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Maidstone Estates: Utilizing Research-Based Design to Create the Luxury, Location, and Lifestyle of a Continuing Care Retirement Community

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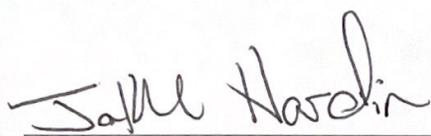
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Maidstone Estates: Utilizing Research-Based Design to Create the Luxury, Location, and
Lifestyle of a Continuing Care Retirement Community

By

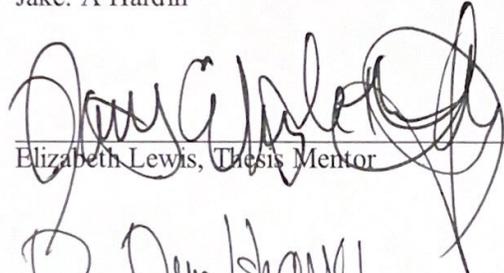
Jake Allen Hardin

An Undergraduate Thesis Submitted in Partial Fulfillment
of the Requirements for the
Fine and Performing Arts Scholars Program
Honors College
and the
Honors-in Interior Architecture
College of Business & Technology
East Tennessee State University



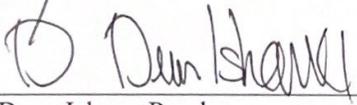
Jake. A Hardin

5/3/2023
Date



Elizabeth Lewis, Thesis Mentor

5/03/2023
Date



Dean Isham, Reader

5-3-23
Date

ABSTRACT

Maidstone Estates: Utilizing Research-Based Design to Create the Luxury, Location, and Lifestyle of a Continuing Care Retirement Community

by

Jake A. Hardin

The nature of this essay explores the implementation of research-based design to the senior living concept and showcases how design can improve and empower the lives of our seniors as they hit retirement age. Over the course of the essay, the project will begin as a concept and navigate its way through the design processes until the concept is fully developed as a stand-alone package that speaks for itself. Maidstone Estates is built upon the guidelines of the Green House Project and outlines the mixed-use nature of design involving branding, building code, ADA compliance, universal design, and the three acuity levels of senior living: Independent Living, Assisted Living, and Memory Care. As of now, there are over 371 Green House homes across the country. This essay is designed to utilize the research-based design and implement it into the aesthetic of East Hampton, an area where there is a set standard for architecture and lifestyle, and to show that this model can be used anywhere and transform eldercare across the country and around the world.

PREFACE

The Greenhouse Project and Continuing Care Retirement Communities (CCRC)

As our seniors come of age and can no longer live in their own homes, security, and assistance become paramount to their mental and physical health, especially in recent years as the Baby Boomer generation has reached the age where they are needing these services. The time is now. Any person born in the years directly following World War II, from 1946 to 1964, is considered a part of the Baby Boomer generation. In his article, the senior editor of seniorliving.org Jeff Hoyt, writes:

“They’ve arrived. In 2011, the first round of Baby Boomers – those Americans born between 1946 and 1964 – turns 65. From now until 2030, 10,000 Baby Boomers each day will hit retirement age. Millions officially retire, collect Social Security checks and sign up for Medicare.” (Updated Feb. 28, 2023)

What this means is that this large generation will tax the healthcare system unlike any generation before them. As many Baby Boomers do not want to live in a nursing home like their parents and want to live at home or in a residential setting, and thus will require more locations for independent and assisted living to become available. Due to recent improvements in healthcare and longer life expectancies, this will require more long-term support after retirement. Through these growing pains in the senior living healthcare system, Baby Boomers are helping modernize the healthcare industry. That is where the Greenhouse Project and Continuing Care Retirement Communities come in.

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Chapter 1. The Greenhouse Project and Continuing Care Retirement Communities (CCRC)

The Greenhouse Project is a model for long-term care that “returns control, dignity, and a sense of well-being to elders, their families, and direct care staff.” (The Greenhouse Model, 2023). In production since 2003, the model is rooted in the core values of Real Home, Meaningful Life, and Empowered Staff. A departure from the institutional approach of traditional nursing homes, Green Houses create a small-home environment of 10 to 12 seniors instead of the typical 150+ bed facilities. According to the *Green House Project Guidebook* (2022), the core features of a Green House home are:

- Hearth Room with fireplace that serves as the anchor of the living area, dining area, and open kitchen.
- Private bedrooms, each with its private three-piece bathroom (toilet, sink, shower) and secured medicine cabinet, eliminating the need for institutional medical carts.
- Dining Area Capable of seating all elders and caretakers.
- A safe lifting environment utilizing ceiling lifts from bed to toilet.
- Open and accessible spaces to elders, including secured outdoor areas.
- Open sight lines from the kitchen to the hearth area, bedrooms, and outdoor space.
- Plentiful windows encourage natural light and views.
- **Just as important as what’s included in the design is what’s left out:**
 - Administrative offices are maintained separately from the homes.
 - Physical separation between homes, whether it’s green space or an elevator, reinforces the autonomy of each work team and the individual home.

- Institutional design touches such as harsh fluorescent lighting, long hallways, and nurses’ stations have no place in a home, and thus they have no place in a Green House home.

The Green House Project Response to COVID-19:

This approach has had many benefits to client well-being not only in mental and physical health but also in times of the COVID-19 pandemic due to its ability to curb infections and retain quality staff. Figures 1 and 2 below reflect “Nontraditional Small House Nursing Homes Have Fewer COVID-19 Cases and Deaths”, a months-long research project conducted by the Green House Project in partnership with the University of North Carolina that gathered data from GH homes around the country, analyzed, and compared to data gathered by the Centers for Medicare & Medicaid Services (CMS) for all nursing homes nationwide.

