

Appendix C

Exp	Pre Q1	Post Q1	Cont	Pre Q1	Post Q1	Exp	Pre Q2	Post Q2	Cont	Pre Q2	Post Q2	Exp	Pre Q3	Post Q3	Cont	Pre Q3	Post Q3	Exp	Pre Q4	Post Q4	Cont	Pre Q4	Post Q4	Exp	Pre Q5	Post Q5	Cont	Pre Q5	Post Q5	Exp	
A	2	4A	3	3A	2	3A	2	3A	2	3A	2	3A	2	4A	3	4A	2	3A	2	3A	2	3A	2	3A	2	3A	2	3A	2	3A	
B	4	4B	2	3B	2	4B	3	4B	3	4B	2	5B	2	3B	2	4B	3	4B	2	4B	3	4B	2	3B	2	4B	3	4B	2	3B	
C	3	4C	2	3C	1	4C	2	4C	3	4C	2	5C	2	3C	2	4C	3	4C	2	4C	3	4C	2	3C	2	4C	3	4C	2	3C	
D	3	4D	3	4D	2	4D	3	4D	3	4D	3	5D	2	3D	3	4D	2	4D	3	4D	2	3D	2	3D	2	4D	3	4D	2	3D	
E	3	4E	3	3E	2	3E	3	4E	3	4E	3	3E	3	4E	3	4E	3	4E	3	4E	3	4E	2	3E	2	3E	2	3E	2	3E	
F	3	4F	4	4F	3	4F	2	3F	4	4F	3	5F	3	4F	2	3F	3	4F	2	3F	3	4F	3	4F	3	4F	3	4F	3	4F	
G	3	3G	2	3G	3	3G	2	4G	2	3G	3	4G	3	4G	3	4G	2	3G	3	4G	2	3G	3	4G	2	3G	3	4G	2	3G	
H	3	4H	2	3H	1	3H	3	4H	4	4H	3	5H	3	3H	3	3H	3	4H	3	4H	3	4H	3	4H	3	4H	3	4H	3	4H	
I	3	4I	2	3I	3	2I	4	3I	4	3I	4	3I	3	4I	2	2I	3	3I	3	3I	3	3I	3	3I	3	3I	3	3I	3	3I	
J	4	3J	2	3J	3	4J	3	5J	2	4J	3	5J	3	3J	2	3J	2	3J	2	3J	3	3J	3	3J	3	3J	3	3J	3	3J	
Mean	3.10	3.80		2.30	3.10	Mean	2.20	3.40		2.70	3.80	Mean	3.00	3.60	Mean	2.8	4.6	Mean	2.60	3.20	Mean	2.40	3.30	Mean	2.70	3.50	Mean	2.50	2.60	Mean	
Exp	Pre Q1	Post Q1	Cont	Pre Q1	Post Q1	Exp	Pre Q2	Post Q2	Cont	Pre Q2	Post Q2	Exp	Pre Q3	Post Q3	Cont	Pre Q3	Post Q3	Exp	Pre Q4	Post Q4	Cont	Pre Q4	Post Q4	Exp	Pre Q5	Post Q5	Cont	Pre Q5	Post Q5	Exp	
Mean	3.00	3.80		2.80	3.40	Mean	1.72	2.24		1.97	2.68	Mean	2.70	2.46	Mean	2.08	3.16	Mean	1.96	2.32	Mean	1.74	2.15	Mean	1.97	2.45	Mean	1.85	1.66	Mean	
Q1 - I felt my participation in the planning was valued.																															
Q2 - The events were well planned due to resident input.																															
Q3 - The event was better organized due to resident input.																															
Q4 - There was greater interest by residents in the planned activities.																															
Q5 - My involvement improved the planning of the activity.																															
Q6 - I would invite other residents to participate in the planning process.																															
Q7 - I would recommend this community to friends.																															
Q8 - I would invite family members to attend planned activities.																															
Q9 - I will continue to participate in the planning portion of the community events.																															
Q10 - I was satisfied with my overall experience during this study.																															

4. There was greater interest by residents in the planned activities.

Strongly Agree Agree Disagree Strongly Disagree

5. My involvement improved the planning of the activity.

Strongly Agree Agree Disagree Strongly Disagree

6. I would invite other residents to participate in the planning process.

Strongly Agree Agree Disagree Strongly Disagree

7. I would recommend this community to friends.

Strongly Agree Agree Disagree Strongly Disagree

8. I would invite Family members to attend planned activities.

Strongly Agree Agree Disagree Strongly Disagree

9. I will continue to participate in the planning portion of the community events.

Strongly Agree Agree Disagree Strongly Disagree

10. I was satisfied with my overall experience during this study.

Strongly Agree Agree Disagree Strongly Disagree

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residents of Orchard Park to engage with each other and leverage their combined social capital for the good of their community at home, and in their local community as well. The final recommendation of this researcher would be the adoption of a Blue Ribbon Panel corporate wide. The benefits of resident retention and resident recruitment are evident in this study.

Recommendations

The literature discussed in this study showed that seniors are benefitted by activity and social interaction in a senior living environment. The study results clearly showed a desire to participate and have an active voice in the planning of activities that impacted their community. The study also demonstrated a desire to invite other to participate in the activities which they had helped plan. The research showed a decline in social capital in the U.S. due to the isolationist tendencies of our senior population.

The contrary is demonstrated in the survey results which show a strong desire to rebuild social capital and create a neighborhood like environment with in their communities when given the opportunity. It is the recommendation of this researcher to continue allowing the residents of senior living communities the opportunities to participate and plan critical social activities with in their communities. It is also the recommendation of this researcher to have the management team of Orchard Park create a Blue Ribbon Panel of resident to organize a committee that promotes and creates more opportunities for the

Conclusions

According to the data that was founded through surveys, research, and event attendance at Orchard Park, it's clear that Residents of an Independent Living community who participate in the summer activity planning process for the community had a higher rate of participation in planned activities than those residents who do not participate in the summer activity planning process. Residents of an Independent Living community who planed and promoted their own activities resulted in higher FFR's than residents who do not have the opportunity to plan and promote their own activities.

Residents who had participated in the planning and promoting of their own activities had responded that their input in the planning process was valued. Therefore the hypothesis is validated, and the Null Hypothesis rejected. The data collected supported the researcher's assumption that resident participation would have increased overall resident morale, attendance to events, and the likelihood that the residents would have invited their friends and family members to activities at Orchard Park.

The research study shows ample evidence that residents who are allowed to having frequent contact in a large social network and receiving greater emotional support from those relationships was associated with better performance on a test of general cognitive functioning (Bielak, 2009).

Residents of Orchard Park who participated in the planning process of the activities being created for them were much happier and socially engaged when they were allowed to have had direct input in their enrichment.

The results of the data taken by the pre-and post-survey given to the participants of the study demonstrated conclusively that their participation made a dramatic impact in their willingness to attend, promote, and encourage other members of the community to be involved in activities. The research also showed that residents were more likely to encourage others to join in the planning and execution of events at Orchard Park if they felt that their participation and ideas had value.

engagement and interaction between residents. Research has shown that a non-sedentary lifestyle was critical to the long-term overall health and well-being of our nation's senior population. Research was also shown that being actively engaged mentally and physically helped improve cognitive function in senior adults. The researcher had begun to notice a disconnect between the intent of the activities program at Orchard Park and the real world results of the activities programming which had amounted to low resident morale and meager attendance relating the activities which were supposed to be a benefit to the residents.

Through this researchers study it was determined that the missing component in a successful activities program at a senior independent living community was direct input by the residents in the activities in which they had been invited to attend and support. In an effort to improve the social quality of life for its residents Orchard Park through its activity program inadvertently missed the mark of enriching its residents by not allowing them to decide how they would had liked to be enriched.

CHAPTER 5

Summary, Conclusions and Recommendations

Introduction

This chapter has been organized around the following topic: (a) introduction, (b) summary, (c) conclusions, (d) recommendations. The purpose and nature of the research Project and concern are paraphrased here.

