



# Calling All Innovators - You are the Influencers of Change!

Jane Rohde, Live Together, Inc.

Nancy Giunta, Frostburg State University

Marvell Adams, Communities for Inclusion and Belonging, Inc.

# EFA Mobile App and Session Evaluations

## Mobile App -

If you have not done so already, please download the mobile app through your device's app store.

## Session Evaluations - Rate Sessions Through the Mobile App

Instructions:

1. Open and load mobile app
2. In the left sidebar, tap "Schedule"
3. Locate and select the session you are attending
4. After opening the individual session page, tap "Rate Session" at the bottom and fill out/submit the form to complete your session evaluation.

## Program Description

A social worker, an administrator, and an architect walk into a bar....so hopefully, we grabbed your attention! Collaboration is key to innovative change in environments for aging. You are influencers, identifiers of disparate parts, and the coalescers of connections among those parts leading toward a better future for living. We will share our journey supporting intergenerational care models and community to identify, verify, and provide components for successful aging. A universal, inclusive, and equitable approach to coordinated care supports multi-family housing projects and those aging at-home in community. Join us for an interdisciplinary conversation that focuses on thriving!

## Learning Objectives

1. Understand collaborative opportunities to create alternative intergenerational care models within communities.
2. Understand various components that can be considered for inclusion of an intergenerational community.
3. Understand that care delivery can support not only dedicated environments for aging, but also aging in place.
4. Understand your influence and potential to create alternative solutions for your projects and communities.



## Intergenerational Concept for Community Model

*Increasingly concerned about the impact of institutional care on elders, including the industry's failure to provide humane solutions during the pandemic, we believe the most effective care strategically groups residents with members of younger generations and deploys well-trained, well-paid care staff in an ecosystem of relationship and community. This unique solution will be the next generation of care-giving for improved quality of life.*



# Components of a Live Together® Community Model

**Informed by community – residents, families, workforce, local businesses, and available services.**

- **Engagement Center** – may include a dining venue, meeting and office, recreation, classroom and outdoor space - all integrated with technology.
- **Intergenerational and Inclusive Housing** – may include a variety of housing types, price points, and integrated with existing neighborhoods.
- **Extended Care** – may include services coming to an existing home, a small house (residential assisted living (RAL) or Greenhouse Project), outpatient services (PT/OT/ST), home healthcare, or other coordinated service.

**Grass Roots - Based on Desired Outcomes!**



LIVE TOGETHER®

INTERGENERATIONAL COMMUNITY

## Intergenerational Concept for Community Model

*Marvell Adams, Jr., Dr. Nancy Giunta, and Jane Rohde have been working together on inclusive, intergenerational, and equitable projects for the last two years - addressing needs in Western Maryland as the basis for the development of a Live Together demonstration project in the region. The goal is to create replicable, person-centered solutions that fill the gaps in service coordination, living wage, affordable housing, workforce development, equity, and inclusivity - while endorsing happiness!*

# Campobello – A Live Together Intergenerational Community





# LIVE TOGETHER<sup>®</sup>

INTERGENERATIONAL COMMUNITY

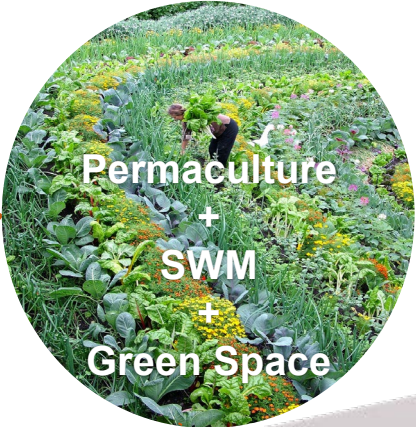


## PROPOSED – MIXED UNITS (100 UNITS)

- EXISTING RESIDENTIAL
- ALLEGANY TWO STORY UNIT
- ENGAGEMENT CENTER
- OUTDOOR COMMUNITY SPACES
- THE POTOMAC – SINGLE STORY
- THE ALLEGANY TWO STORY W/ GARAGE
- THE CUMBERLAND – SINGLE STORY

Campobello – A Live Together Intergenerational Community





## *Creating Equity in Aging*<sup>®</sup>

### Create Community

- Partnerships in developing communities of inclusion and belonging
- Eisner Foundation funded HBCU Intergenerational Housing Initiative
- Advisory services for providers on a journey of inclusion
- @HomeAnyWhere



# @HomeAnyWhere

## Membership Model

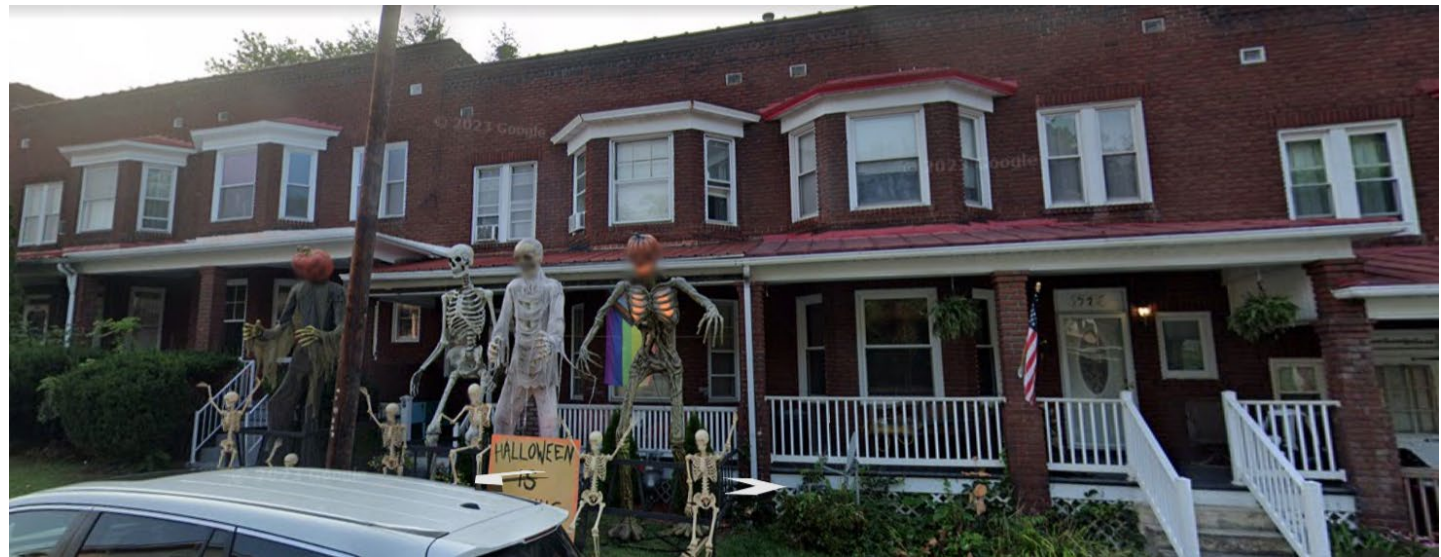
### Care Coordination

- Members live where and how they choose with supports and services that follow them anywhere with an @HomeAnyWhere membership.

### Consultation & Concierge Services

- Connect members with supports & services.

### Sliding Scale Financial Model





**The Allegany**



**The Potomac**



**The Cumberland**



**Engagement Center**



# Live Together<sup>®</sup> on Frostburg State University Campus

- Cambridge Existing Residence Hall
  - Relocation of the Social Work Department
    - Integrate into Campus for interdisciplinary and intergenerational opportunities
    - Practicum for Social Work, Physiology, and Nursing Students in the field of aging services
    - Provide Life Long Learning programming
  - Residences for Students and Families
  - Residences for Older Adults
  - Extended Care Pilot Program





Description	Qty	Sq Ftg	Total Sq Ftg	Operational Program Comments
<b>First Floor</b>				
<b><i>Social Work Department</i></b>				
Offices	5	120	600	Accommodate departmental staffing and privacy.
Private Meeting Space	3	100	300	1 on 1 meeting spaces.
Open Workspace	6	100	600	Accommodate 2 to 4 interns / adjunct / assistant space.
Conference Room	1	250	250	Accommodate 2 to 4 interns / adjunct / assistant space.
Copy / Printer / Office Supply / Storage Space or Room	1	120	120	Networked copier and printer
Student Study Library	1	500	500	Resources, computer spaces, small breakout areas.
Interdisciplinary Seminar Room w./ Furniture & Set-up Storage	1	950	950	Adjacent to Student Study Library, Open Kitchen Space, and Care & Services Coordination Satellite Office. Gathering space & flexible set-up.
Care & Services Coordination Satellite Office	1	500	500	Area Agency on Aging / Village to Village / @HomeAnyWhere
Open Kitchen / Social Space	1	300	300	Refrigerator, DW, Stove/Hood (residential), Sink, Water Filtration, Cabinets/Storage.
Lactation / Quiet Room	1	110	110	Refrigerator, comfortable recliner / seating, adjustable lighting, sink.
Restroom (1/2 Bath)	4	60	240	Gender neutral / fully accessible / Qty verified with occupancy / Storage
Restroom (Full Bath)	1	80	80	Include shower, toilet, and lavatory - fully accessible / Storage.
Total			4550	

# Programming Based on Live Together Model

- **Interdisciplinary Seminar Room** - Student interdisciplinary opportunities, Life Long Learning opportunities - potential partnering with Allegany College, and Workshops for community at-large activities integration into FSU intergenerational programming.
- **Care & Services Coordination Satellite Office** - Concepts include development of a FSU "211" Resource Coordination Hotline called "Bobcats - Dating with Vetted Services" - provision of vetted resources available. Evaluate modeling after existing CAPS - Student Counseling Center 24-hour hotline as example.
- **Residential Extended Care** - Goal is to provide a pilot "household" for care and training of interdisciplinary staff teams for older adults and vulnerable populations. Options could include Adult Foster Care model program, Residential Assisted Living, and Community Based services available from MDOA and AAA (Allegany County) coupled with housing resources. Could work with the Greenhouse Project as a brand name for an extended care household.