Green House COVID Data: 2020

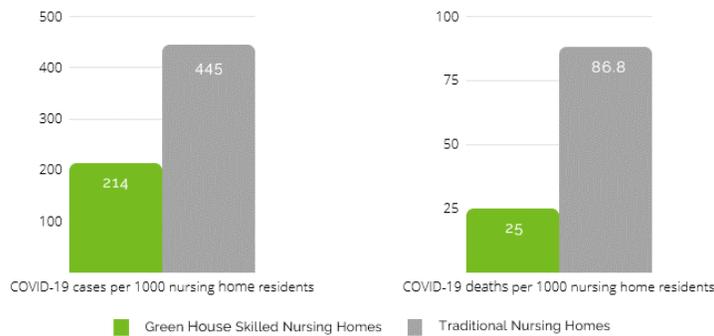


Figure 1 2020 COVID-19 Data

Green House COVID Data: 2021

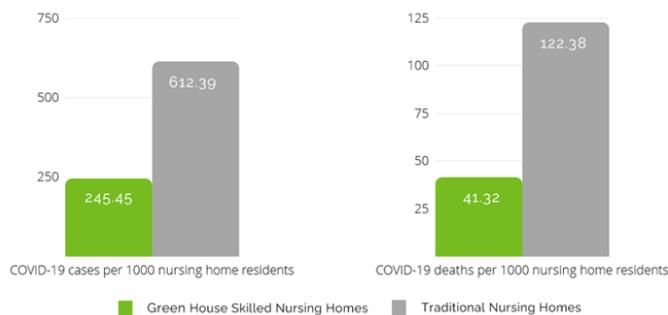


Figure 2 2021 COVID-19 Data

The cohort study compared rates of COVID-19 infections, COVID-19 admissions/readmissions, and COVID-19 mortality, among Green House/small NHs with rates in other nursing homes between January 20, 2020 and July 31, 2020. Results of the study showed that rates of all outcomes were significantly lower in Green House/small NHs than in traditional nursing homes that had greater than or equal to 50 beds. The conclusion of the study indicated that COVID-19 incidence and mortality rates are less in Green House/small NHs and stated that they are a promising model of care as nursing homes are reinvented post-COVID.

Continuing Care Retirement Communities (CCRC):

Continuing care retirement communities (CCRCs), also known as life plan communities, are a tiered approach to long-term care options for aging seniors. These communities are part of independent living, assisted living, and memory care that allows seniors to live in the same community for the duration of their post-retirement lives. The chief benefit of CCRCs is that they provide “a wide range of care, services, and activities in one place, offering residents a sense of stability and familiarity as their abilities or health conditions change.” (AARP, 2022). These types of communities allow a resident to start out living independently in an apartment or single-family house and can later transition to assisted living to help with daily activities, or onto skilled nursing to receive further medical care in the memory care division of the community, all while remaining in the same community.

Included in these communities are indoor/outdoor amenities and activities, laundry and linen services, administrative and banking services, and resort-style surroundings and features pertaining to the location of the CCRC. With the shift in senior living due to the aging of the Baby Boomer generation, many seniors aren’t wanting to be put into a traditional nursing home

like their parents and the generations before. “With amenities ranking as a high priority with baby boomers, traditional retirement communities with dated aesthetics are becoming increasingly unpopular...it is key that they focus on community outreach in terms of changing the mindset about what this next ‘generation’ of CCRCs truly encompasses, which is a lifestyle choice that offers retirees a change of perspective on life.” (Gresham Smith, 2018). They are wanting a variety of activities, amenities, and dining options, as well as higher design intent put into the finishes and function of the spaces that they are going to spend the rest of their lives in.

Maidstone Estates:

Maidstone Estates, a luxury Continuing Care Retirement Community based in the Town of East Hampton, Long Island, NY that utilizes The Green House Project’s model and guidelines to create a CCRC that fits into the landscape of The Hamptons. Featuring 18 residential Green House units, several indoor/outdoor amenities, and direct access to Georgica Beach makes the Estate an extension of the research-based design of the Green House Project and the CCRC concept.

Chapter 2. Preliminary Design

Concept: Luxury | Location | Lifestyle

Named after the original name of East Hampton at the time of its founding in 1648 by Farmers and Fishermen who came across Long Island in search of a way to make a living from the land and sea, Maidstone Estates exemplifies the carefree and quaint New England feeling that native to the region. Nestled between Lily Pond Lane and the Atlantic Ocean, with direct access to Georgica Beach, the Estate is a place where artists, writers, and those who crave sanctuary can find the ultimate creative haven imbued with a unique light – a shimmering aura created by the atmosphere surrounding the woods and ocean. Taking the three most well-known themes of The Hamptons aesthetic, the concept statement revolves around the Luxury, Location, & Lifestyle of the area.

Design Precedence:

Around the 20th century, the town began to earn a reputation as a refuge from urban life and soon attracted wealthy families, artists, and writers, as well as being home to some of the top beaches in the world and the best-maintained beaches on the East Coast. The Town of East Hampton has a distinct design and architectural history with Shingle Style Architecture dominating the landscape. Popularized in New England in the late 1800s by architects who wanted to break away from the overly ornate Queen Anne style. This style is characterized by expansive porches, sloped rooflines, glass galore, and asymmetrical exteriors.