Summary

This research project was conducted to determine if resident participation in the planning process of activities in Orchard Park would translate into increased attendance, resident satisfaction, and likelihood of those residents inviting their friends and family to attend the events that they had helped plan and execute. The design of Orchard Park was structured in such a way that residents are to be minimally impacted by the day to day behind-the-scenes activities that make the community function within design parameters.

In an effort to enhance the quality of life of the residents of Orchard Park preplanned activities were executed on the property in an effort to enhance social

participants of the study showed significant increase in their survey scores between the pre-survey questions and post-survey questions. Members of the experiment group reported they felt that their opinions were valued, and their contributions to be planning and execution of events in Orchard Park had an impact on the overall attendance of the planned activities. The mean score of the experiment group to the question “I felt my participation in the planning was valued” moved from a mean score of 3.0 to a mean of 3.8 which showed the researcher his hypothesis was initially correct.

Discussion

The study resulted in findings that were consistent with the expectations of the author. The hypothesis of the study was to show that residents who participated in the planning process of the activities of Orchard Park would be more likely to attend the planned activities and invite friends and families as well. The other hypothesis that was supported was that residents who participated in the study would show an increase in their willingness to invite others of the community to attend the events and that their opinion being valued would show a measurable increase based on the data analysis of the survey given by the researcher. The T-test results did show a significant growth in resident participation in planned activities in Orchard Park.

Summary

This chapter was designed to analyze the data and identify the findings. From the data, the hypothesis was supported and the Null Hypothesis was rejected. The

Findings

Figure 1 revealed that the residents felt like their participation in the planning process was valued which had supported the researcher's hypothesis. The graph reveals a favorable increase from a mean of 3.0 to a mean of 3.80.

Figure 8 revealed that the residents would likely recommend the activities they helped plan and organize to their friends and families. This finding was significant because it substantiates the increase in attendance at planned activities at Orchard Park significantly over the same recorded time a year prior.

The researcher's results showed a t-value of 2.89 with a degrees of freedom of 4 which exceeded the required t-value necessary to show significance. Attendance data was collected from 2014 and 2015 during the periods of June, July, and August. Between the survey results and the attendance data the hypothesis of this researcher was supported and the null hypothesis was able to be rejected.

To the Question “I would invite Family members to attend planned activities” the experimental group response to the pre survey mean was 1.89 while the post response mean was 2.24. The control group response to the pre survey mean was 1.97 while the post survey mean was 2.78

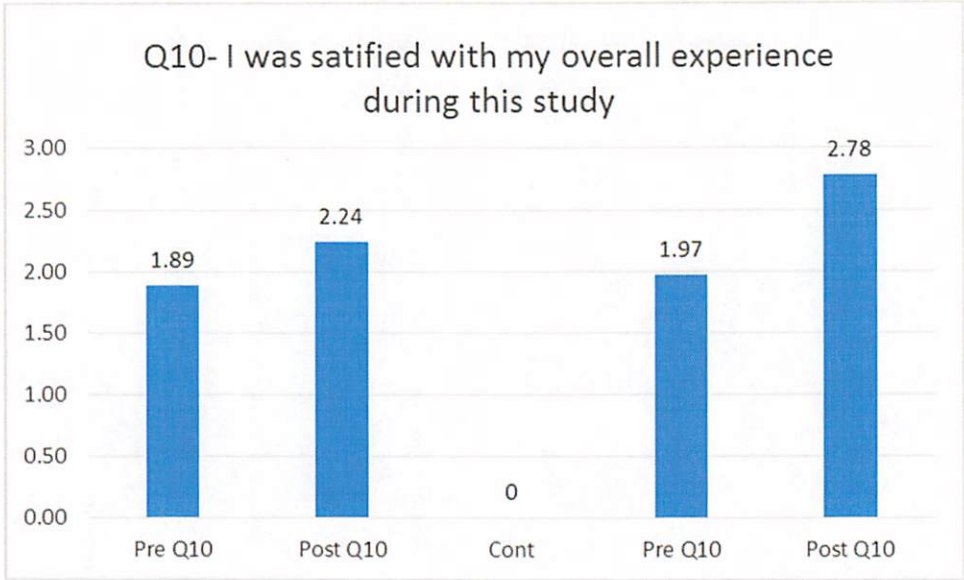


Figure 10

To the Question “I would invite Family members to attend planned activities” the experimental group response to the pre survey mean was 1.89 while the post response mean was 2.44. The control group response to the pre survey mean was 1.98 while the post survey mean was 2.78

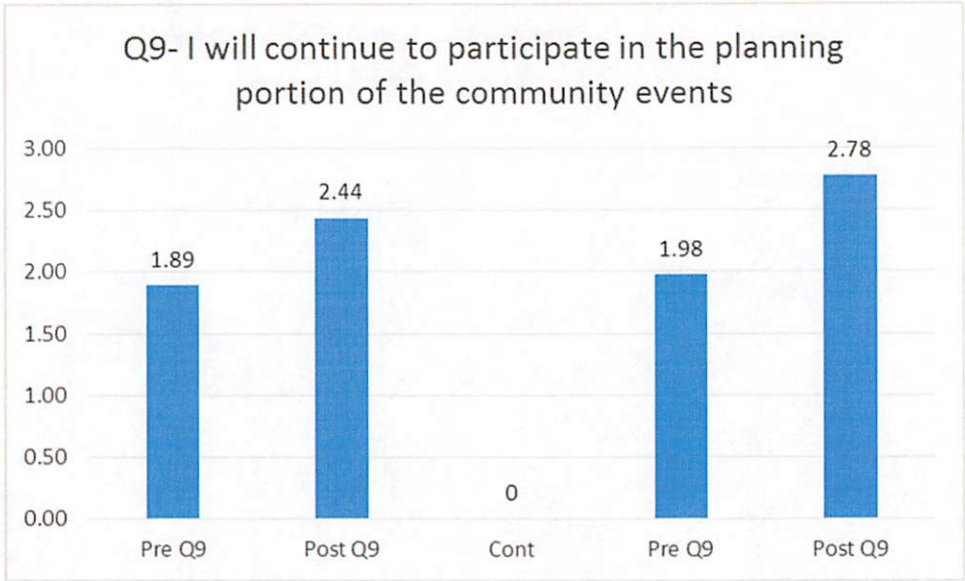


Figure 9

To the Question “I would invite Family members to attend planned activities” the experimental group response to the pre survey mean was 1.87 while the post response mean was 2.18. The control group response to the pre survey mean was 1.98 while the post survey mean was 2.78

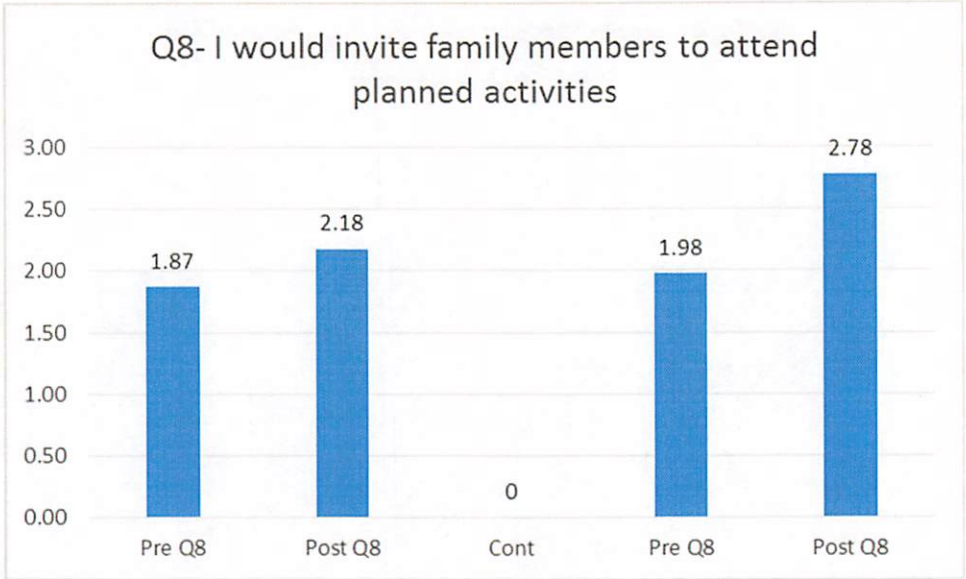


Figure 8

To the Question “I would recommend this community to friends” the experimental group response to the pre survey mean was 1.87 while the post response mean was 2.10. The control group response to the pre survey mean was 1.98 while the post survey mean was 2.78