Live Together Model: Generating Intergenerational Vision

# The ACM Mind-Body Connection

## *Connecting Our Community To A Healthier Future*

Allegany College of Maryland has a longstanding partnership with the Washington, D.C. based Center for Mind-Body Medicine (CMBM). The Center is world renowned for their population-wide trauma relief program and over the past two years ACM and the Center have trained more than 135 local Mind-Body Skills Group facilitators. This now gives our community more trained facilitators per capita than anywhere IN THE WORLD!

## Questions?

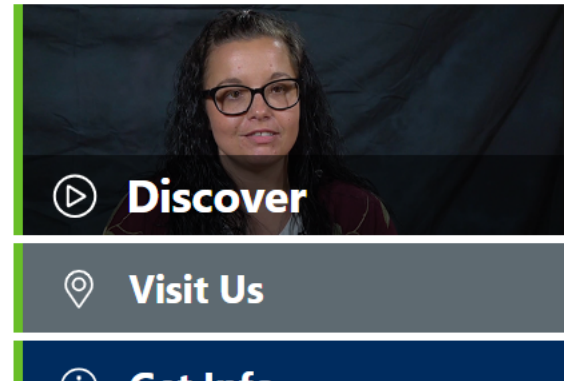
**Kathy Condor** 

Director, Health & Human Services, The  
Center for Continuing Education &  
Workforce Development  
301-784-5526

Location: CONTINUING EDUCATION CE 22

Mind-Body Skills are simple tools that mitigate the negative impacts of stress on your physical and emotional health. The Center's model of self-care and group support has been used successfully around the globe for more than three decades. ACM feels incredibly blessed to have this evidence-based resource available to our community during this time of unprecedented and unrelenting stress. We have also found that online delivery has NOT diminished the power of this model. Participants say Mind-Body Skills continue to help them manage stress and their emotions (as well a number of other areas of their lives) – long after they've finished the 8-week group.

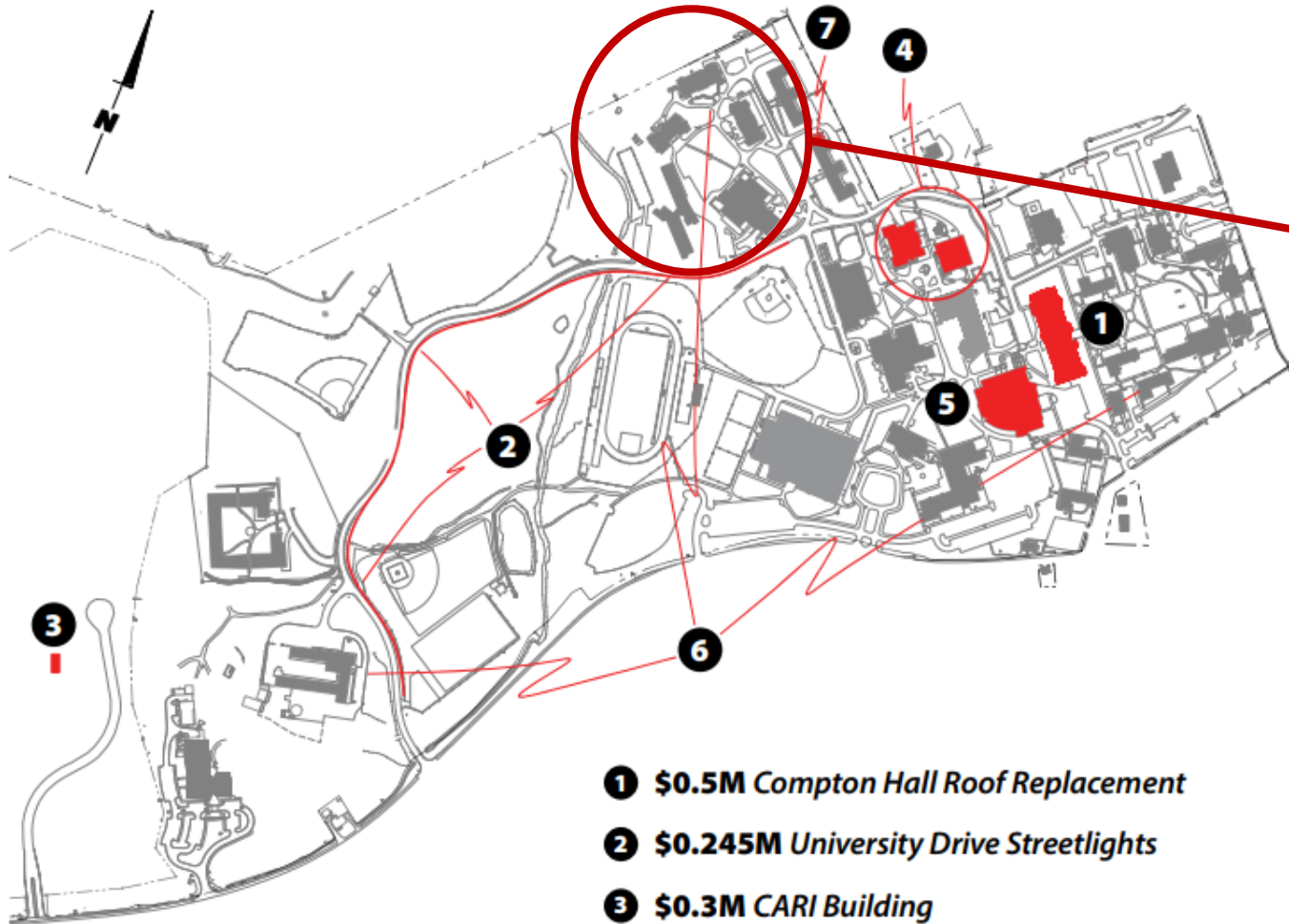
Mind-Body Skills continue to help me: (Check all that apply)



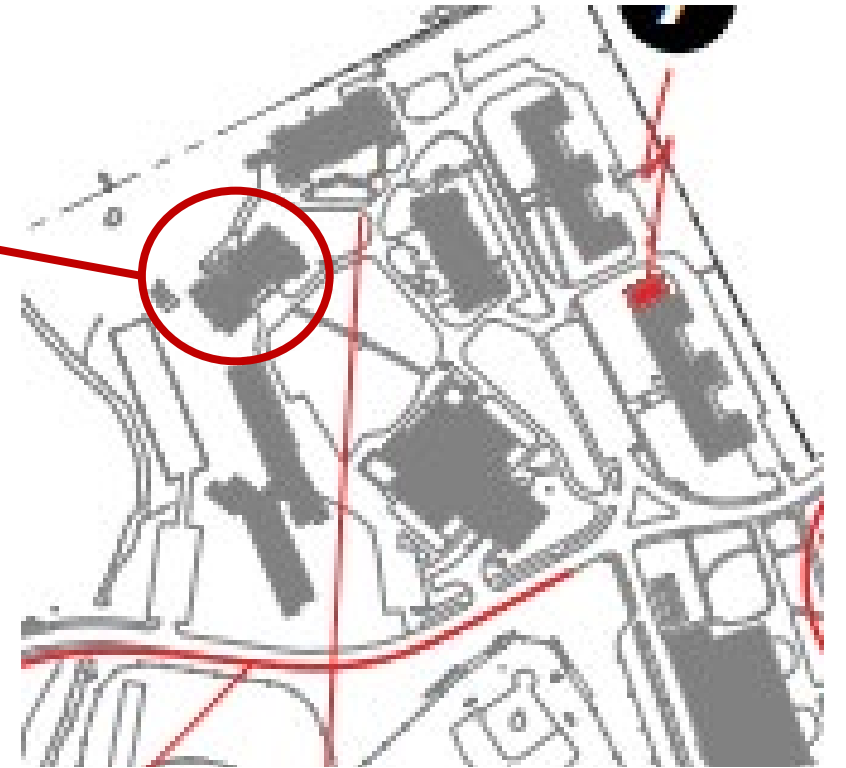
# FROSTBURG STATE UNIVERSITY

FY 2023

Scale: 1" = 500'



- ❶ **\$0.5M** *Compton Hall Roof Replacement*
- ❷ **\$0.245M** *University Drive Streetlights*
- ❸ **\$0.3M** *CARI Building*
- ❹ **\$3.0M** *Dunkle Hall / Fine Arts HVAC*
- ❺ **\$3.3M** *PAC Roof Replacement*
- ❻ **\$0.255M** *Campus Fiber Line Replacement*
- ❼ **\$2.4M** *Medium Voltage Renovation*