Branding:

The Logo of the Estate is inspired by the Montauk Point Lighthouse, which was commissioned by George Washington and has guided ships to safety since 1796. Taking the shape of the lighthouse for the center of the logo, three lines were added on the bottom to

represent the ground it was built on, and two angular light rays were added on both sides of the tower. This logo acts as a landmark within the campus as it has been used for branding, marketing, hierarchy, the inspiration of the Maidstone Legacy Donor Wall, as well as the Maidstone Point Multi-Faith Space.



Figure 3 - Maidstone Estates Logo



Figure 4 - Montauk Point Lighthouse

Branding of the Estate will primarily come directly from the Logo, used in a variety of ways to convey scale, hierarchy, wayfinding, and landmark points. Utilizing custom brushed brass metal work and native materials to the area such as stucco, ashlar stonework, and cedar shingles, the logo was brought to life to be an anchor of the estate.

Maidstone Estates Signage

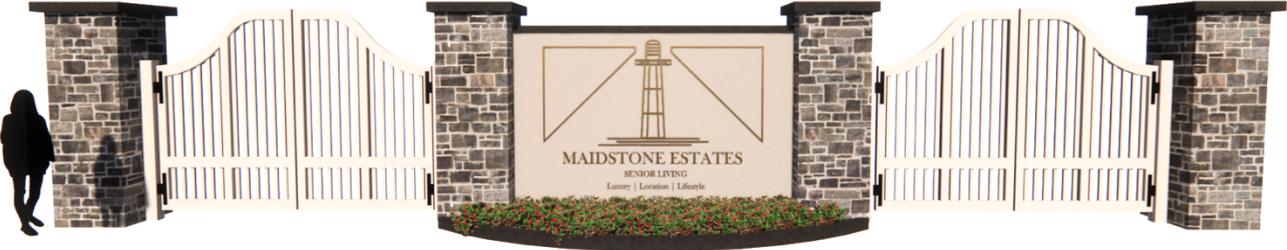


Figure 5 - Entry Gate Signage

Chapter 3. Wayfinding

To aid in a sense of security and clarity, Wayfinding solutions were instituted in the community from the beginning of the preliminary design. According to an article from McKnight's Senior Living, "Wayfinding refers to the ability to make sense of and navigate a space...although signs can help with wayfinding. What helps more is an identifiable entrance, understandable and natural foot traffic patterns, and easy-to-manage doors." (McKnights 2018). When referring to wayfinding, signs with just words on them are not the answer. To create a successful senior living design, wayfinding needs to be brought into the beginning of the design phases through intentional design choices to create a "guidebook" of symbols and design rules that can be implemented in the community. Signs with words on them alone are not the solution to wayfinding.

Choices involving lighting, textures, design cues, architectural styles, and landmarks. Color can assist in wayfinding but cannot be the only solution to helping seniors and those of all ages find their way. In the article, Bixler et al. writes that "For those with cataracts, color rendition is important, because colors appear differently with this condition (imagine looking through yellow-tinted wax paper)." (McKnights 2018). Our eyes yellow as they age and the use of texture and differing shades in color is important because if the wall, flooring, doorways, etc. are all the same tone, orientation becomes a challenge as bumps and falls become more prominent. Intentional changes in colors, textures, patterns, and tones along corridors and spaces help seniors navigate their space.

Wayfinding is also more than just getting from one destination to another. It is about having the resident develop a connection with their space, enjoy, and understand the journey. The article, "Wayfinding: How Ecological Perspectives of Navigating Dynamic Environments

Can Enrich Our Understanding of the Learner and the Learning Process in Sport”, explores not only wayfinding but waylearning as a way to guide individuals. Carl T. Woods et al. write that “...where an individual is more interested in reaching a pre-planned destination by transiting ‘across’ a landscape, as opposed to moving ‘through’ a landscape...it emphasizes that an individual learns of their landscape through interactions as they move *through* it, not by skimming *across* it, developing a deep, embedded and evolving individual-environment relationship as they go.” (Springer Open 2020). By creating a wayfinding system that exemplifies the landscape, makes the user fall in love with their surroundings, as well as helping them find their way through intentional design choices, is how wayfinding can become successful.

Wayfinding Solutions

To create the “Wayfinding Guidebook” of Maidstone Estates, the logo and existing design cues of East Hampton were instituted to convey scale, hierarchy, wayfinding, and landmark points. By breaking the logo down into its basic parts, symbols were able to be created to develop a design glossary.