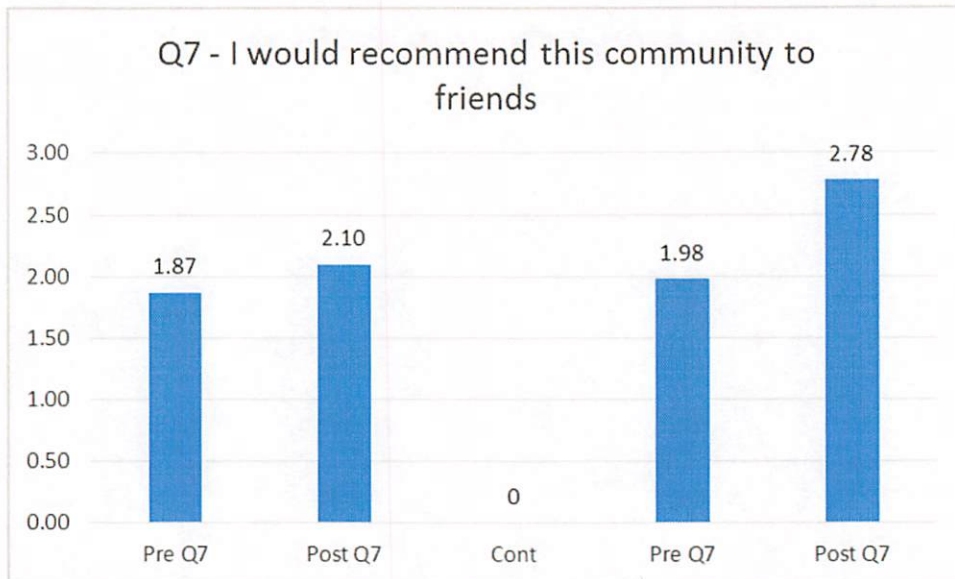


Figure 7

To the Question “I would invite other residents to participate in the planning process” the experimental group response to the pre survey mean was 1.44 while the post response mean was 1.75. The control group response to the pre survey mean was 2.09 while the post survey mean was 2.78

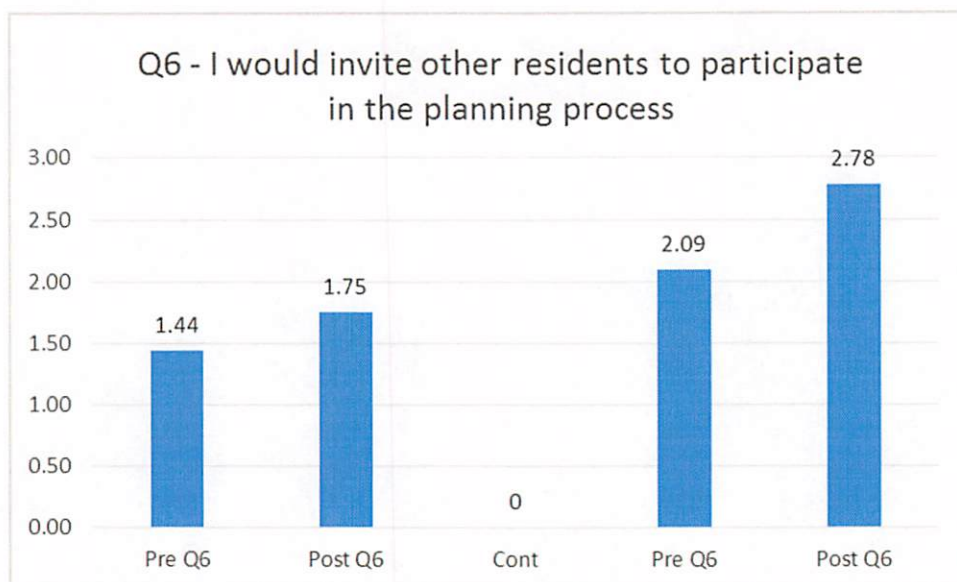


Figure 6

To the Question “ My involvement improved the planning of the activity” the experimental group response to the pre survey mean was 1.97 while the post response mean was 2.45. The control group response to the pre survey mean was 1.85 while the post survey mean was 1.66

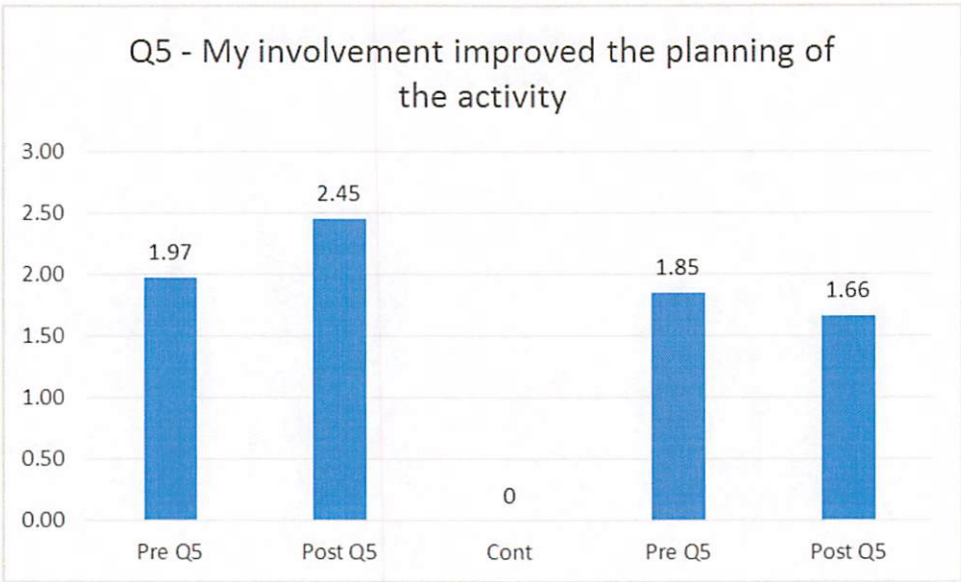


Figure 5

To the Question “There was greater interest by residents in the planned activities” the experimental group response to the pre survey mean was 1.96 while the post response mean was 2.32. The control group response to the pre survey mean was 1.74 while the post survey mean was 2.13