## CAMBRIDGE RESIDENCE HALL

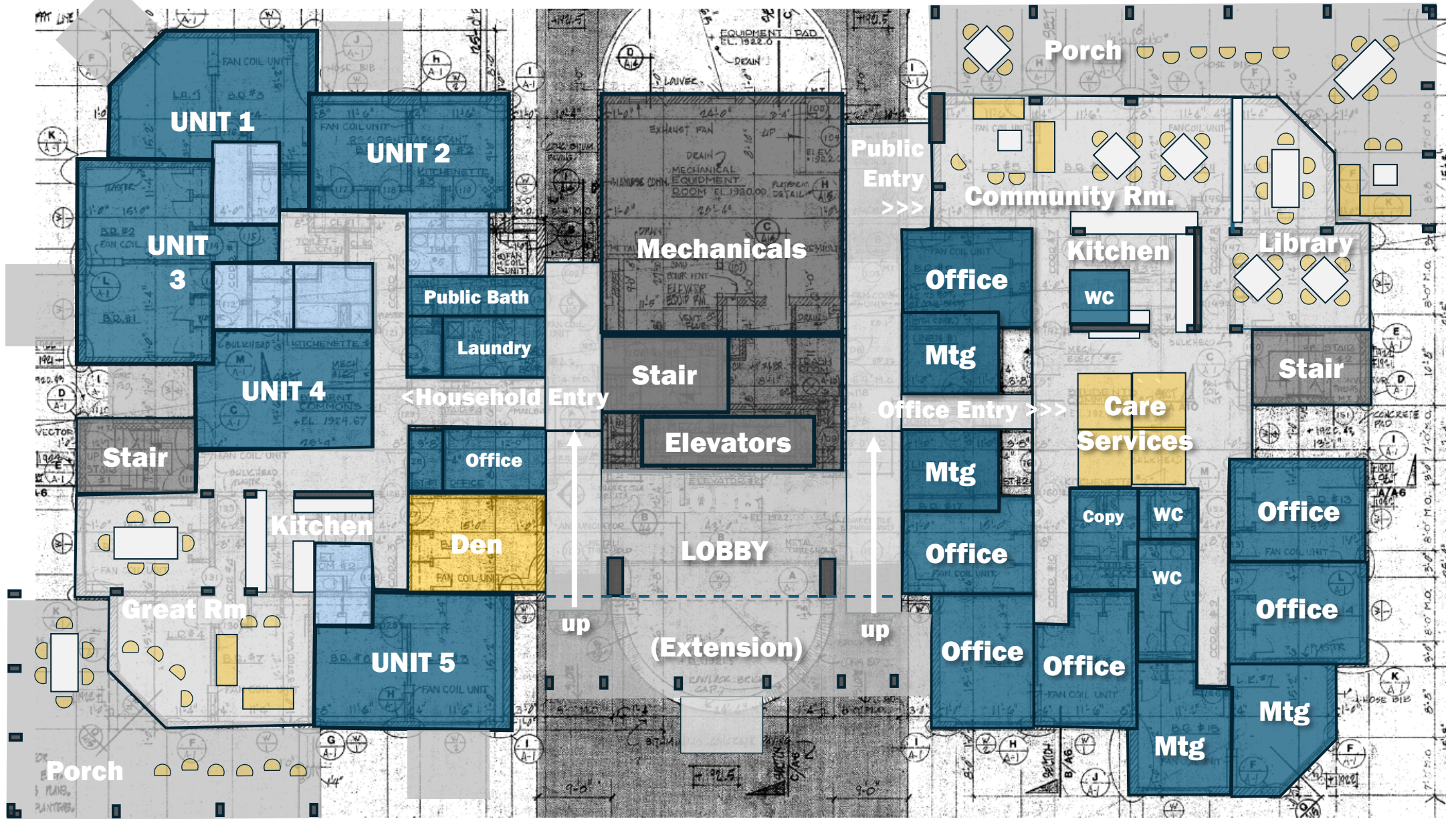
- Empty Building
- Adjacent to New Construction Residence Hall (Under Repair)
- Across from Main Dining Space
- Other Residence Halls Nearby