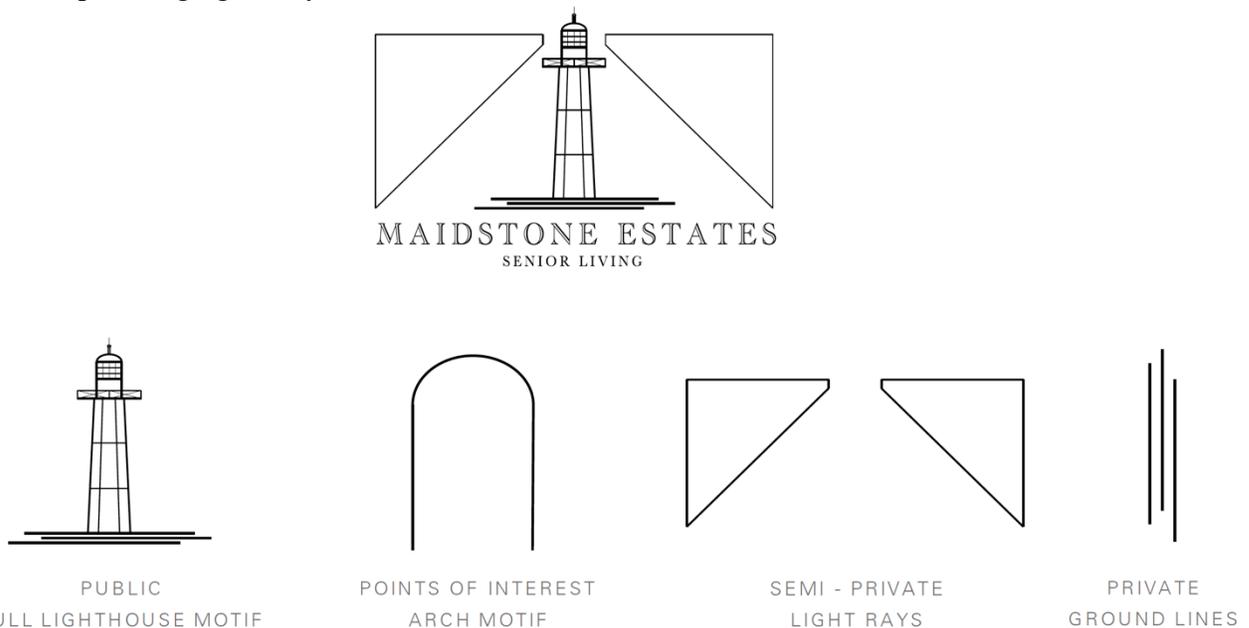


Figure 6 - Wayfinding Symbols

The full lighthouse motif refers to the public areas of the campus that allows residents and guests alike to know that it is an area where they are allowed to be and can access. Areas that utilize this symbol were the commercial buildings of the campus, including the administration building, the amenity buildings, and the multi-faith space. The arch motif refers to the points of interest of the campus. Any features that needed to be highlighted on the campus utilized the arch motif, such as the use of roundabouts and curved driveways on the campus, arches over the ranges in the residents' kitchen areas, and the curved entry gates to the campus. The light rays were used to symbolize semi-private areas of the campus, primarily in areas designated for staff. As those are the areas that residents could be in, but they would have to be invited in by a member of staff. Lastly, the ground lines were used to symbolize private areas, primarily resident bedrooms as they are the most private and personal areas of the campus.

Wayfinding Signage

Once the “guidebook” of the campus was developed, the wayfinding symbols of the campus were brought to life through signage, door styles, and landmarks. The use of blue ashlar stonework, custom brushed brass metalwork, and applied wood moldings created the through line that connected all the signage but differentiations in each provided the hierarchy needed to establish wayfinding.



Figure 7 - Clubhouse Signage



Figure 8 - Maidstone Coffee Co. Signage

Figures 9 and 10 below showcase the signage styles that are used throughout the campus. Through the use of custom brass metal work, the utilitarian signage styles help label each building and space as its own identity, differentiating commercial versus residential spaces.



Figure 9 - Parking & Directory Signage



Figure 10 - Typical Greenhouse Signage

Figures 11 through 13 below showcase the utilization of the wayfinding symbols as applied wood moldings onto the residential interior doors. The base of each door is a simple single-panel interior with wood moldings applied on top to designate each room its own respective function. Any door that does not have a decorative applied wood molding designates spaces that only special trades have access to, such as mechanical rooms.



Figure 11 - Public Residential Door



Figure 12 Resident Door with Memory Box



Figure 13 - Semi-Private Staff Door

Chapter 4. The Campus & Amenities

Campus Layout

As evidenced by Gresham Smith's article, amenities and a sense of community rank highest on seniors' priority lists. To account for that, the Estate layout was designed to maximize the landscape available on Lily Pond Lane. With the campus having direct access to Georgica Beach, the resident builds were given prime beach views on the top edge of the property. To promote security, a hedge wall spanning the entire width of the property along the main road was designed, with stone and wood entry gates at every entrance, and trees planted on all edges of the property to provide visual security and privacy.

Features of the campus include:

- Nine Residential Buildings, known on the campus as Manors, each with two residential Greenhouse units stacked on top of each other.
- Gated Entry with Administration Building and roundabout for potential residents.
- The Maidstone Town Square with:
 - Maidstone Coffee Co.
 - Gardiner's Fine Dining
 - Maidstone Mercantile
 - Lily Pond Salon + Spa
 - Fort Pond Beer Co.
 - Maidstone Point Multi-Faith
- Maidstone Golf & Tennis Club

