

The Triangle Traditional Music and Dance Retirement Society (2T)



**A Permeable, Playful Arts Community
that includes creative, home-based continuing care
for older adults**

Denial is Not Just a River in Egypt!



Most of us are going to need assisted living, skilled care, and/or hospice care at some point in our lives.

Many of us have learned that we want innovative care that is not limited by the vision of the 70s and 80s.

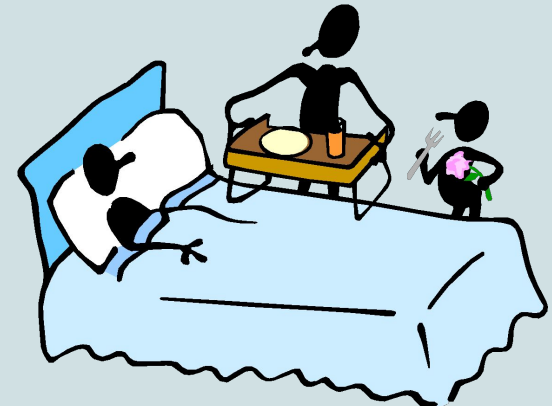
We are a group of musicians, dancers, music lovers, artists and craftspeople in the Triangle area of North Carolina...

- *Who enjoy being together.*
- *Who want to grow old in community.*
- *Who are creatively finding ways to live fully and to bring joy and ease to the end of life.*



Early History...

We have a long history of sustaining various community volunteer care teams that have provided all types of support and care to friends and family members who have been sick, recovering from surgery, injured and/or at the end of life .



Our Vision

2T envisions a community that:

- Incorporates a shared culture of music, dance, and the arts.
- Interacts with like-minded people of all ages from the wider environment.
- Is affordable to a wide range of individuals.
- Provides innovative assisted living and end-of-life care using an on-campus Household Model.

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Mission Statement

2T's Mission is to create:

- A flexible model of community living where all partners collaborate, contribute, and exchange/share their talents and services to create a broad palette of possibilities
- An inclusive community that incorporates various types of housing arrangements
- An arts-focused community where residents can continue to practice and share their various arts and skills, both on- and off-site, and have the potential for meaningful engagement until the end of life
- An intentional community that prioritizes the Household Model, which is a resident-engaged style of living with compassionate, skilled end-of-life care.
- A friendly and environmentally sustainable community with green space and natural areas
- A scalable, financially sustainable community for current and future residents that can also serve as a model for other, similarly community-minded efforts.

How the Dream has Taken Shape

We started with the intention to create a community of caring individuals who cherish and practice many arts.

Our values and priorities include inclusivity, affordability, and service with housing that includes a creative vision of health care, including end-of-life care in our homes.

In Other Words~

We want to stay together and play together through old age, until the last waltz.





We want to live in a community that welcomes all people and all ages, not in an age-segregated retirement community.



We do want to continue to~

- ** practice our arts,**
- ** enjoy our pleasures,**
- ** engage with the broader world, and**
- ** be as useful as possible until we take our last breath.**

Unique Components of 2T

- An open community with a performing arts center featuring attractions for the general public, such as dances, concerts, and lessons.
- Creative, “Medically Home,” and hospice approach to healthcare.
- A licensed Family Care Home using the Household Model for supportive care as members of the community need more assistance, become fragile, and reach the end of life.

The Household Model



An alternative to the traditional nursing home model for people needing more skilled health care.

The Household Model in North Carolina at current CCRCs



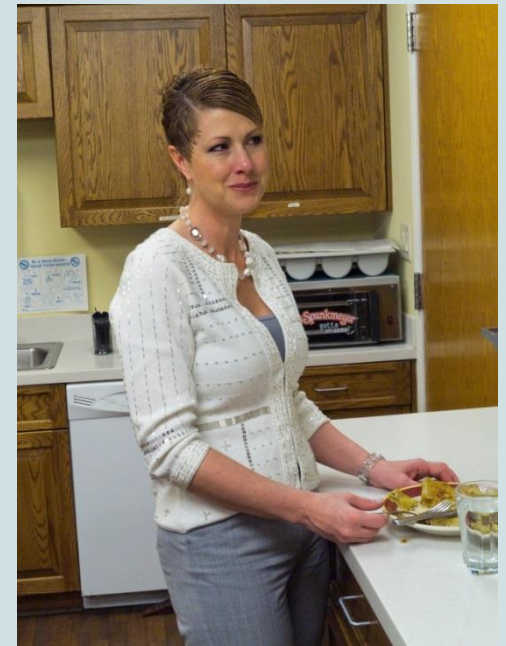
The Household Model

- Residential, family-style, non-institutional living for people who need more personal care and have decided that they want to live in community.
- Small households/cottages of 6 residents (Licensed Family Care Home).
- Typical, resident-driven daily life.
- Daily activities tailored to the individual needs and desires of the residents.
- Full kitchen, living room, dining room.
- Private bedrooms.
- Cross-trained, dedicated 24-hour team of knowledgeable staff.

