

Informal Summary of Values Discussion on Friday, May 19, 2023

Introduction: Review and Process

This was the 5th session on values during 2022-23. We see it as part of a continuing conversation, not a “culmination.” Some residents have told me “Enough already about this values stuff” and others have told me that we haven’t begun the “real” conversation yet but just warmed up.

The Halloran satisfaction survey completed in the fall of 2022 identified values and practices important to the overall health of our community. We focused our session on **Connection** and **Fulfillment** since a theme for the year has been to help residents reconnect.

After a review of the earlier values-based sessions this year (panel on why people chose Kendal, 2 story exchanges, and a leadership panel of administrators and residents), we worked in small groups to discuss ways to move forward. We discussed what was working, what we could do as individuals and what we need from the community to have more sense of connection and fulfillment. The notes below are taken from a combination of individual post-it notes and group notes and will, we hope, inspire individuals to take actions and committees and KRA board to make plans.

What’s working

- People are mostly supportive of each other. People are welcoming, friendliness, everyone says hello. Friendly residents and staff
- We are well cared for, physically taken care of.
- High level of resident participation in activities and committees, constructive engagement
- Sense of ownership – “So much is run by us.”
- There’s lots to do even if one doesn’t participate.
- Friday chats
- Birthday nights which get together people who don’t normally get together
- Dining with other residents
- Using the website
- Unplanned spontaneous conversations in the hallways, locker rooms, pool, etc.
- Auditorium programs, concerts, and movies
- Zoom opportunities
- Woods volunteer group
- Health classes
- Meal opportunities every night; theme tables some nights (women’s table, story tables, adventure table), host table every night
- Pools and exercise (group and individual) opportunities
- My cottage
- Work that many staff and resident volunteers do so that those with more health challenges can still be involved
- The idea of neighborhoods helps to counteract isolation, loneliness
- Long personal history (2nd generation at Kendal)
- Walking our dogs

What I can do as an individual

- Accept the things I cannot change
- Introduce friends to other friends
- Ask someone you don't know to join you for dinner once a month or more
- Help independent living neighbors who need help getting to dinner or lunch in the dining room but aren't ready to move to Cumberland; perhaps transportation to dinner
- Value differences. Value novelty.
- Try activities to meet people with common interests
- Encourage others to get involved, remembering that some prefer quieter life here
- Encourage more personal expression
- Encourage friends and neighbors to look at the web site regularly. Help those for whom it's hard
- Appreciate that caring for the ill is a great strength of Kendal
- Appreciate publicly, vocally or otherwise, our staff and administration and all the resident volunteers in KRA and other committees who make the place work
- Welcome new neighbors

What community can do

- Plan a committee fair (KRA) with all committees and activities involved
- Clearer information about how to get involved in committees
- Hold introductory session in clay studio, wood shop, weaving studio, photography workshop for those who might be interested; chances to try things out
- Show appreciation of our beautiful campus with more walks, community gardening, meeting others outdoors.
- Use our outdoors in more ways to promote fulfillment and connection
- More and stronger connections to administration
- Continue the Friday lounge chats
- Plan get-togethers for people in various neighborhoods because neighborhoods are a step toward community, small to large
- Organize parties or socials
- Special focus on helping single people get together
- Use the website to facilitate get-togethers
- PBS news group watch revived followed by wine. Needs to be advertised
- Help new residents get involved in activities and committees
- Make sure there are different ways to join tables at meals (seating in café and dining room), such as lottery system for seating, more theme tables, match old and new residents
- Have a buddy system for everyone, not just new residents
- Integration of singles and couples
- Promote use of patio and new café area as way to get together casually
- Meet and greet gatherings
- Consider new interest groups such as group on depression
- Support the networks that exist
- Opportunities to reflect on the founding values in today's world
- Regular field trips to special places
- Have more discussions like this; keep talking.