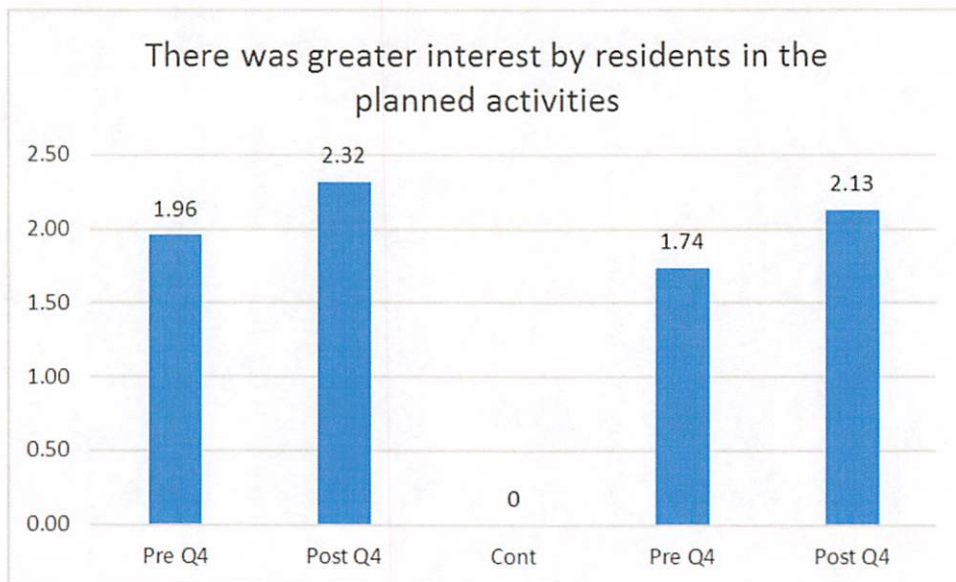


Figure 4

To the Question “I felt my participation in the planning was valued” the experimental group response to the pre survey mean was 3.0 while the post response mean was 3.80. The control group response to the pre survey mean was 2.80 while the post survey mean was 3.40

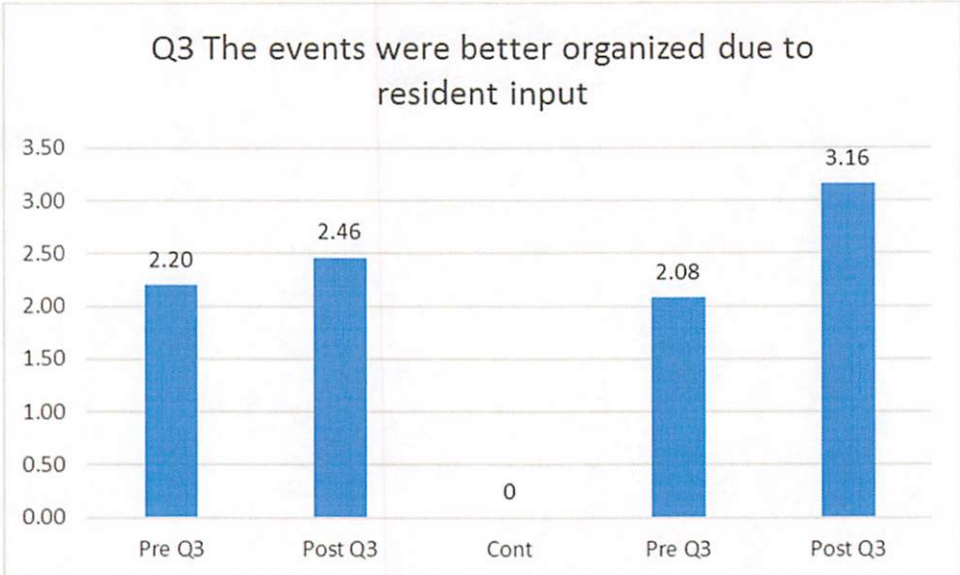


Figure 3

To the Question “The events were well planned due to resident input” the experimental group response to the pre survey mean was 1.72 while the post response mean was 2.24. The control group response to the pre survey mean was 1.97 while the post survey mean was 2.68

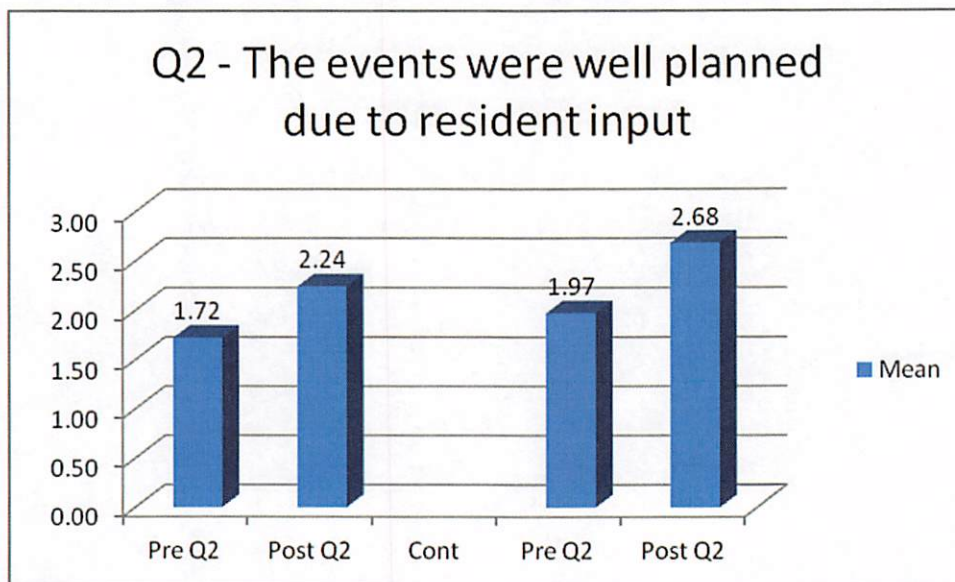


Figure 2

To the Question “I felt my participation in the planning was valued” the experimental group response to the pre survey mean was 3.0 while the post response mean was 3.80. The control group response to the pre survey mean was 2.80 while the post survey mean was

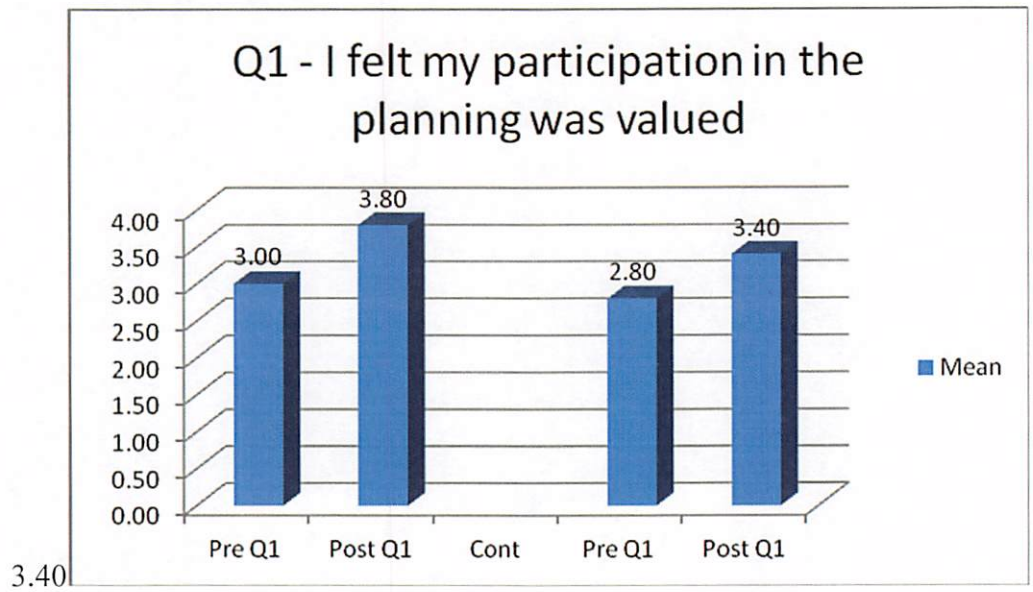


Figure 1

have a higher rate of participation in planned activities than those residents who do not participate in the Summer activity planning process. Therefore the researcher was able to support the hypothesis of Residents of an Independent Living community who participate in the summer activity planning process for the community will have a higher rate of participation in planned activities than those residents who do not participate in the Summer activity planning process.

A survey was conducted to determine the responses to the hypothesis “Residents who participated in the planning and promoting of their own activities will respond on a survey that their input in the planning process was valued”. Respondents reported on a scale of 4 to 1 with 4 meaning they strongly agreed, 3 meaning they agreed, 2 meaning they disagreed and 1 meaning they strongly disagreed.

FFR's than residents who do not have the opportunity to plan and promote their own activities. Residents who participated in the planning and promoting of their own activities will not respond that their input in the planning process was valued.