One example~

Pennybyrn at Maryfield:

A retirement community in High Point that has the Household Model



Pennybyrn Household Model

Non-institutional Health Care



Pennybyrn



Pennybyrn

The Household Model



Breakfast is prepped to order whenever a resident chooses to get up.

Food is available 24 hours a day.

A dedicated team of staff works in each household.

CHARLES HOUSE ~ YORKTOWN

Eldercare Home

*Heritage Hills Neighborhood
Chapel Hill
Family Care Home for 6 adults*



Short video of [Medically Home](#) concepts showing the potential for technology that enables high-acuity healthcare at home.

Short video portraying the vision of Mayo Clinic and Kaiser, innovators in provision of hospital-level care at home.



Resources for Aging and Dying in Place

Medically Home

<https://www.youtube.com/watch?v=1d4XcdQqACA>

Short animated depiction of Medically Home program.

Mayo / Kaiser invest in Medically Home you tube video 54 minutes

<https://www.youtube.com/watch?v=-hVxkH6OqXw>

Reps from Medically Home, Kaiser, and Mayo Clinic announce this partnership with Q/A.

Mayo Clinic, Kaiser put \$100M toward hospital-at-home care

<https://www.healthcareitnews.com/news/mayo-clinic-kaiser-put-100m-toward-hospital-home-care>

Mayo Clinic And Kaiser Permanente Invest \$100 Million In 'Hospital Care At Home' Venture

<https://www.forbes.com/sites/brucejapsen/2021/05/13/mayo-and-kaiser-invest-100-million-in-hospital-care-at-home-venture/?sh=3c35e9c26063>

Mayo Clinic announces advanced care at home model with Medically Home

<https://www.healthcarefinancenews.com/news/mayo-clinic-announces-advanced-care-home-model-medically-home>

More Resources for Aging and Dying in Place

Article on a hospital-at-home program in Charlotte, NC. They use a strategy that supports an intentional community's ability to have residents age-in-place for as long as they desire. Hospitals are for necessary surgery and skilled nursing for rehab if required but most support happens in the home.

<https://www.healthleadersmedia.com/telehealth/atrium-healths-virtual-hospital-opens-door-new-care-models>

This article on **alternatives to nursing homes** discusses multiple programs that Gary Smith is working with including CAPABLE from John Hopkins and PACE programs around the country. Note the focus on "home- and community-based services". This includes the ability to utilize Medicare and/or Medicaid funding to support aging in place, not in congregate settings.

https://www.marketwatch.com/story/covid-19-devastated-nursing-homes-here-are-safer-more-cost-effective-options-11602245129?mod=mw_latestnews

Article about Community Aging in Place—Advancing Better Living for Elders (CAPABLE), a Johns Hopkins School of Nursing

https://nursing.jhu.edu/faculty_research/research/projects/capable/

What Have We Done So Far?

- ✓ Formed a 501(c)3 non-profit to inform people about options for later-life housing and related health care costs.
- ✓ Educated ourselves and others.
- ✓ Developed a core group of nearly 80 Founders.
- ✓ Engaged a professional market analyst who demonstrated that there is considerable need for senior living options in our area.
- ✓ Completed a series of Founders' meetings with Action Pact to produce an Integrated Business Plan (IBP).

Educated Ourselves and Others

- ✓ Studied aging, provision of health care, and caring for one another for short-term needs.
- ✓ Provided workshops for about 250 people to learn about Medicare, long-term care insurance, and the costs of being old and eventually dependent on others.
- ✓ Visited several retirement facilities, including Norterre near Kansas City, built by Action Pact, who initially developed the Household Model.
- ✓ Learned from Action Pact about the process of development and financing of a major project.



