PROMOTION

PHILADELPHIA HEALTHCARE PROFILES

Your Life, Your Home

Having celebrated 125 years of service in 2023, Friends Home in Kennett honors the independence of adults in need of care.





xchanging personal autonomy for living in luxurious surroundings is a poor bargain. "Purposeful living is priority

number one for seniors, no matter their physical or cognitive limitations," says Christine McDonald, executive director of nonprofit senior community Friends Home in Kennett. "Being empowered to live at your highest level and participating in meaningful pursuits are major building blocks of healthy aging."

Founded in 1898, Friends Home in Kennett is a landmark in the center of historic Kennett Square and one of few Montessori Inspired Lifestyle[®] credentialed communities nationwide. Receiving personalized care, outstanding amenities, and private apartment living in a homey atmosphere, residents can focus on their individual strengths and engage in





A steward of its resources, Friends Home in Kennett takes full advantage of existing organizations within the surrounding borough. The local YMCA offers aquatics classes, health and wellness activities, and volunteer opportunities for older adults. A short stroll from campus leads to barbershops, beauty salons, restaurants, banks, groceries, museums, and more. Trained caregivers support residents' autonomy regarding how they want to spend their day.

"Every day, you'll find residents pursuing their individual passions such as cooking, gardening, and decorating," says McDonald. For a 90-year-old resident, that meant the opportunity to hold a signing for the autobiographical book she had written while living at Friends Home in Kennett on hospice care.

Depth of Care

Directed by a local majority-Quaker board of directors, Friends Home in Kennett runs on a fully independent, debt-free model. Residents pay a low registration fee, and monthly rental fees are determined on a needs-based scale. Four levels of care—independent living, supportive independent living, personal care, and skilled nursing care—mean that

> everyone receives the amount of support they need. Meals, housekeeping, maintenance, and participation in all activities are provided with the monthly fee.

Independent living residents reside in onebedroom apartments with a full bath and a kitchen, allowing for personal space. For supportive independent and personal care living residents, private rooms are available within the historic

main building, Linden Hall. The 20-bed long-term care skilled nursing center provides an intimate setting with an excellent resident-to-staff ratio of 1:4.2+.

If someone needs to transition to a higher level of physical- or memorybased care, supportive independent rooms can be converted to personal care units without requiring the resident to move. This dedication to each resident can be found throughout Friends Home in Kennett, especially in the way people are encouraged to embrace life.

"Residents aren't only observers; they are active participants in the surrounding community," says McDonald. "Everyone is encouraged to be lifelong learners, and they can access the educational and social resources needed to gain new skills."





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