Results of the Study

The research utilized an independent t-Test to determine significance at $p=.05$. Results of the t-test with the sum of scores for group X was 3 with a Mean of 158.33. The results for group Y were 3 scores with a mean of 98.33. The t-Test value obtained was 2.89 which a degrees of freedom of 4. To show significance at $p=.05$, a t-Value of 2.7764 was required. The researcher's results showed a t-value of 2.89 with a degrees of freedom of 4 which exceeded the required t-value necessary to show significance. As a result the researcher was able to reject the null hypothesis of Residents of an Independent Living community who participate in the summer activity planning process for the community will not

Hypothesis

Residents of an Independent Living community who participate in the summer activity planning process for the community will have a higher rate of participation in planned activities than those residents who do not participate in the summer activity planning process. Residents of an Independent Living community who plan and promote their own activities will result in higher FFR's than residents who do not have the opportunity to plan and promote their own activities. Residents who participated in the planning and promoting of their own activities will respond that their input in the planning process was valued.

Null Hypothesis

Residents of an Independent Living community who participate in the summer activity planning process for the community will not have a higher rate of participation in planned activities than those residents who do not participate in the summer activity planning process. Residents of an Independent Living community who plan and promote their own activities will not result in higher

CHAPTER 4

Analysis of the Data

Introduction

Chapter 4 has been organized around the following topics: (a) description of environment, (b) hypothesis, (c) results of the study, (d) findings, and (e) summary.

Description of the Environment

This project was delimited to the residents of Orchard Park in Yakima WA, and their friends and families. This project had taken place at Orchard Park Retirement Community in Yakima WA during the months of June- August of 2015. The participant pool was open to only current residents of Orchard Park. There were twenty participants which consisted of exclusively Orchard Park residents. The group consisted of eleven women and nine men. Orchard Park is part of Holiday Retirement. Holiday Retirement was the largest single provider of independent living with a resident capacity of 40,440 at 315 retirement communities throughout the U.S. and Canada.

planned activity events at Orchard Park. The Microsoft Excel program was used to determine the mean, mode, t-score, and create graphs of the study survey results gathered by the researcher. The researcher used StatPak to determine significance of the study using a t-test.

Summary

This chapter was designed to review the methodology and treatment of data related to the pre-survey, and post-survey questionnaire which had been given to the experiment and control group by this researcher during the study. The analysis of data and findings from this study are reported in Chapter 4

design, execution, and recruitment of other community members and friends to attend the event. The meeting notes and tasks assignments were recorded in the meeting minutes to be compiled for the new meeting notes and agenda for the next meeting. This format continued for the duration of the study.

During the study the researcher collected the data from the attendance sign in sheets from each activity to measure against the baseline data collected from the same time during the prior year. The information was collected and entered into an Excel data spreadsheet. The researcher met with the control group at the beginning of the study and had them take a predetermined 10 question survey regarding resident sentiment about the activities at Orchard Park. At the end of the study researcher administered a post- test consisting of the same ten survey questions to both the experiment and control group to measure for a change in the data.

Treatment of Data

The data collected from the pre-and post-tests of the experiment and control group were analyzed. The post-test was analyzed against the pre-test to measure if the study had a positive or negative impact on the resident participation in the

enrichment coordinator passed around a sign-up sheet to the general population of residents at Orchard Park asking for volunteers to help complete the study being held to determine if resident participation in the planned activities at Orchard Park would increase resident satisfaction, and attendance. Public announcements and individual recruitment efforts were also effective in gaining the necessary participant numbers to create an effective study. The sign-up sheets were collected the names on the sheet were notified that there would be a pre-study meeting to be held to inform the residents about the participation expectations of the study. The remaining interested residents were divided into two groups one being the experiment and the other was the control group.

The researcher and the experiment group met weekly at Orchard Park in Yakima Washington and discussed upcoming community activities which had been prepared by the Holiday Retirement corporate enrichment team. The meeting was held at the same time and in the same place every week with 100% attendance throughout the study by each member of the experimental group. Members of the experiment group were given an agenda of preselected activities for the upcoming month, and were encouraged to participate in the planning,

Design

The twenty Orchard Park resident volunteers who were selected to participate in the study were divided into two groups. One group of ten became the control group, and the other group of ten were the experimental group for the purpose of the study conducted. The researcher had prepared a survey that had been administered at the beginning of the study to both groups, and again at the end of the study. The study has been designed to measure if resident's responses to the survey questions which show an increase towards a positive result would increase between the pre-and posttest which have been administered. The survey showed that the residents of Orchard Park felt that their participation, and opinions in the planning process of activities Orchard Park were validated.

Procedure

Prior to the study the researcher enlisted the help of the enrichment coordinator at Orchard Park to determine if there were residents willing to participate in the study being conducted by the researcher. The researcher and the

and a t-test. The results of the t-test were then compared to distribution on a t-table to ascertain if the treatment did provide a significant change in survey responses about resident participation in planned activities.

Participants

The participant pool was open to only current residents of Orchard Park. There were twenty participants which consisted of exclusively Orchard Park residents. The group consisted of eleven women and nine men. The participant's ages were not recorded. To be a resident of Orchard Park a person must have been at least Fifty-five at the time of the study. The researcher estimates the average age of participants in the study to have been 82

Instruments

Program materials consisted of a beginning, and an end of project survey, incidental meeting materials, meeting space provided by Orchard Park. Meeting agendas, calendars, and note taking materials were provided as well. Computer equipment, spreadsheet software, and copy machine services were used. Stat Pak was the statistical calculator used to determine significance of the data results. Refreshments were provided at each meeting as well.

own activities. Also if Residents who had participated in the planning and promoting of their own activities would respond that their input in the planning process was valued. The researcher conducted meetings which were held once a week during the summer months of 2015 (June, July, August) of the project with announcements of the meeting times with announcements of the meeting times and place prior to the actual meeting. A ten question pretest was administered to the participants at the beginning of the study to determine a baseline for the study. A post test was administered to the study participants at the conclusion of the study to measure changes in responses of participants to determine if there were significant changes in the responses of the participants. The researcher also collected attendance numbers of planned activities from the summer months of 2014 to establish a baseline of participation of planned activities. The researcher also recorded the number of residents and guests who attended planned activities at Orchard Park during the summer of 2015. The results were entered into an Excel spreadsheet. Graphs were created to represent the results of the pre and post test question results of the experiment and control groups of the study participants. The collected data was entered into a statistical calculator (Stat Pak)

CHAPTER 3

Methodology and Treatment of the Data

Introduction

This chapter has been organized around the following topics: (a) Methodology, (b) Participants, (c) Instruments, (d) Design, (e) Procedure, (f) Treatment of the Data, (g) Summary

Methodology

The researcher had chosen to do an action research project. The researcher was given permission to conduct this study by Cindy Koenig lead manager of Orchard Park Retirement in Yakima WA. The researcher sought to determine if Residents of an Independent Living community who participated in the summer activity planning process for the community would have had a higher rate of participation in planned activities than those residents who do not participate in the summer activity planning process. Also if Residents of an Independent Living community who planed and promoted their own activities would result in higher FFR's than residents who do not have the opportunity to plan and promote their

opportunities in retirement communities in the areas of resident involvement and planning.

ship care'' (Lee A. Lindquist, 2004) was proposed. Traveling alongside traditional tourists, groups of seniors would live on cruise ships for extended periods of time. Cruise ships were similar to assisted living centers in the amenities provided, costs per month, and many other areas. This article had begun with an examination of the needs of seniors in assisted living facilities and then explored the feasibility of cruise ship care in answering those needs. Similarities between cruise ship travel and assisted living care, as well as the monetary costs of both options, were defined.