LIVE TOGETHER<sup>®</sup>  
INTERGENERATIONAL COMMUNITY

**CAMBRIDGE RESIDENCES at FROSTBURG STATE UNIVERSITY**



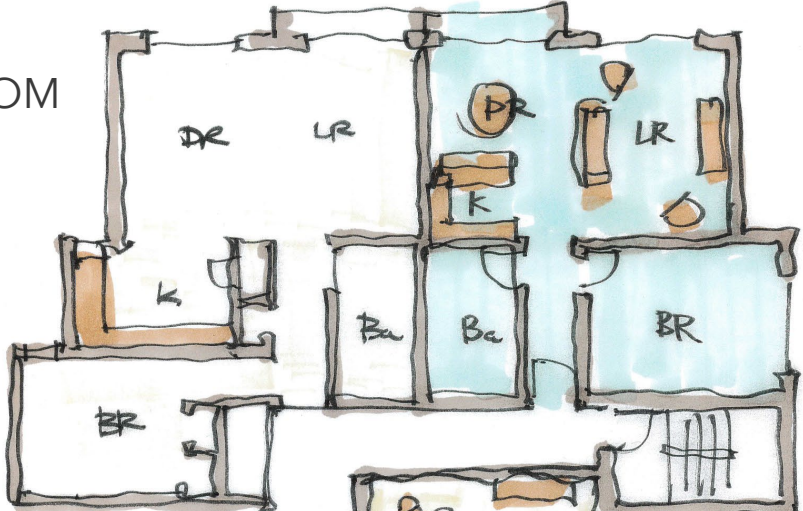
# CAMBRIDGE FIRST FLR: EXTENDED CARE HOUSEHOLD & SOCIAL WORK





# Optional Resident Unit Layout

1 BEDROOM  
1 BATH



1 BEDROOM  
1 BATH



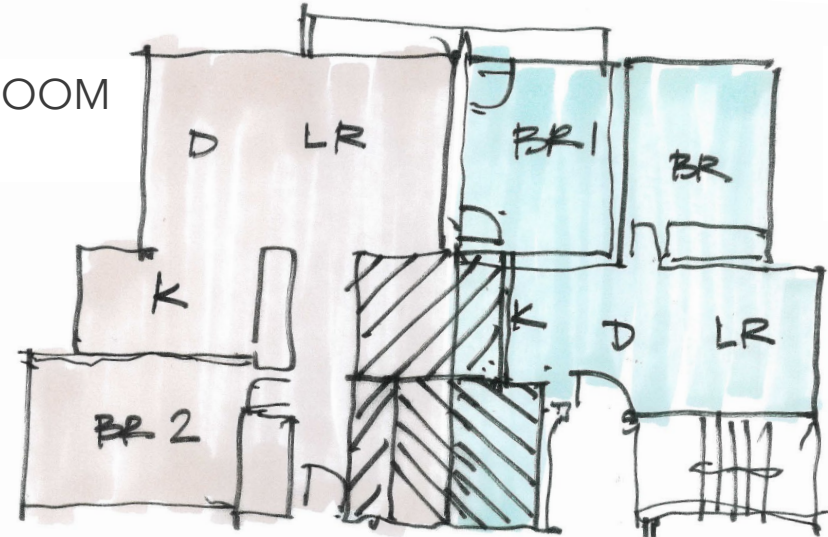
2 BEDROOM  
1 BATH

2 BEDROOM  
2 BATH  
(LARGE)



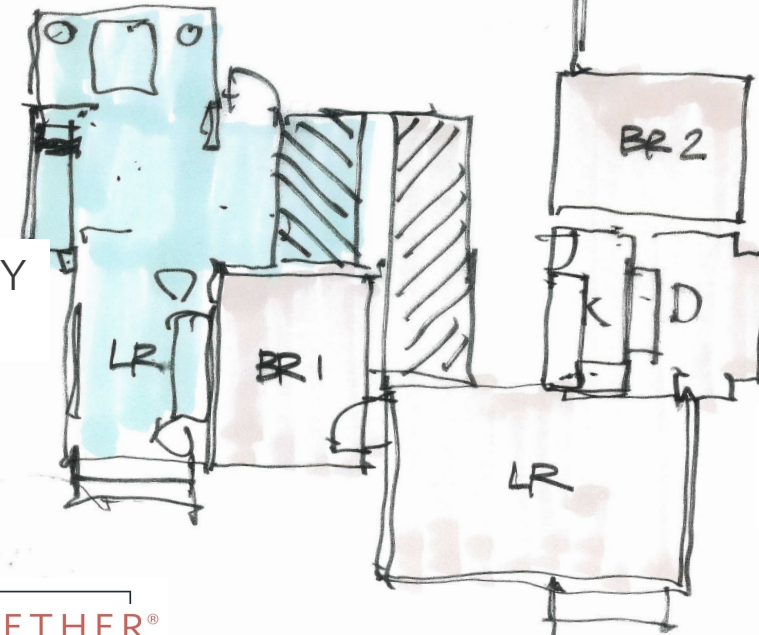
# Optional: Resident Unit Layout

2 BEDROOM  
2 BATH



1 BEDROOM  
1 BATH  
(SMALL)

EFFICIENCY

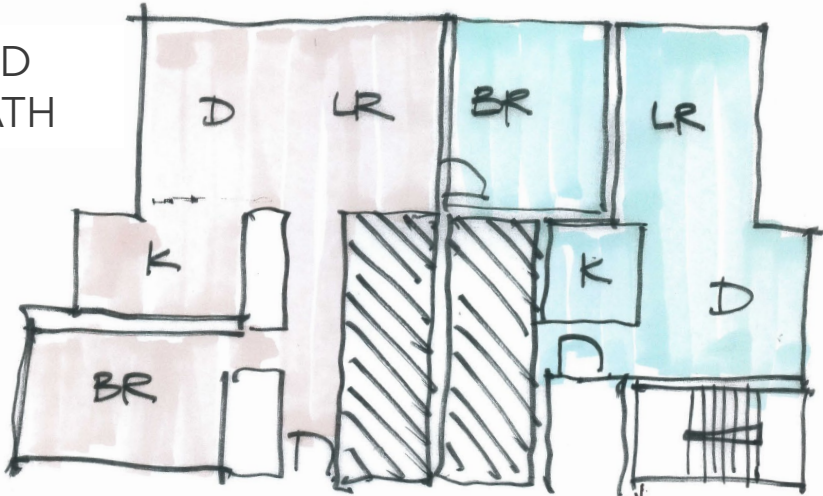


2 BEDROOM  
2 BATH



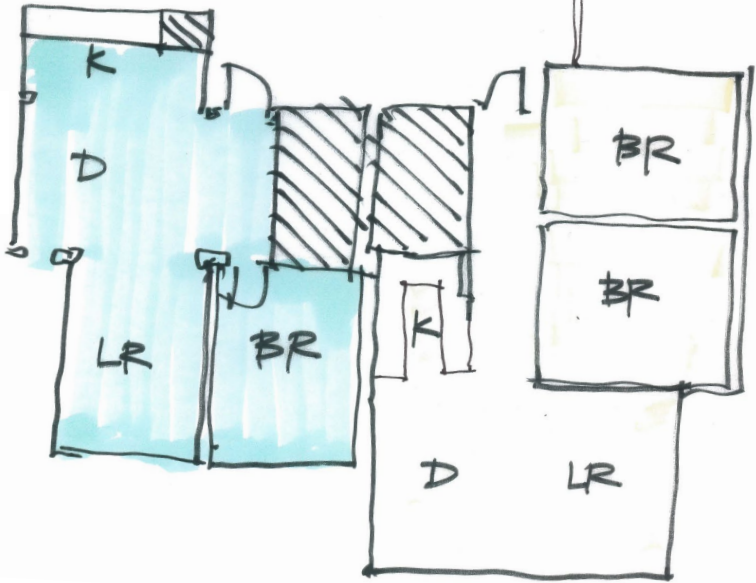
# Optional: Resident Unit Layout

2 BED  
2 BATH

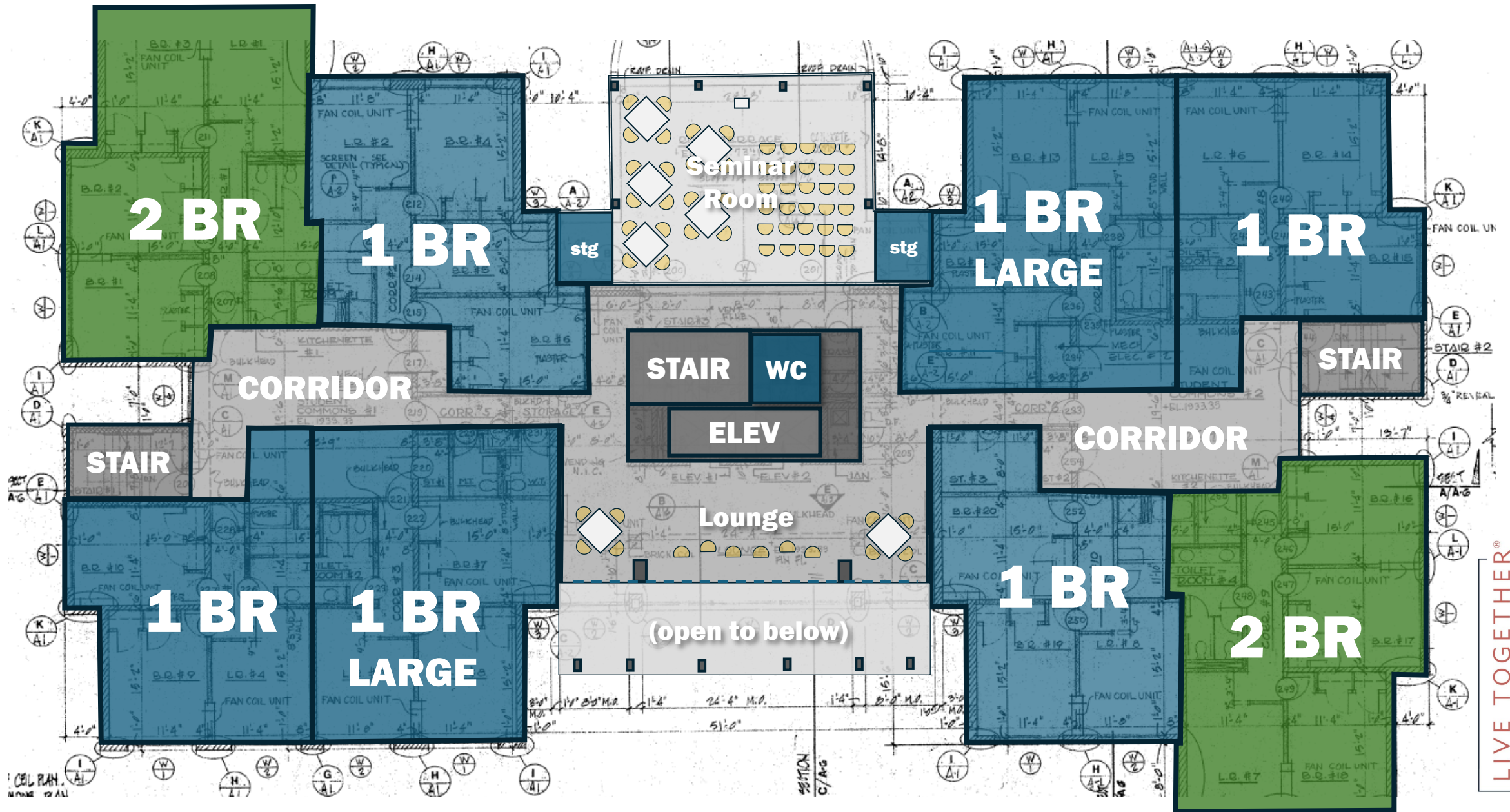


EFFICIENCY

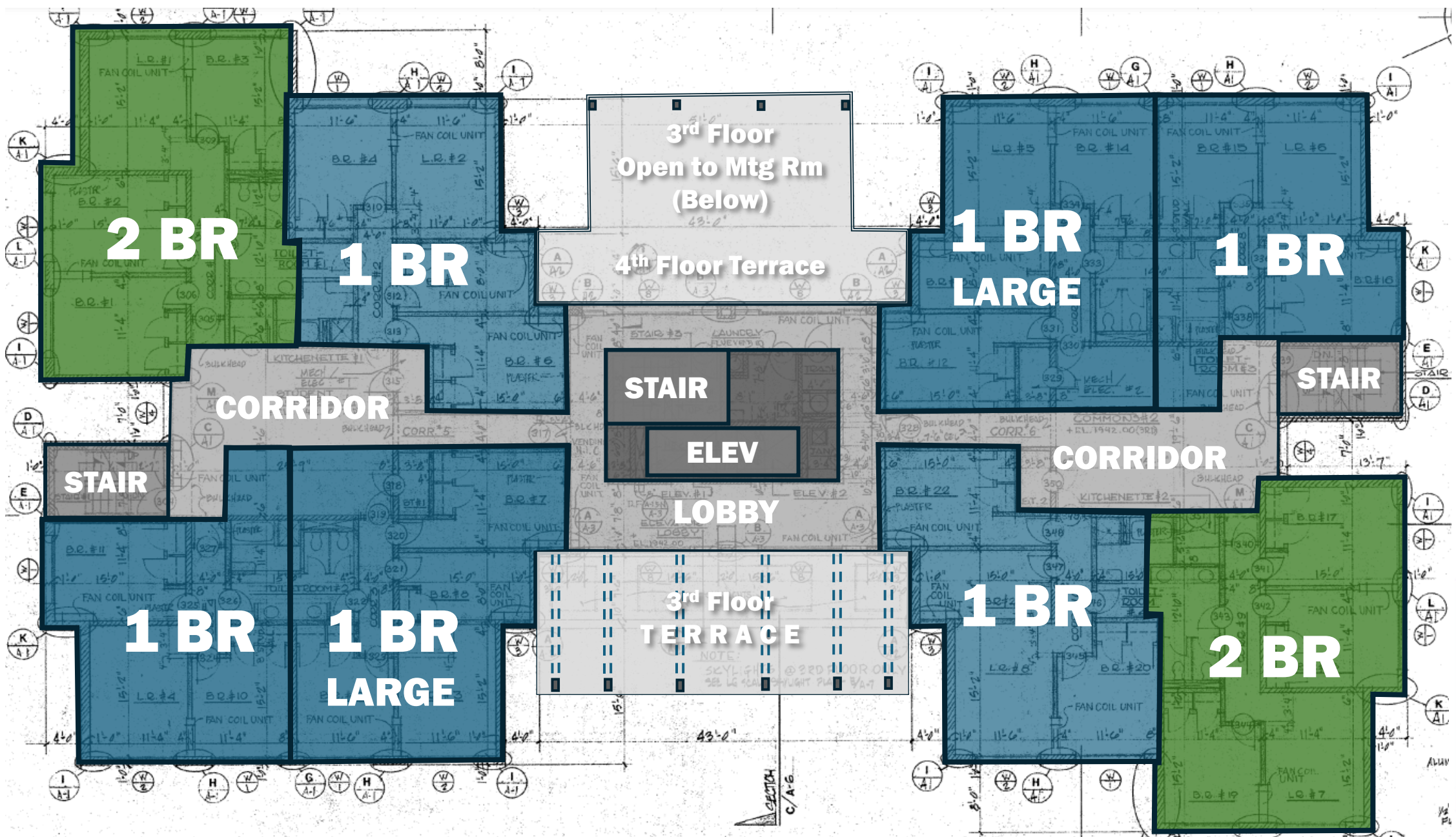
1 BED  
1 BATH



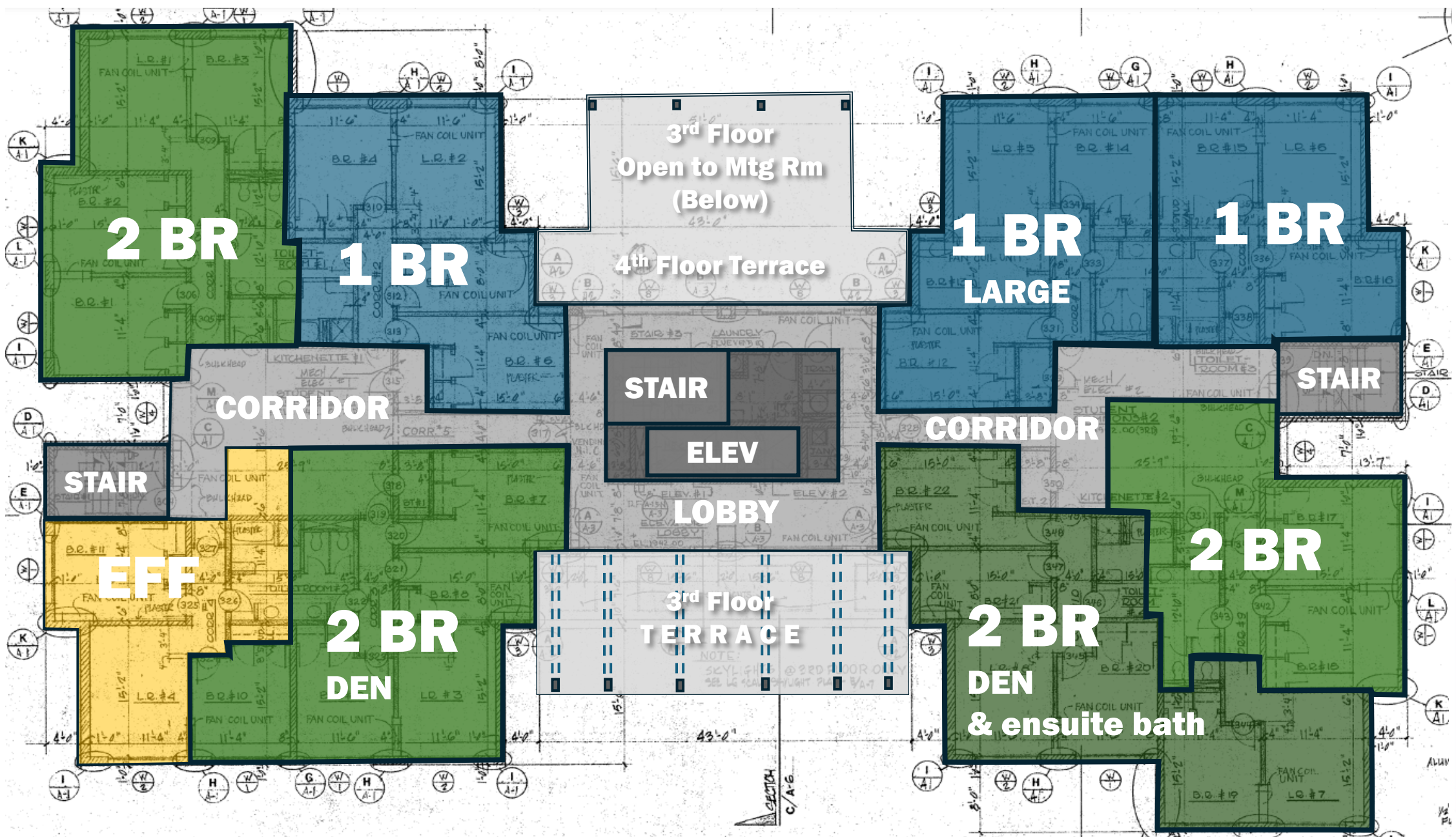
2 BED  
1 BATH



**CAMBRIDGE SECOND FLOOR w/ SEMINAR RM**



**CAMBRIDGE TYPICAL FLOOR UNIT MIX: Option A**



**2 BR**

**1 BR**

**3rd Floor  
Open to Mtg Rm  
(Below)**

**4th Floor Terrace**

**1 BR  
LARGE**

**1 BR**

**CORRIDOR**

**STAIR**

**ELEV**

**LOBBY**

**CORRIDOR**

**STAIR**

**STAIR**

**EFF**

**2 BR  
DEN**

**3rd Floor  
TERRACE**

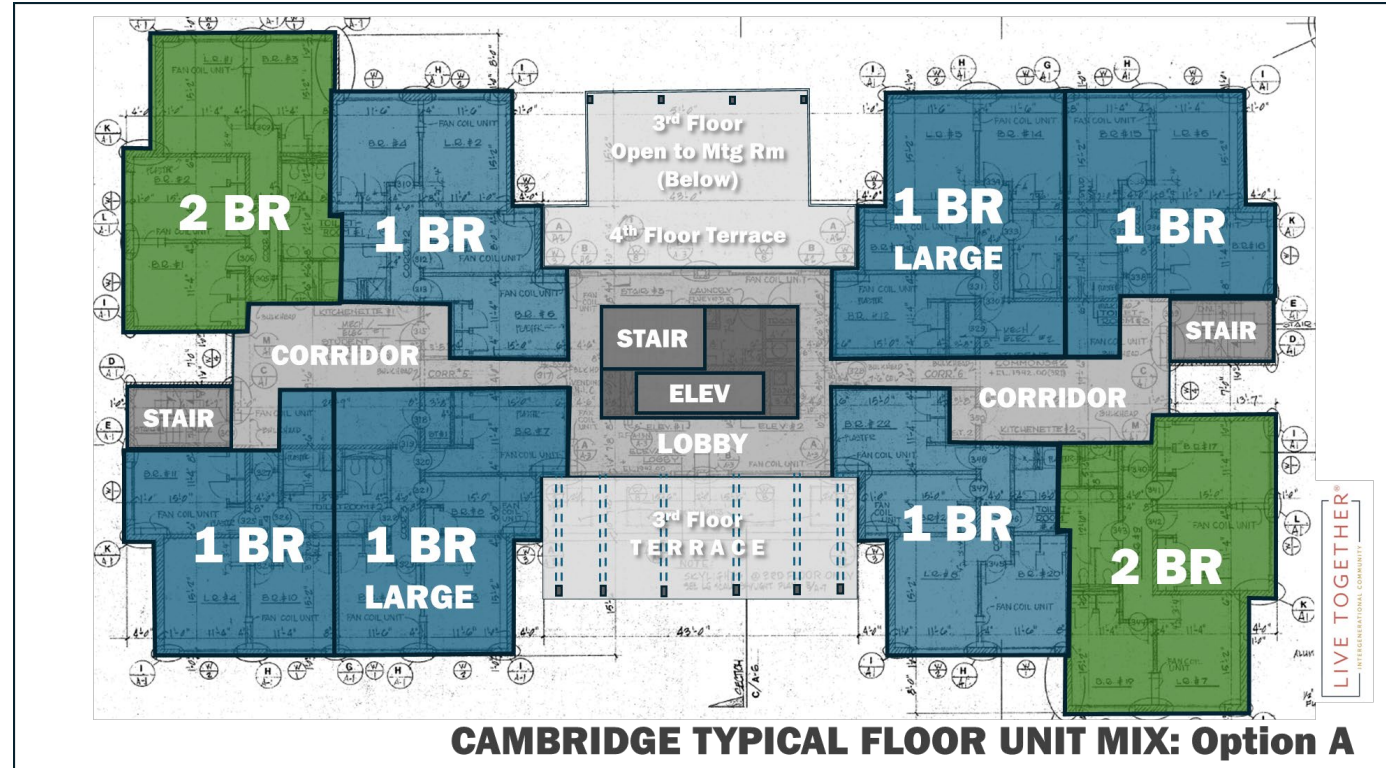
**2 BR  
DEN  