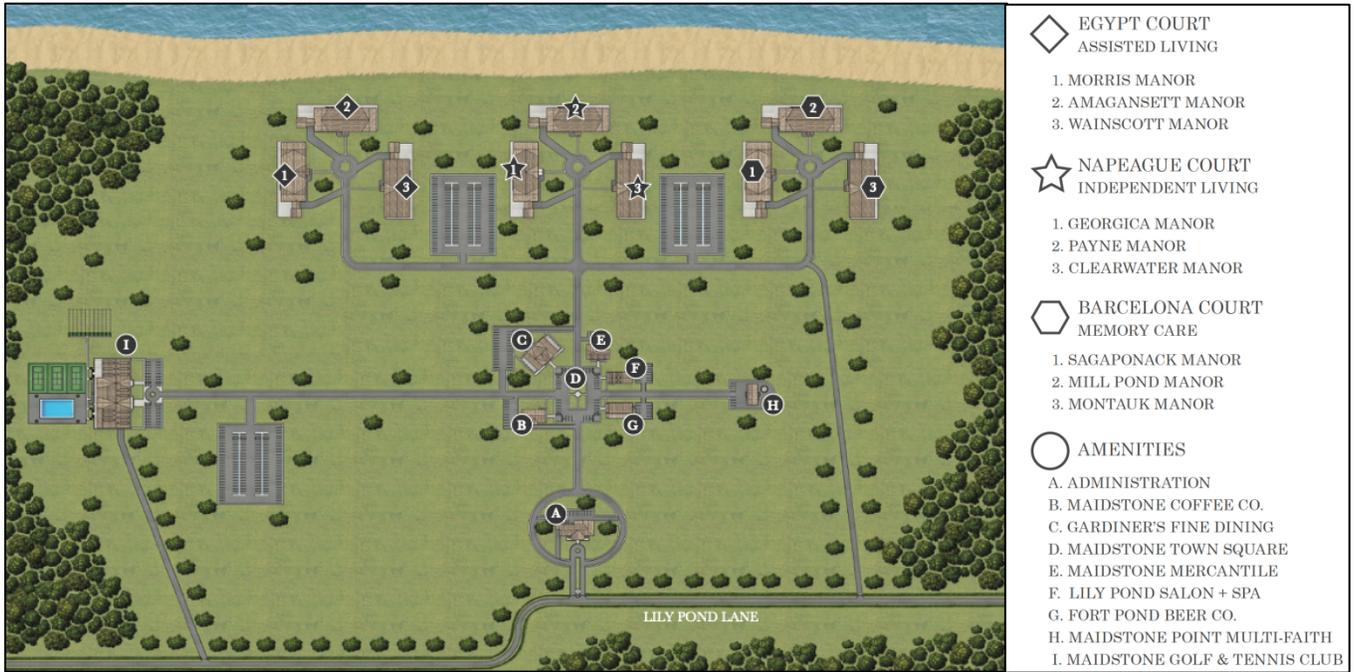


Figure 14 Maidstone Estates Site Plan

Figure 14 above refers to the campus site plan. By dividing the campus into zones, wayfinding of the campus is achieved as well as privacy and security. The administration building is the only building visible from the main entry gate as it is the first thing residents and future residents see when they enter the property. Once you pass the administration building, you enter the Maidstone Town Square, where the majority of the estate's amenities are centered around a central park with a water fountain and park. Branching off the town square are the Maidstone Multi-Faith and the Maidstone Golf & Tennis Club. Important utilitarian aspects of the campus include service roads, each with its own gated entrance, that allow deliveries and emergency services access to the property without disrupting the entire community.

To promote privacy and security, all the residential buildings were placed on the back edge of the property, and out of eyesight of the main road. Maidstone Estate's acuity three levels of care, Independent Living, Assisted Living, and Memory Care, are divided by neighborhood to allow residents of the same acuity level access to each other and foster growth and community.

Napeague Court, the independent living neighborhood of the estate, is in the center of the residential district and has direct access to the Maidstone Town Square and the other amenities as they have free range of the campus. Egypt Court, the assisted living neighborhood of the estate, is located on the left side of the residential district. Once a resident is moved up to assisted living, they are still able to venture out into the community but need a little more supervision and assistance. Lastly, Barcelona Court, the memory care neighborhood of the community, is located on the right side of the residential district. The residents in memory care are at the stage of their life where they must always have full supervision and assistance, thus complete access to the property, and most importantly, the beach, is restricted to provide safety.

Amenities Offered

Each of the amenities offered at the Estate are designed to reflect the landscape of East Hampton as well as keep the residents engaged, physically active, and to provide enrichment. As East Hampton is known for having warm summers and harsh winters, it was important to provide services that were indoors and could be used year-round. The amenity services of the Estate are divided into two sections: the Maidstone Town Square and the Maidstone Golf & Tennis Club.



Figure 15 - Maidstone Town Square



Figure 16 - Maidstone Golf & Tennis Club

Comprehensive amenities of the Estate include:

Maidstone Town Square:

- Maidstone Coffee Co.
 - Gourmet Sandwiches, Baked Goods, and Artisan Coffee
- Gardiner's Fine Dining
 - Excellent Local Seafood and Seasonal Produce
- Maidstone Mercantile
 - Apparel
 - Home Goods
 - Scent Library
 - Local Artisan Jewelry
- Lily Pond Salon + Spa
 - Full-Service Hair Salon
 - Facials & Face Treatments

- Massage Services
- Nail Services: Spa Manicures & Pedicures
- Fort Pond Beer Co.
 - In-House Brewed Beer + Wood-fired Pizza
 - Private Venue Rentals

Maidstone Golf & Tennis Club

- The Maidstone Legacy Donor Wall
- Private Lounge
- Indoor/Outdoor Private Dining
- Clubhouse Restaurant & Bar
- Full-Service Gym
- Locker Rooms + Private Spa Rooms
- Indoor Pool
- Outdoor Pool
- Tennis Courts
- Driving Range
- Shuttle Service to East Hampton Golf Course, located 15 minutes away from the Estate

The consideration put into each of the amenities available to the residents was important because East Hampton is known for being the “getaway of choice” and just because the residents are here to retire does not mean they have to live in the same nursing home style home their parents did. The purpose of these amenities is to provide enrichment in the resident’s life and for them to find their ultimate haven to spend the rest of their life in luxury and style.