As the explosion of the senior population had begun to be felt many studies were conducted to measure the impact that seniors would have in the areas of housing, medical sciences, urban development, and the economic reality this generation of seniors had presented. While all of these studies were focused on individual areas of concern none of the research combined the planning, and development of retirement communities with the other critical components such as active aging, resident participation in the development of retirement communities, social capital, and the benefits to potential formally isolated seniors in retirement communities. This researcher had seen the need for further

dementia. “Positive effects of physical activity on such persons had been reported, not only on physical functions but also on cognitive functions, behavior, sleep, and mood” (Eggermont and Scherder, 2006). Thus, regular physical activity may have been a valuable method for improved the health of people with AD.

As the U.S. population aged, accompanied by a rise in the prevalence of seniors living alone, the availability of social capital within communities had become an important ingredient of successful aging. Recent evidence suggested that many traditional forms of social capital were in the decline. If this observation were correct, there was no simple solution to rebuilding this lost social capital. In the United States, the proportion of persons who lived alone had increased dramatically in the past four decades. According to the Census Bureau, the total number of Americans who lived alone rose from 10.9 million in 1970 to 24.9 million by 1996 (Smith, 2001)

Options for elderly patients who can no longer remain independent are limited. Most choices involved assisted living facilities, 24-hour caregivers, or nursing homes. State and federal assistance for payment for individual care was limited, and seniors usually payed for most costs out of pocket. For those patients who had the means to afford assisted living centers or nursing homes, “cruise

community infrastructure, services, and micro-urban governance" (Webster C, 2002). The concept held broad appeal to the U.S. Public, especially among older people. In one survey, 42% of people older than 55 years of age had favorably rated properties with gates and security (P, 1993). These communities were almost unknown in the 1970s, but by 1997 they had housed up to 9 million residents in approximately 20,000 communities (Blakely E, 1997).

The 'use it or lose it'(Bielak,2009) hypothesis of cognitive aging had predicted that engagement in intellectual, social, and physical activities offered protective benefits from age-related cognitive decline and had lowered dementia risk. Although this hypothesis had not yet been supported conclusively, there were some empirical evidence in favor of the proposal. The expected relationship between activity and cognition offered an optimistic picture of aging by suggesting that older adults had some control over changes in their cognitive ability. It was perhaps for this reason and the ensuing potential significance of this hypothesis in the lives of older adults that a large body of research already existed in this area.

In the general population health had be promoted by regular physical activities. It had been proposed that this was also true for persons with cognitive impairments or

environment. This study also highlighted the benefits of social capital and alternative retirement community models had impacted the senior population in the United States and abroad. The methodology and treatment of the data are reported in Chapter 3.

Independent senior living communities are also popular among snowbird seniors who wish to downsize or travel freely without the burden of managing a home. Many retirement communities offered dining services, basic housekeeping and laundry services, transportation to appointments and errands, activities, social programs, and access to exercise equipment. Some also offered emergency alert systems, live-in managers, and amenities like pools, spas, clubhouses, and on-site beauty and barber salons.

“In the United States, gated and guarded communities had proliferated rapidly” (Harris JC, 1999). These privately managed residential arrangements, which originated with retirement communities in southern Florida and California, are surrounded by walls that contain "entire neighborhoods, comprising homes,

assisted living centers and were more worthwhile. Proposed ways that cruise ship companies could further accommodate the needs of seniors interested in this option are were also suggested. Implementation for cruise ship care on the individual basis was also presented. Ultimately, it was desired to introduce a feasible and possibly more desirable option to seniors who could no longer remained independent

However, assisted living remained financially inaccessible for a large segment of the U.S. population, so investment in communities "aging in place" (Lee A. Lindquist, 2004) may be the key to delivering the health dividends of social capital.

Summary

The focus of this chapter was to address the available evidence to the topics of (a) Private Independent Living Communities, (b) Benefit to seniors from Activities, (c) Social Capital, (d) Alternative Retirement Community Models, (e) Summary. The purpose of the summary was to highlight how private independent living communities had benefited the senior population in the United States, and how seniors had benefited from activities in the independent living community

Options for elderly patients who could no longer remain independent are limited. Most choices involved assisted living facilities, 24-hour caregivers, or nursing homes. State and federal assistance for payment for individual care was limited, and seniors usually payed for most costs out of pocket. For those patients who had the means to afford assisted living centers or nursing homes, “cruise ship care” (Lee A. Lindquist, 2004) was proposed. Traveling alongside traditional tourists, groups of seniors would live on cruise ships for extended periods of time. Cruise ships are similar to assisted living centers in the amenities provided, costs per month, and many other areas.

This article began with an examination of the needs of seniors in assisted living facilities and then explored the feasibility of cruise ship care in answering those needs. Similarities between cruise ship travel and assisted living care, as well as the monetary costs of both options, were defined. A decision tree with selections for non-independent care for seniors was created including cruise ship care as an alternative. Using a Markov model over 20 years, a representative cost-effectiveness analysis was performed that showed cruises were priced similarly to

bedroom, living rooms, and kitchens-small lounge areas were made available to serve small-scale interactions between immediate neighbors. Shared spaces for all residents were also built, including a greenhouse, coffee shop, dining area, and kitchen.

However, as in the case of nursing homes, U.S. zoning regulations often resulted in the geographical isolation of assisted-living facilities, thereby thwarting the goal of community integration. In addition, because of the lack of federal regulation, assisted-living options may have been ill equipped to provide skilled-nursing services for the most dependent citizens.

The most promising models of assisted living had attempted to integrate these facilities with their surrounding communities. Regnier V. offered several such models from northern Europe, where senior residences coexist in neighborhoods with schools, community centers, businesses and retail shops, and parks. Instead of removing elders from vital community hubs, these homes were centered in the community, and contributed to areas dense with social activity. "These models, designed to structurally facilitate continued social involvement by elders, provided a sharp contrast to the geographic and social isolation that often accompanied moves to assisted living facilities out of the community mainstream in the United States" (Regnier, 1999).

skilled nursing facilities. These new residential options may have presaged a rehabilitation of the stereotype of the nursing home as a "total institution," with potentially beneficial effects on residents' autonomy and health outcomes.

A major goal of assisted-living developments, which were home to between 600, 000 and 1 million (mostly middle- and upper-income) U.S. elderly persons, was to shift from an institutional, medically based housing model to a residential, therapeutic one. While the definitions and classifications for assisted living varied, in general these developments provide independent, residential living with some personal and health-related assistance.

Designed especially for elderly individuals who might have been socially isolated, these facilities attempted to create a community with both mental and physical stimulation. The facilities had been "designed to foster social interaction and social connections" (Yatabe, 2009). In an assisted-living facility in northeast Illinois, for example, the developers applied a home/household/neighborhood/village structure to promote a communal atmosphere. Rather than maintaining the traditional model with many apartments and a central dining area, wings of the home were designed to serve as "neighborhoods" with units facing an internal "street." Activity centers with a bathing room, craft room, and other areas flanked the "street" to offer opportunities for spontaneous social interaction. For every 4 to 6 apartments- each with its own

had limited opportunity for social engagement within their homes. Novel forms of senior housing, such as planned care developments and assisted-living facilities, may have offered promising modes of delivery of social capital to the aging population. However, assisted living remained financially inaccessible for a large segment of the U.S. population, so investment in communities "aging in place" (Regnier, 1999) may be the key to delivering the health dividends of social capital. Social capital was an important ingredient for successful aging. The elderly are represented on both the supply and demand sides of social capital within the community. Social capital—at least in the form of civic engagement, neighborliness, and generalized trust had to be incorporated into retirement community to fortify against the generalized decline in social capital in the U.S.