& ensuite bath**

**2 BR**

**CAMBRIDGE TYPICAL FLOOR UNIT MIX: Option B**

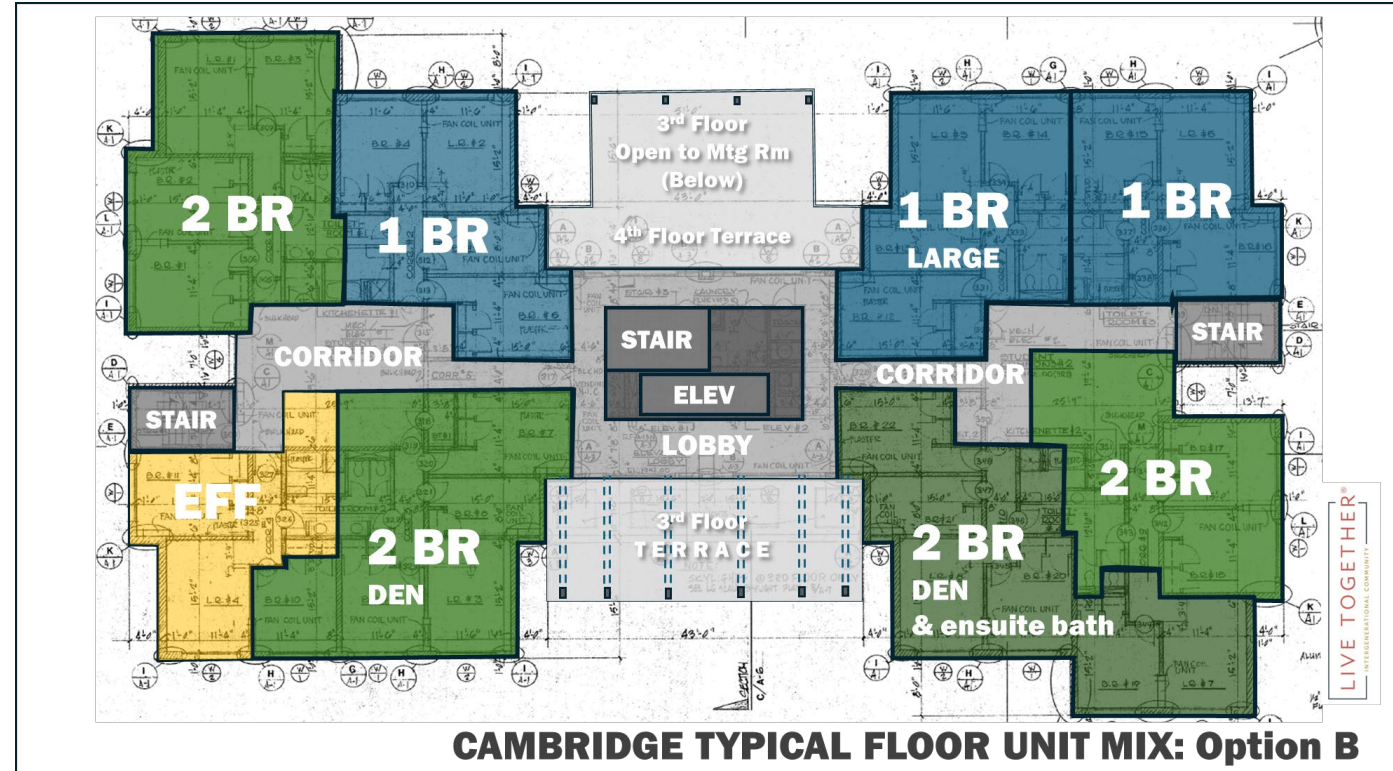
## Option A: Unit Mix

Unit Type	Qty per Floor	Total
2 Bedroom	2	10
1 Bedroom	4	20
1 Bedroom (Large)	2	10
<b>Total Units</b>		<b>40</b>



## Option B: Unit Mix

Unit Type	Qty per Floor	Total
Efficiency	1	5
1 Bedroom	2	10
1 Bedroom (Large)	1	5
2 Bedroom	2	10
2 Bedroom w/ Den	1	5
2 Bedroom w/ Den & Ensuite Bath	1	5
<b>Total Units</b>		<b>40</b>







# Live Together® in City of Frostburg, Maryland

- Area Agency on Aging (AAA) for Allegany County Programming:
  - Communities for Life - 23 participants for service navigation, transportation, housekeeping, in-home maintenance (aspects similar to Virtual Village and @HomeAnyWhere programs)
  - Commodities Based Food Program - My Groceries to Go (USDA) - 225 participants
  - 4 Senior Centers
  - Adult Day Medical Care Centers in Cumberland, MD (Willow Creek) and Lonaconing, MD (George's Creek)
  - 2 Kitchens - Senior Centers, ADMCCs, and Home Delivery Program
- Wholesome Harvest Co-op Programming:
  - Fresh Fruits + Vegetables (Primary Care + Medicare)
- AAA & FSU: reviewing services - reduce duplication and more partnering on community level to maximize service.





