
215 646-0720
Email: info@fsainfo.org

Visit our Website at www.fsainfo.org