Alternative retirement community models

Studied had remarked on a shift in the nursing home market toward models which had promoted more successful aging. This shift was represented by the increasing presence of "vertically integrated" (Kawachi I, 2000) housing options. Such communities linked nursing homes to a continuum of retirement apartments, intermediate care, and

social capital enables older citizens to maintain productive, independent, and fulfilling lives. As the U.S. population aged, accompanied by a rise in the prevalence of seniors who lived alone, the availability of social capital within communities had become an important ingredient of successful aging. Recent evidence suggested that many traditional forms of social capital were in the decline. If this observation were correct, there was no simple solution to rebuilding this lost social capital. In the United States, the proportion of persons who lived alone had increased dramatically in the past four decades. According to the Census Bureau, the total number of Americans who lived alone rose from 10.9 million in 1970 to 24.9 million by 1996 (Smith, 2001)

Approximately 1 of every 3 noninstitutionalized seniors now lived alone (Smith, 2001). For these 10 million older Americans, living alone increased vulnerability to a variety of threats to successful aging, including social isolation, financial insecurity, lack of stimulating interactions, and loss of mobility and transportation. Access to social capital within the broader community, derived through norms of mutual assistance between neighbors and the involvement of local groups, had become important for this large group of elderly persons who

In the general population health had been promoted by regular physical activities. It had been proposed that this was also true for persons with cognitive impairments or dementia. “Positive effects of physical activity on such persons had been reported, not only on physical functions but also on cognitive functions, behavior, sleep, and mood” (Eggermont and Scherder, 2006). Thus, regular physical activity might be a valuable method for improving the health of people with AD.

It was important to consider the positive effects of physical activities in dementia in relation to the impact of AD on the afflicted person’s ability and potential to engage in such activities. It may have been necessary for “persons with AD in early stages to have had personal support to maintain a physically active lifestyle” (Burns et al, 2008). This means that the “responsibility for taking the initiative to engage in regular physical activities may rested on significant others, with a risk of increasing their burden of care” (Gruffydd and Randle, 2006).

Social Capital

Social capital was defined as the resources available to individuals and groups through social connections and social relations with others. Access to

The 'use it or lose it'(Bielak,2009) hypothesis of cognitive aging had predicted that engagement in intellectual, social, and physical activities had offered protective benefits from age-related cognitive decline and had lowered dementia risk. Although this hypothesis had not yet been supported conclusively, there were some empirical evidence in favor of the proposal.

The expected relationship between activity and cognition offered an optimistic picture of aging by suggesting that older adults had some control over changes in their cognitive ability. It was perhaps for that reason and the ensuing potential significance of this hypothesis in the lives of older adults that a large body of research already existed in this area. For example, several cross-sectional studies had found the expected relationship between activity participation and *differences* in cognitive ability among older adults. Higher levels of participation in activities such as reading the newspaper had predicted stronger memory, fluid, and crystallized cognitive abilities. Having frequent contact in a large social network and having received greater emotional support from those relationships was associated with better performance on a test of general cognitive functioning. Further, increased participation in activities such as bowling or cycling was associated with higher cognitive performance, and greater frequency of sweat-inducing physical activity was associated with faster response times and better response accuracy on tasks requiring greater executive control.

(Webster C, 2002) . Gated communities were marketed as locations of "security, neighborliness, social peers, social and age similarity, friendship ties, social networking, common values, group participation, and a sense of belonging" (Townsend, 2002). Such marketing had been called the "commodification of community" (C., 1977). In other words, gated communities seemingly had promise to recreate the social cohesion and social capital that had eroded elsewhere in U.S. society.

Benefit to Sr. citizens from activities

Since an overwhelming body of evidence had suggested that a loss of muscle strength and function observed with advancing age was reversible even in the frail elderly, it might reasonably be assumed that such a reversal might well be facilitated by a comprehensively structured solution involving task-specific exercise interventions, possibly combined with adequate nutritional supplementation. Provided its overall effectiveness had been proved beyond reasonable doubt, it might consequently become instrumental in appreciably aiding improvement of individual activity level and significantly enhancing individual functional capacity. Furthermore, it might by the same token dramatically "reduced the growing dependence of the elderly on outside assistance in their activities of daily living", (Clark WA, 1991) while effectively promoting greater self-reliance, and last but not least significantly boosted up their self-confidence.

Independent senior living residents were permitted to use third-party home health care services to meet additional needs. “The total operational resident capacity for independent senior living communities in the United States was 245,000” (phrhs.com, 2015). “Holiday Retirement was the largest single provider of independent living with a resident capacity of 40,440” (Martin, 2012) at 315 retirement communities throughout the U.S. and Canada.

“In the United States, gated and guarded communities had proliferated rapidly” (Harris JC, 1999). These privately managed residential arrangements, which had originated with retirement communities in southern Florida and California, are surrounded by walls that contain "entire neighborhoods, comprising homes, community infrastructure, services, and micro-urban governance" (Webster C, 2002). The concept held broad appeal to the U.S. Public, especially among older people. In one survey, 42% of people older than 55 years of age had favorably rated properties with gates and security (P, 1993). These communities were almost unknown in the 1970s, but by 1997 they had housed up to 9 million residents in approximately 20 000 communities (Blakely E, 1997).

The “Community Association Institute estimated that approximately 50% of all new homes in major metropolitan areas were within private community associations”

Independent senior living communities were also popular among snowbird seniors who wished to downsize or to have traveled freely without the burden of managing a home.

Many retirement communities offered dining services, basic housekeeping and laundry services, transportation to appointments and errands, activities, social programs, and had access to exercise equipment. Some also had offered emergency alert systems, live-in managers, and amenities like pools, spas, clubhouses, and on-site beauty and barber salons.

“Independent senior living properties do not provide health care or assistance with activities of daily living (ADLs) such as medication, bathing, eating, dressing, toileting and more”(Cinelli D, 2000). Independent senior living differed from continuing care communities, which had offered independent living along with multiple other levels of care, such as assisted living and skilled nursing, in one single residence.

CHAPTER 2

Review of Selected Literature

Introduction

This chapter has been organized around the following topics: (a) Private Independent living communities, (b) Benefit to Sr. citizens from activities, (c) Social Capital, (d) Alternative retirement community models, and (e) summary.

Private Independent living communities

Independent senior living communities, also known as retirement communities, senior living communities or independent retirement communities, are housing designed for seniors 55 and older. Independent senior living communities commonly provide apartments, but some also offered cottages, condominiums, and single-family homes. “Residents are seniors who had not require assistance with daily activities or 24/7 skilled nursing but would have benefited from convenient services, senior-friendly surroundings, and increased social opportunities that independent senior living communities had offered”. (Kawachi (Martin, 2012), 2000)

Acronym

Resident. A person who resides in a place.

IL. Independent Living

EC. Enrichment Coordinator.

CSL. Community Sales Leader.

CMT. Community Management Team.

OP. Orchard Park

FFR. Friends and Family Referrals

Definition of Terms

Independent Living. A living arrangement for disabled people and others with special needs, usually in their own home, affording them as much independence and autonomy as possible.

Retirement Community. A retirement community was a housing complex designed for older adults who are generally able to care for themselves; however, assistance from home care agencies was allowed in some communities, and activities and socialization opportunities are often provided.

Resident. A typical independent senior living community resident is a person 55 and older who was mentally and physically capable of living alone without skilled nursing or assistance with day-to-day activities. Some residents may need assistance with a few activities of daily living and can obtain third-party home health care services. Seniors who may benefit from less home upkeep and increased access to nutritious meals, social interaction, physical and mental stimulation, and transportation make ideal independent senior living community residents.

2. Informed and invited residents to participate in the planning stages of promoted activities.
3. Created an experiment and a control group
4. Created a meeting format that was consistent for each meeting.
5. Held weekly planning meetings.
6. Established a budget for each event
7. Ensured the meetings were held at the same time, and on the same day of the week when possible, and at the same location in the building.
8. Developed a ten question survey which was administered to residents of both groups at the beginning to create a baseline, and end of the study to finalize the resident portion of the study.
9. Documented attendance and participation at the planning meetings.
10. Documented attendance and participation at the events and compared against 2014 attendance to create a base line
11. Compiled relevant documentation
12. Assigned the Enrichment Coordinator to keep the minutes of the meetings.

participation in planned activities than those residents who do not participate in the summer activity planning process. Residents of an Independent Living community who plan and promote their own activities will result in higher FFR's than residents who do not have the opportunity to plan and promote their own activities. Residents who participated in the planning and promoting of their own activities will respond that their input in the planning process was valued. The positive results of the study would be increased attendance at promoted activities, increased FFR's, and an overall improved community attitude towards planned events at Orchard Park

The negative would be a decrease in attendance at promoted activities, a decrease in FFR's, and a neutral or negative attitude towards planned events at Orchard Park.