# Interdisciplinary Collaboration & Workforce Development

**Area Agency on Aging**

**Health, Human Services,  
Hospitality, Wellness,  
Lifelong Learning**



**Healthy Grocery  
Delivery**

**Nursing, Social Work,  
Housing, Dining, Culture**

**RAINBOW READING**  
MAIN STREET BOOKS  
APRIL 12 | 7PM

Highlighting  
LGBTQAI+  
Voices

**FROSTBURG** LIVE TOGETHER®  
CENTER FOR LITERARY ARTS

**Women's Health Center** MD  
DEPARTMENT OF SOCIAL WORK

The poster features a background of a bookshelf filled with books. The text is overlaid on a light blue and white graphic. At the bottom, there are logos for Frostburg State University's Center for Literary Arts and the Women's Health Center at the Department of Social Work.



# ALLEGANY COUNTY **HUMAN RESOURCES DEVELOPMENT COMMISSION**

**Helping People.  
Changing Lives.**

🔍 search...

WELCOME

ABOUT US

CHILDREN & FAMILIES

HOUSING

SENIORS

ADULT MEDICAL DAY SERVICES

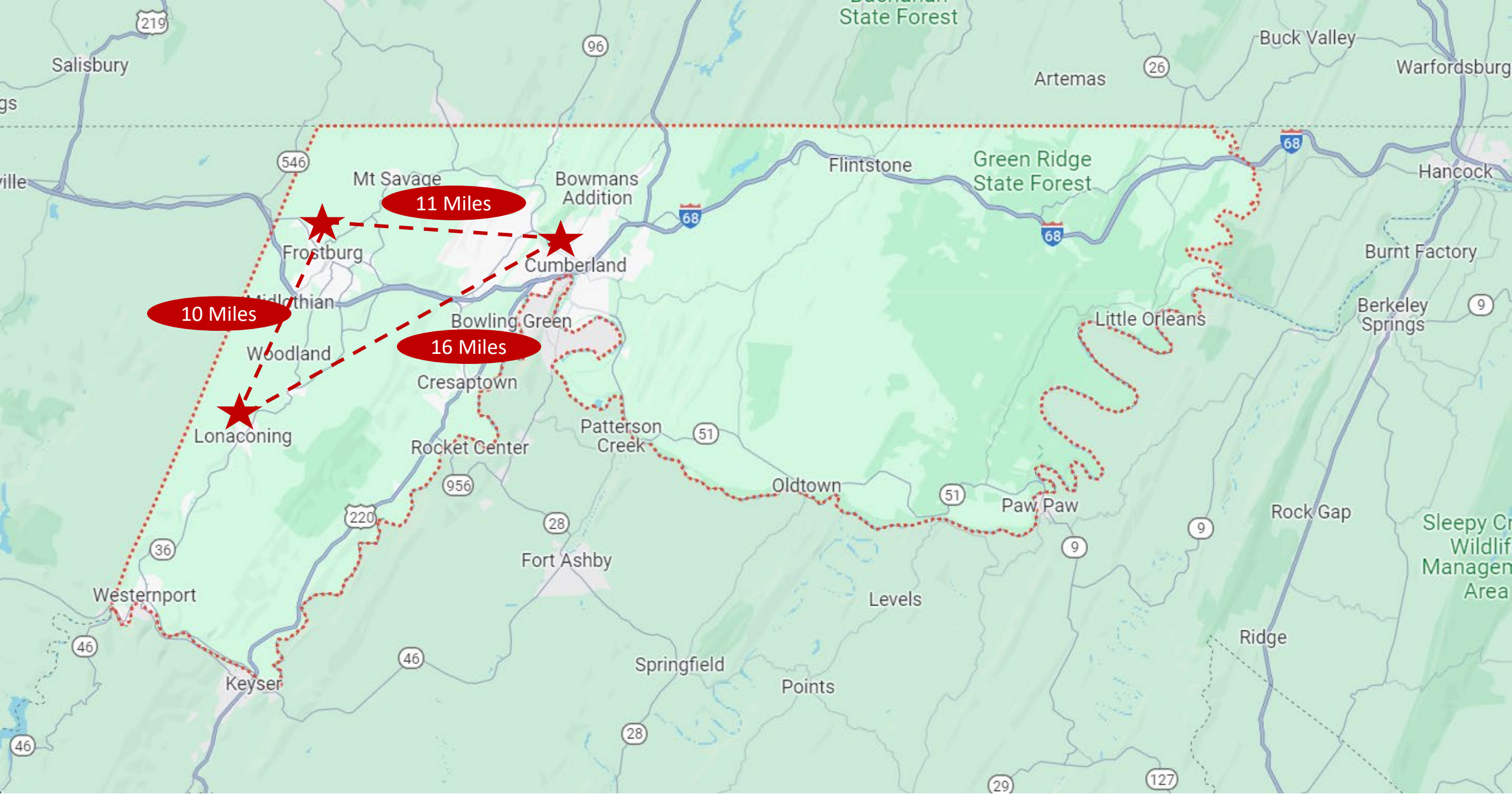
COMMUNITY

CONTACT US

## ADULT MEDICAL DAY SERVICES



HRDC, a non-profit  
Community Action Agency  
in Allegany County, strives to  
eliminate social and  
economic barriers  
to promote individual and  
community stability through  
services, advocacy and  
collaboration.