Chapter 5. The Multi-Faith Space

One of the key features on the campus to promote inclusivity and a sense of community is the addition of the Maidstone Multi-Faith Space. First appearing in the 1950s, multi-faith spaces are a recent institution of design that has no precise definition, existing only in the eye of the beholder. According to an article from Cargo Collective, “MFS are primarily defined through use...Customary solo activities include prayer, meditation, contemplation, reflection, study, rest, and relaxation. MFS will also accommodate periods of spontaneous group activity, timetabled gatherings (both faith-centered and secular) and planned interfaith dialogue.” (2012). These places are not chapels where Sunday church services or other typical meetings are held. They are meant to be a place where anyone can come and go as they please and worship by themselves or with others of differing faiths.

The importance of multi-faith spaces is that they “serve an important spiritual role in a post-secular society but also showcase how religious inclusion can encourage the acceptance of religious and ethnic minorities within a multi-cultural landscape.” (Center for Architecture 2019). Multi-faith spaces have the potential to solve many problems as many institutions tend to have specific faith-based spaces that only cater to one faith. That is the importance of creating a sense of community, inclusion, and diversity on the campus. If everyone is included, then everyone can have the potential to thrive. Architectural parameters of a multi-faith space include flexibility, style, comfort, and naturalism. Multi-faith spaces should avoid the style of any one religion and strive to search for a form of unity and neutralism. Flexibility is one of the most important aspects of a multi-faith space as it relates to adaptability, complexity, and balance. Not only should the space be open to all faiths, but it should be open to those of all physical conditions, thus involving ADA accessibility in the design. This involves having movable, non-

fixed, furniture that can be easily reset for any activity and plenty of storage for chairs, shoes, mats, etc. Lastly, the use of naturalism is prevalent in multi-faith spaces as opposed to an overarching religious theme. By connecting the space to the outside, the feeling of spirituality and transcendence is supported. The purpose of the space and what can make it successful is to achieve neutrality while evoking spirituality through innovative design, allowing those of all walks to come together and worship, furthering the sense of community.

The Maidstone Point Multi-Faith Space

The Maidstone Point Multi-Faith Space is a haven for people of all faiths and walks to come together into one collective area. Throughout the space, the use of natural elements allows the space to blend seamlessly into the landscape of the Estate. The design inspiration came directly from the Montauk Point Lighthouse's silhouette of a cedar shake clad structure with a gable roof. By keeping the silhouette and referencing the lighthouse, it became a clear way to connect the space to not only the Estate but also to Long Island itself. First commissioned by George Washington in 1792 and constructed in 1796, the lighthouse has been one of the best-known icons of Long Island. According to the Montauk Historical Society, it was the first lighthouse to be built in New York, the fourth-oldest working lighthouse in the nation, and was named a National Historic Landmark in 2012.



Figure 17 - Montauk Point Lighthouse



Figure 18 - Maidstone Point Multi-Faith Front Elevation

The lighthouse was chosen for the design inspiration for the multi-faith space because just as the lighthouse has been guiding ships to safety since the late 1700s, the purpose of the multi-faith space is to be a beacon of light and inclusivity for the campus. By keeping the silhouette of the lighthouse and the addition of the fully functioning lighthouse tower, the through line was established. Due to the warm summers and harsh winters that are prevalent in the region, it was important to have both indoor that could be used year-round and outdoor areas that could be used in the warmer months. Figure 19 below refers to the floor plan of the multi-faith space.

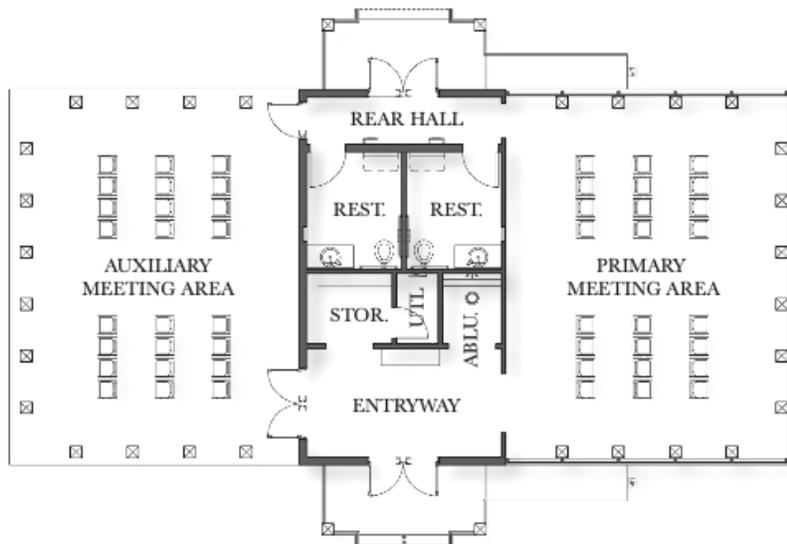


Figure 19 - Multi-Faith Space Plan

The critical spaces to make the multi-faith space function was the inclusion of the primary and auxiliary meeting areas, the ADA-accessible restrooms, the ablution station, and the shoe station areas. The space is split into two main meeting areas, an open-air auxiliary meeting area and the primary meeting area which is enclosed by glass curtain walls to be used year-round. Both areas feature the use of white oak heavy timber framing to not only support the roof load but also to take in natural lighting throughout the day and create interesting shadows in the

space. Once you walk into the space, you will enter the main entryway that features shoe, coat, and mat storage with the ablution station for washing hands and feet before entering the worship areas, as shown in Figure 20 below. On the rear of the building, a hallway was constructed to both access the back door of the building and to also give both meeting areas access to the ADA restrooms and water fountains.