Procedure

For the purpose of this project, the following procedures were implemented:

1. Obtained permission and approvals from the management at the corporate office of Holiday Retirement located in Lake Oswego Oregon.

in the planning and promoting of their own activities will respond on a survey that their input in the planning process was valued.

Null Hypothesis

Residents of an Independent Living community who participate in the summer activity planning process for the community will NOT have a higher rate of participation in planned activities than those residents who do not participate in the summer activity planning process. Residents of an Independent Living community who plan and promote their own activities will report on a survey that they more likely will have more FFR's than residents who do not have the opportunity to plan and promote their own activities. Residents who participated in the planning and promoting of their own activities will respond on a survey that their input in the planning process was valued.

Significance of the Project

The purpose of this project was to provide a factual base of information regarding Residents of an Independent Living community who participate in the summer activity planning process for the community would have a higher rate of

promoted activities at Orchard Park. The author also assumed that given the opportunity to participate in this project that he would have had the participation of a certain percentage of the resident population of Orchard Park. Assumptions were also made that the residents would also invite their friends and families from outside the community to attend events that they had participated in the planning of. The author also assumed a willingness of the residents to complete the pre and post study surveys administered by this researcher.

Hypothesis

Residents of an Independent Living community who participate in the summer activity planning process for the community will have a higher rate of participation in planned activities than those residents who do not participate in the summer activity planning process. Residents of an Independent Living community who plan and promote their own activities will report on a survey that they more likely will have more FFR's than residents who do not have the opportunity to plan and promote their own activities. Residents who participated

Residents, staff, and researcher were present at meetings. Meeting agendas, calendars, and note taking materials were provided. Planning meetings were held once a week during the project with announcements of the meeting times and place prior to the actual meeting. The participant pool was open to only current residents of Orchard Park. There were twenty participants which consisted of exclusively Orchard Park residents. The group consisted of eleven women and nine men. Orchard Park is part of Holiday Retirement. Holiday Retirement was the largest single provider of independent living with a resident capacity of 40,440 at 315 retirement communities throughout the U.S. and Canada. It was expected that over the next ten years the need for communities like Orchard Park will increase dramatically as the Baby Boomer generation continues to age.

Assumptions

The author of this study had assumed that the residents of Orchard Park would had wanted to take an active role in the planning of the activities being provided at their place of residence. The author had also assumed that the lack of resident participation in prior planned activities stemmed from lack of interest or awareness, especially with no other competing activities planned during the

the community would have a higher rate of participation in planned activities than those residents who do not participate in the summer activity planning process. Also if Residents of an Independent Living community who planed and promoted their own activities would result in higher FFR's than residents who do not have the oppportunity to plan and promote their own activities. Also if Residents who had participated in the planning and promoting of their own activities would respond that their input in the planning process was valued. The results of the study were shared with the Local and Regional management teams at Holiday Retirement

Delimitations

This project was delimited to the residents of Orchard Park in Yakima WA, and their friends and families. This project will take place at Orchard Park Retirement Community in Yakima WA during the months of June- August of 2015. Program materials consisted of a beginning, and an end of project survey, incidental meeting materials, meeting space provided by Orchard Park.

two key components had been found to be the primary reason for voluntary termination of the rental contract. The enrichment coordinator had observed that the residents who helped plan, and set up for events in the community consistently attended and participated in the activities they had planned and helped prepared. The focus of this study is to determine whether or not resident participation in the planning portion of activities would result in greater attendance and participation of the planned activities at Orchard Park. Resulting in an increase of perceived value in the activities, increased likelihood of greater attendance, and word of mouth for future planned activities.

Should it be found that resident participation in planned activities increases attendance and participation in the planned activities it would be a significant finding which would lead to changes in how activities would be planned company wide. The results would be shared with the community members and with the senior management team at Holiday Retirement.

Purpose of the Project

The purpose of this study was to determine if Residents of an Independent Living community who participated in the summer activity planning process for

any company maintained its current customers and grow new customers in this fiercely competitive environment? Holiday Retirement competed with a range of alternative choices to its business model, and had a growth model that was focused on retention, and recruitment to meet its company's financial goals. A percentage of any senior population within a given community had historically been very vocal and active in the governance and promotion of resident concerns and needs. This group of seniors is lifeblood of the community culture, and was the primary group this company had needed to win over to retain its resident population and tried to attract new residents through positive word of mouth from the very vocal resident ambassadors.

Statement of the Problem

The Enrichment Coordinator at Orchard Park reviewed resident participation of the activities which had transpired over the past year. It was found that the events that were planned with only regional and local management input were poorly attended and generally not supported by the residents at Orchard Park. Resident participation and overall resident satisfaction were two major contributing factors in the areas of resident retention and resident referrals. These

population. Healthcare in particular had largely advanced the expected lifespan of this generation. This population of people were healthier and had maintained active lifestyle longer than any other generation in history. Alternative care and senior living had become more than just a place to convalesce and eventually die, because the clientele had changed. Industries had begun to actively address the needs of this generation and had begun to offer vibrant choices to the people of that generation. The Independent Living communities specifically formatted for that specific generation had been created all over the country to offer choice and quality to those of that generation who had come to expect the quality and services they had come to know in their lifetime to have continued into the Independent living communities they had chosen for their retirement. With so many alternative choices and competition in the marketplace it had become a matter of survival to differentiate their brand, and continue to be ahead of the senior retirement market. The industry had to embrace innovation in all things. Part of the success, or failure of and good business was how well it had treated its customers and in turn their repeat business. Businesses also relied on positive word of mouth. Such was the same conditions in the IL environment. How had

CHAPTER 1

Introduction

Background for the Project

The United States population of people 65 and older presently stands at 38.9 million and was expected to nearly double to 70 million by 2030 (U.S. Census Bureau, 2010). As of 2030, one in every five U.S. residents will be over the age of 65, and one in three will be over the age of 50 (U.S. Census Bureau, 2010). With an exploding population of older adults will come increased needs for critical social, mental health, and healthcare services.

Aging and long term care was a burgeoning industry that catered to the aging baby boomer generation who had retired and needed a wide variety of services. There were many industries vying for their share of the financial windfall of the wealth generated by this generation. This generation had come to expect the best in education, science, healthcare, and especially personal services. As this generation aged their needs and expectations were changing and it was up to companies to position themselves in a way that met the needs of the aging boomer

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Seth Shea, Author
11/26/15, Date

ABSTRACT

Title

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Chair Advisory Committee: Robert P. Kraig, PhD.

This study was designed to determine if Residents of an Independent Living community who participated in the summer activity planning for the community would have a higher rate of participation in planned activities than those residents who do not participate in the summer activity planning. A survey was administered to residents of both groups at the beginning to create a baseline, and end of the study to finalize the data of the study. The study resulted in findings that were consistent with the expectations of the author. Residents of an Independent Living community who participated in the activity planning process for the community had a higher rate of participation than those residents who do not participate in the activity planning.

FACULTY APPROVAL

Benefits of Participation to seniors in the Independent Living Community

Environment

A Master's Special Project

by

Seth Shea

Approved for the Faculty

Robert P Kraig, Faculty Advisor

Dr. Robert P. Kraig

11/28/2015, Date

Benefits of Participation to seniors in the Independent Living Community

Environment

A Special Project

Presented to

Dr. Robert P. Kraig

Heritage University

In Partial Fulfillment

of the Requirements for the Degree of

Masters in Education Organizational Leadership

Seth Shea

11/23/15