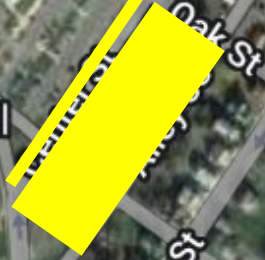
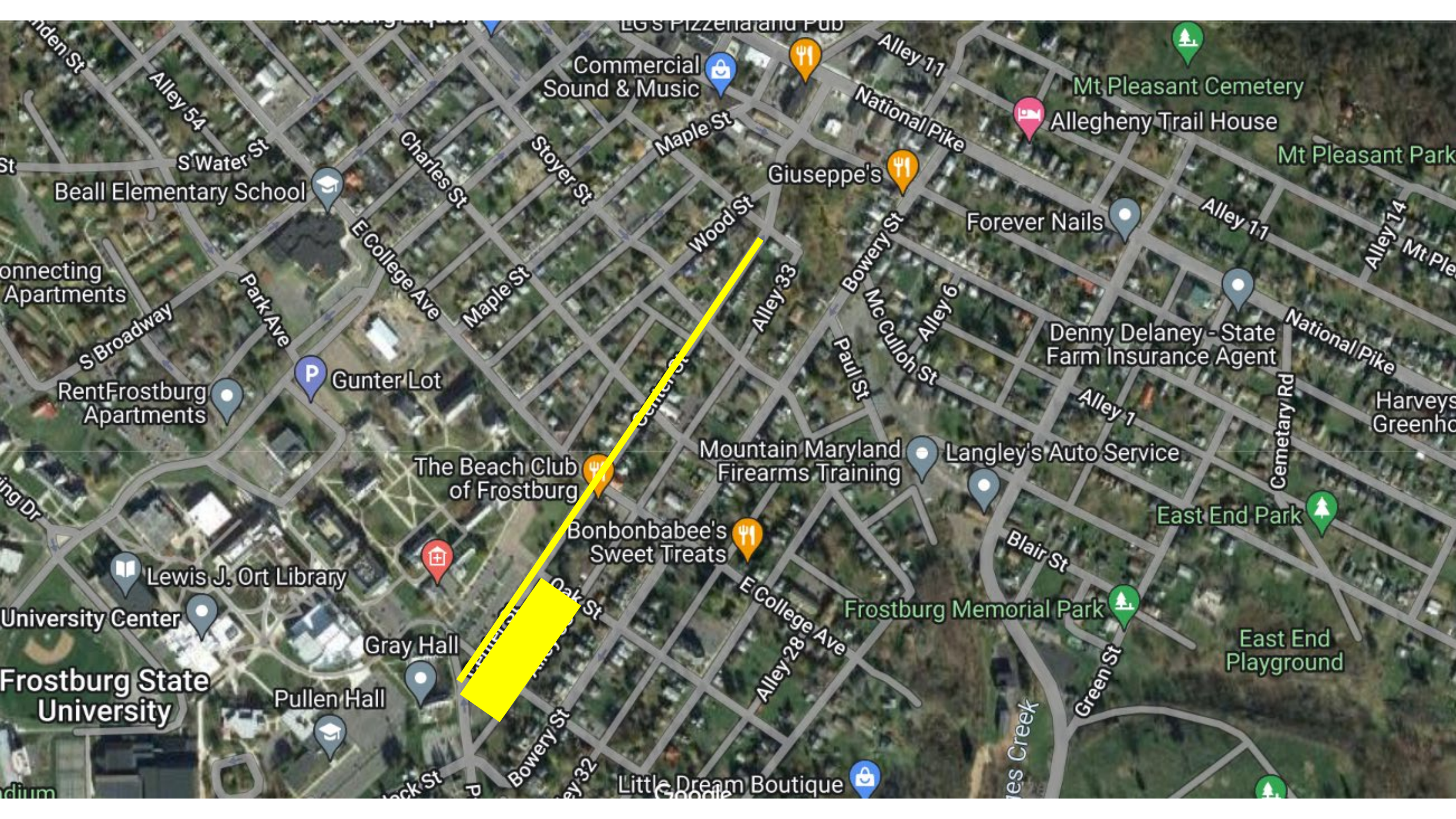


Description	Qty	Total Sq Ftg	Operational Program Comments
<b>First Floor</b>			
<i><b>Engagement Center</b></i>			
Wholesome Harvest Eatery & "Dine Together" Programming	1	4200	Accommodate various scales of rooms for seating and café. Include distribution location for take-out and pick-up for food program. "Dine Together" programs for participants in the food program and Life Long Learning Program to reduce isolation for older adults and students, encouraging intergenerational programming and coming together for meals.
Student Veterans Center	1	1000	Resources for student veterans. Program detail to be confirmed with students and FSU.
Care & Service Coord – Satellite	1	350	In addition to the Satellite Office proposed in Cambridge Residences on the FSU Campus.
Fitness Center	1	1300	Compliment PT/OT Space in Adjacent City of Frostburg Building.
Recreational Space	1	2000	With the FSU campus and rich athletic program, would want to compliment for older adults and opportunities for practices and intergenerational programming. Could range from card and game playing to latest digital video games & vintage pinball to active sports.
Theater	1	1500	Proposed for 100-person audience. Determine specific size and uses during programming sessions with endusers and fulfilling gaps in programming not available on FSU campus. Consider transportation and accommodation of walking distances for older residents.
Technology Learning Lab	1	1300	Computer Share & Learning Area and Seating Area
Service Space	1	1450	Restrooms, Lactation Room, Building Systems, and Facilities Spaces.
Total		34910	

Description	Qty	Total Sq Ftg	Operational Program Comments
<b>First Floor with Podium Parking</b>			
<i><b>Tenant Spaces</b></i>			
Adult Day Health Care	1	15000	Includes Clinic. 220+ participants. Review programming with provider. Space provision to be a rented space and/or funded with Weinberg Foundation funding on back end of project.
Outpatient PT/OT/ST	1	3000	Separate Entrance and Internal Entrance for Residents.
Home Healthcare Agency	1	2500	Separate Entrance and Internal Entrance for Residents.
Hair Salon / Barber Shop	1	1000	Separate Entrance and Internal Entrance for Residents.
Tenant Space Circulation	1	4300	
Total		25800	
<i><b>Resident Spaces</b></i>			
Lobby	1	400	
Mail Room / Package Delivery	1	160	
Management Office	3	360	
Restrooms	2	120	Gender neutral / fully accessible / storage.
Resident Space Circulation	1	208	
Service and Service Circulation	1	1176	
Total		1248	

Description	Qty	Sq Ftg	Total Sq Ftg	Operational Program Comments
<b>Second – Third Floors (Fourth Floor Optional)</b>				
<b><i>Modular Residences Per Floor</i></b>				
Efficiency Units	5	450	2250	
1 Bedroom Units	11	650	7150	
2 Bedroom Units	9	850	7650	
3 Bedroom Units	6	1150	6900	
Residences Space Circulation	1	4790	4790	
Service Space	1	980	980	
Service Space Circulation	1	196	196	
Total			29916	
<b><i>Modular Residences Total Unit Counts for Two Floors and Three Floors</i></b>				
	2 Floors	3 Floors		
Efficiency Units	10	15		
1 Bedroom Units	22	33		
2 Bedroom Units	18	18		
3 Bedroom Units	12	18		
Total	62	84		





Beall Elementary School

Commercial Sound & Music

Allegheny Trail House

Mt Pleasant Cemetery

Giuseppe's

Forever Nails

RentFrostburg Apartments

Gunter Lot

Denny Delaney - State Farm Insurance Agent

The Beach Club of Frostburg

Mountain Maryland Firearms Training

Langley's Auto Service

Bonbonbabe's Sweet Treats

East End Park

Lewis J. Ort Library

University Center

Gray Hall

Frostburg Memorial Park

East End Playground

Frostburg State University

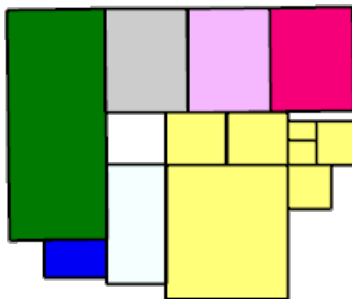
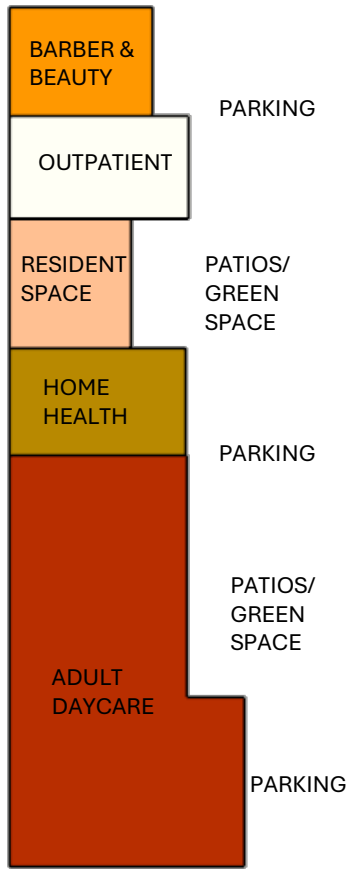
Pullen Hall

Little Dream Boutique

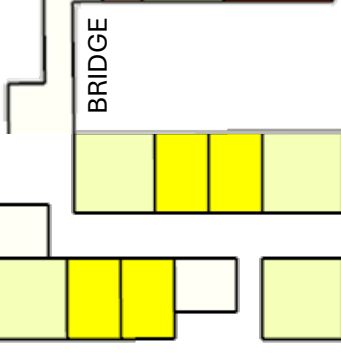
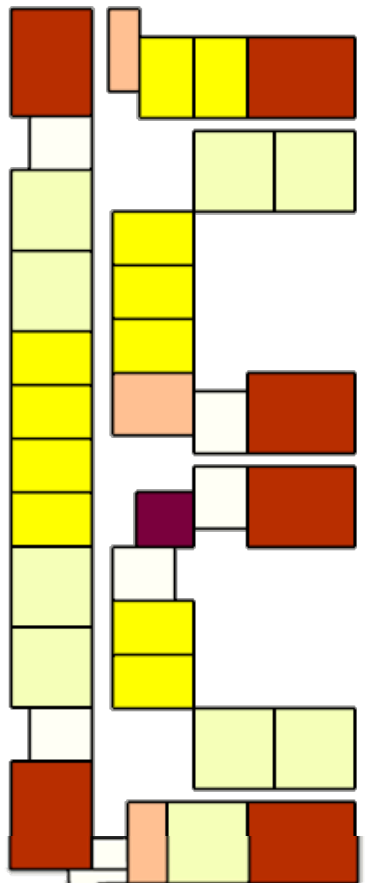
**FROSTBURG**  
STATE UNIVERSITY