Figure 20 - Entryway Perspective



Figure 21 - Primary Meeting Area Perspective

Figure 21 above shows an inside view of the primary meeting area at golden hour where the natural light streams through the heavy timberwork and creates interesting shadows in the space. The use of open-air spaces and glass curtain walls, as well as the landscaping around the building, were important aspects to connect the space with naturalism. The neutral color palette of the white oak timbers, slate flooring, black windows, and white ceilings also added to the naturalism of the space and created a haven that anyone could come to as they please. The simplistic wood chairs of the space promote the flexibility of the space as they can be arranged in any configuration or removed entirely for differing types of occasions. Lastly, the lack of religious adornment or distinct design styles of any religion promotes inclusivity and creates a collective space that can be used by any and everyone, regardless of ability or religion.

Chapter 6. The Residences

As referenced earlier in this essay, the residential buildings of the campus are built upon the Green House model, a senior living model that creates an at-home atmosphere with 10-12 beds as opposed to the typical 150+ bed single building facilities. Due to the typical Green House model being on a single level, the individual residential buildings, known on the campus as Manors, are comprised of two greenhouse units stacked on top of each other to reflect the Shingle Style architecture that makes up the aesthetic of East Hampton. To achieve this aesthetic and comply with the guidelines established by the Green House model, each manor contains two independently run Green House units with a central two-story foyer, grand staircase, and elevator.



Figure 22 - Napeague Court - Independent Living

The Estate contains three residential neighborhoods each assigned their own designation on the acuity level of care: independent living, assisted living, and memory care. Each neighborhood is comprised of three manors all arranged around a central cul-de-sac with their own community flower garden and direct views of Georgica Beach. To assist in wayfinding,

each standard plan has been given its own individual roof line to differentiate one manor from another and to give them a unique façade, as referenced below in figures 23 through 25.

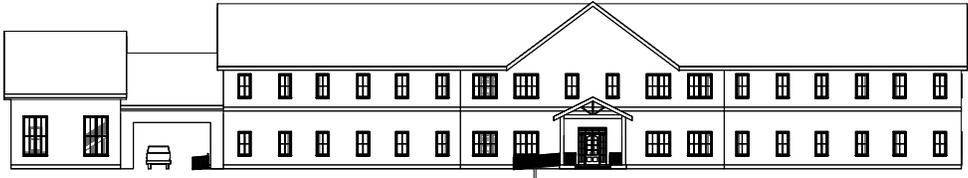


Figure 23 - Single Gable Roof Line

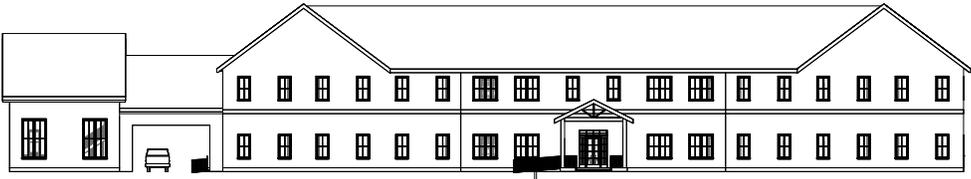


Figure 24 - Double Gable Roof Line

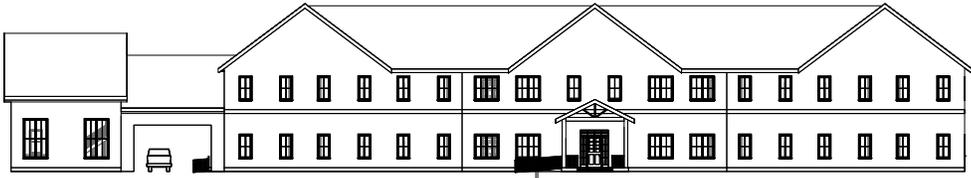


Figure 25 - Triple Gable Roof Line

All manors are clad in hand-split cedar shake by Davinci in three colors: Bark, Sage, and Slate Blue. As you go from neighborhood to neighborhood, the exterior finishes alternate from one roof line to another. No one residence will have the same roof line and exterior finish. What makes the Maidstone Manors unlike any other greenhouse is that they contain luxurious amenities such as a studio apartment for the on-duty nurse, libraries, and cinema rooms. Each greenhouse unit features 14,000 sq. ft of interior living space broken down into:

- 12 Bedrooms each containing a sizeable closet & ADA compliant bathroom
- Hearth room seating for 12
- Dining room seating for 16

- Spacious kitchen and pantry capable of serving 12 residents
- Cinema Room with projector
- Four Seasons Room & Covered Rear Patio
- In-House Library
- Separate Studio Apartment for on-duty nurse



Figure 26 - Payne Manor First Floor Plan

As referenced above in Figure 26, the floor plan is split up into one central common area with the private resident bedrooms off to each side. Upon entry to the Manor, you are greeted by the two-story foyer. Inspired by the heavy millwork use in Hamptons architecture and design, you will find floor-to-ceiling classic wall paneling painted Benjamin Moore's Chantilly Lace, accented with dark walnut railings, windows, and staircase stringers. This area serves as a common entryway for both Greenhouse units, with the grand staircase and elevator allowing access to the second floor, as well as a waiting area for guests that come to visit the residents. Critical spaces that allow the greenhouse unit to function behind the scenes were the addition of the staff office, restroom, and lounge located on the left side of the foyer. These spaces are tucked away from the rest of the resident spaces but empower the staff to support the residents

by preparing their medications and other caring duties. On the right side of the foyer is the Library/Den which allows a private meeting area for the residents to come and read books, and collaborate with other residents outside of the main common areas.