SUBWAY

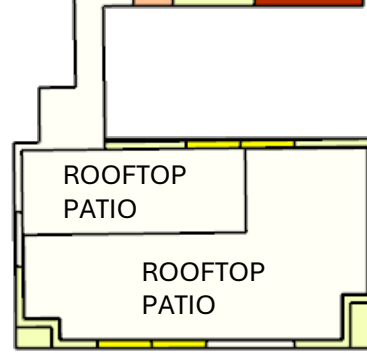
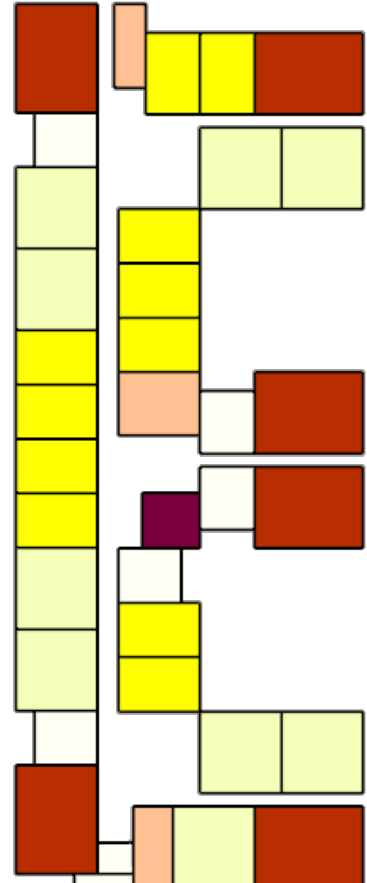




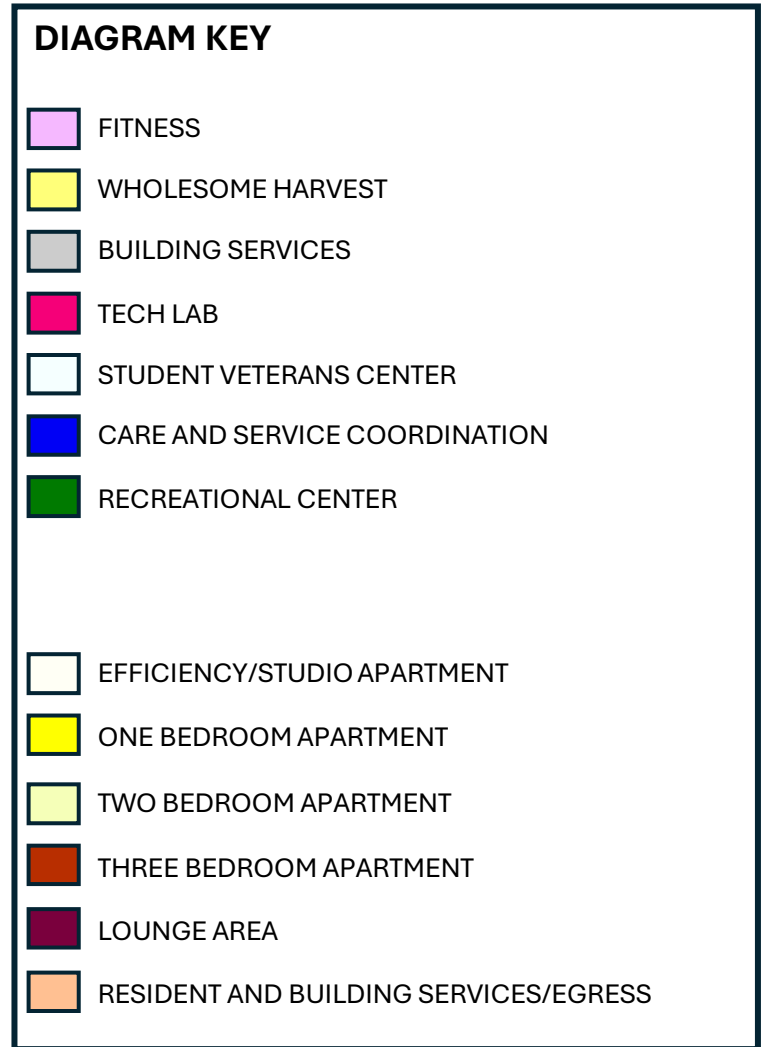
FIRST FLOOR



SECOND FLOOR



THIRD FLOOR







FUTURE  
CAMPUS  
BLDG.

←← To New  
Traffic Circle

FSU  
Entry  
Marker

Realign  
Traffic  
Lane

To Main Campus Quad >

Brady  
Hall

Brady Hall

← BEGIN TWO WAY

BEGIN ONE WAY

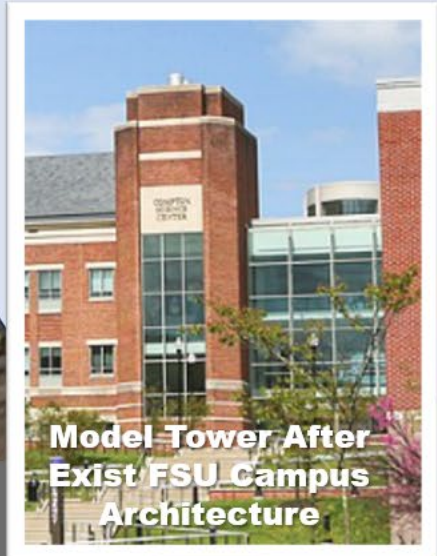


Primary  
Walk/Lawn  
Extended  
From Center  
Of Campus

ENGAGEMENT  
CENTER &  
HOUSING

CLOCK  
TOWER

2<sup>nd</sup> Floor  
Link

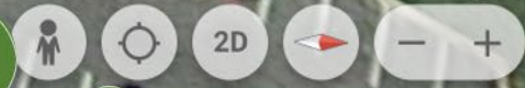


Model Tower After  
Exist FSU Campus  
Architecture

ALLEY  
Adult  
Daycare  
Vehicular  
Dropoff

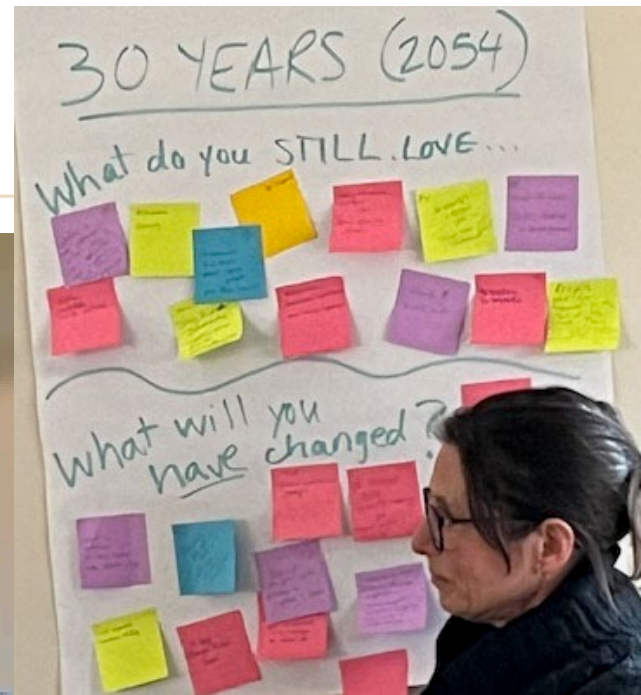
MIXED USE  
HOUSING, ADULT  
DAYCARE &  
SERVICES

CENTER STREET BLVD.



Allen Ha

# Back to the Future: Cumberland, Maryland

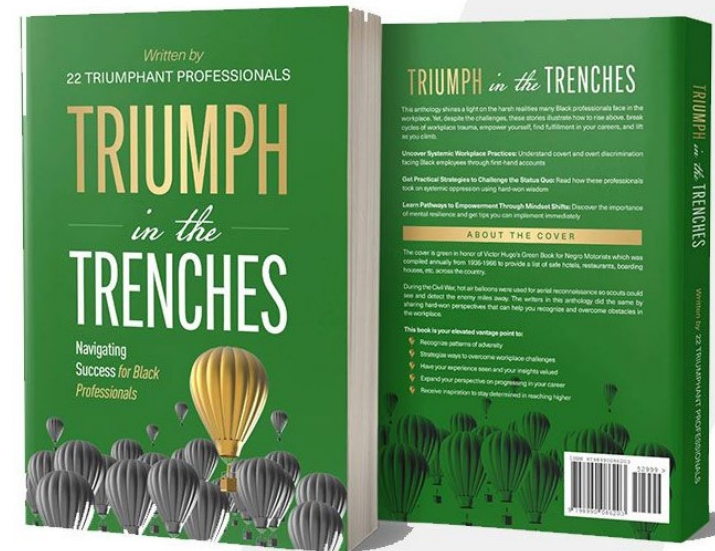


# Creating Equity in Aging®

## Do Good

- Raise awareness of inequity in aging
- Leader education on DEI in aging services
- Convening leaders, companies and providers committed to DEI

Learn More



Longevity + Inclusion Alliance  
Fellows Program





Change the world – design has the power – go beyond – discover the possibilities – do great work – care for those around you!

Q+A

Thank you!

**Jane Rohde,** AIA, ASID, FIIDA, ACHA,  
CHID, LEED AP BD+C, GGA – EB, GGF, EDAC  
(she/her)

Founder / President

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Chair, Department of Social Work  
School of Education, Health, and  
Natural Sciences

Frostburg State University

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**Marvell Adams, Jr.**

(he/his)

Founder / CEO

W Lawson

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Belonging, Inc.

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