Figure 27 - Two Story Foyer Perspective



Figure 28 - Entrance to Green House Great Room

Moving into the great room from the foyer, you will find the kitchen area, formal dining area, and the hearth room. The importance of openness in these areas was key as they are the spaces that make the greenhouses feel the most like home for residents. Key architectural pieces of the space include the 14-foot ceilings in the hearth room which drop down to 10 ft coffered ceilings in the dining area and kitchen, with the addition of inset carpet areas in the white oak hardwood floor to give the effect of area rugs without the bunching up or moving of traditional area rugs under wheelchair wheels. Access to natural light and the beach views through the window wall will also help the residents feel at home and not like they are in an institution.

The finishes of the space also play a big part in the at-home feeling while keeping both luxury and practicality in mind. The use of comfortable but maintainable seating was key. The custom slipcover bench seat sofas by Robin Bruce in the hearth room are all upholstered in performance fabrics that can be removed and dry cleaned if messes ever happen. The use of the dining table and chairs, coffee tables, and barstools from Kravet were important to provide

continuity of finishes and style throughout the space. The use of solid Silestone quartz slabs on the hearth room fireplace and kitchen countertops and backsplash was not only because of the luxurious look but also because of the durability and cleanability of the material that eliminated the grout lines that would need to be cleaned.



Figure 29 - Great Room Perspective



Figure 30 - Hearth Room Perspective

Moving into the kitchen area, accessibility was key in being able to include everyone in the space, regardless of ability. Features of the kitchen area include counter seating for six, commercial appliances, an ADA prep sink and prep counter space, a refreshment station, and a large pantry located around the corner that allow the kitchen to be able to service twelve residents. The layout of the kitchen, as referenced below in figures 31 and 32, is arranged in a U shape with the working wall located on the back wall with a 60” range, separate 36” refrigerator and freezer, and a pot filler over the range. Double islands are featured in the kitchen to allow multiple residents to work in the kitchen simultaneously, with 30” tall ADA complaint workstations on each end. The intention behind the layout of the kitchen area was to promote an at-home feeling and inclusivity by providing spaces in which the residents can come and help the staff prepare their meals.

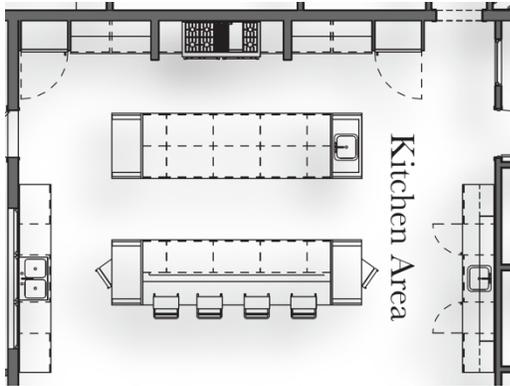


Figure 31 - Enlarged Kitchen Floor Plan



Figure 32 - Kitchen Area Perspective

The last area of the greenhouse units is the most personal and private to the resident's experience on the campus: the bedroom area. What makes the Green House Model special is the inclusion of resort-style bedrooms that feature their own private bedroom, a three-piece ADA-compliant bathroom, and a sizeable closet, as referenced by figures 33 and 34 below.

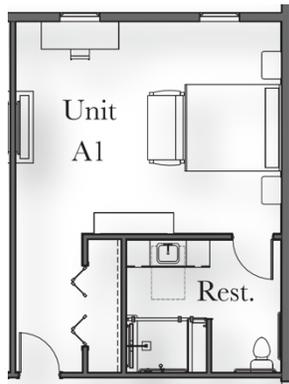


Figure 33 - Enlarged Bedroom Plan



Figure 34 - Resident Bedroom Perspective

Important aspects of this bedroom layout are that it is catered to our seniors who are facing both physical and mental changes. By placing the toilet in view of the bed, seniors are more likely to be able to remember where the toilet is in the middle of the night which helps reduce accidents. The bathroom is designed to be wheelchair accessible by having a zero-threshold shower and appropriate grab bars in the shower and around the toilet. The addition of the lockable medicine cabinet in the room helps eliminate the use of medicine carts in the

residence. The furnishings of the space provided by Caracole are designed to provide luxury to the residents during their stay. The bedrooms are not meant to be hospital rooms, they are meant to provide the at-home feeling that makes the green house model successful. To continue the use of heavy woodwork from the rest of the residence, each bedroom will receive a three-quarter paneled wall with a functioning picture shelf above. The bedrooms are the most personal and private space that matters to the residents and the intentional design that is put into them is the last piece of the puzzle to create a home where they can live autonomously and receive personalized high-quality care.

Chapter 7. Conclusion

To conclude, senior living healthcare is one of the largest issues pressing the nation as our largest generation, the Baby Boomer generation, are coming of retirement age. This generation will tax the healthcare system unlike any generation before them as tens of thousands of baby boomers are hitting retirement age every day until 2030. Due to recent health improvements in recent years, people are living longer and will require more long-term care after retirement. Many baby boomers do not want to live in a nursing home like their parents before them and want to live at home or in a residential setting, thus requiring more locations for independent and assisted living to become available. As of now, there are only 371 Green House style retirement communities across the nation. This essay is designed to utilize the research-based design and implement it into the aesthetic of East Hampton, an area where there is a set standard for architecture and lifestyle, and to show that this model can be used anywhere and transform eldercare across the country and around the world through the models established by the Green House Project and Continuing Care Retirement Communities.

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