Market Study & IBP

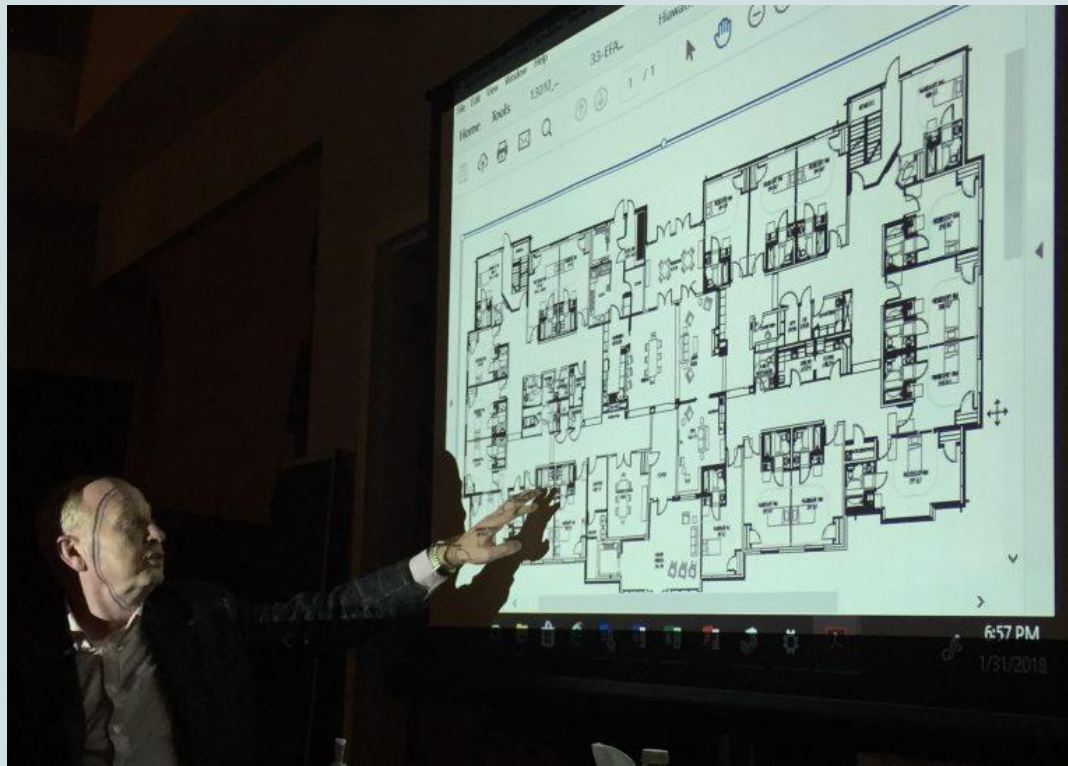
- ✓ Completed a market analysis that showed a robust need for elder housing options in our area.
- ✓ Completed a series of six all-day meetings with our original Founders to produce an Integrated Business Plan (IBP). Action Pact facilitated this process with the goal of developing a business plan through which we could realize our dream, with consideration of architectural, operational, cultural, and financial variables.

IPA: Integrative Pre-feasibility Analysis

January–April 2018

Series of six all-day meetings with our Founders and Action Pact consultants to determine cultural, physical, and financial design preferences and possibilities.





Steve Shields, who founded Action Pact, showing one type of design for a larger Household Model Family Care Home.



What We Are Doing Now

- Searching for land with the assistance of a Buyer's Agent and a land shepherd
- Researching models of financing
- Seeking potential investors (LLC formation)
- Reaching out to potential new Founders through orientation and information sessions

What We Are Doing Now, cont'd

- Interviewing CPAs to review developers' pro formas
- Surveying our 2T Founders on their preferences for community layout and housing
- Working with a developer to ascertain feasibility and compatibility



How You Can Become More Involved?

- ❖ **Website:** www.dancingintoretirement.org
- ❖ **Facebook:** Visit and 'Like' us:
<https://www.facebook.com/dancingintoretirementnc/>
- ❖ **Sign up** on our contact list.
We promise not to overfill your mailbox!
- ❖ **Share your time and energy** in ways that utilize your strengths.
- ❖ **Volunteer** to help 2T on various projects:
Research innovative health care options, update our database on types and cost of care coverage, contribute to web page development, etc.
- ❖ **Donate** financially to support the project, become a Founder, and/or consider becoming an Accredited Investor.

Join Us as a Founder!

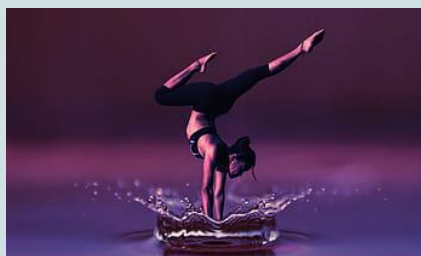
How do I do it?

Two requirements and you've already met one of them:

- ★ Attend one of our orientation and education sessions!
- ★ Then send a donation of \$1000 or more (some have donated as much as 5 figures) by whichever means you prefer (see handout).

Benefits of being a Founder

- ★ Living in a friendly, compassionate, innovative community.
- ★ Collaborating to build a place that will be ready when we want/need it.
- ★ Being surrounded by your friends and others who enjoy music, dance, and the arts.
- ★ Getting involved in the creative process of community design and all that entails.
- ★ Supporting a mission of aging and dying-in-place with good care, compassion, and dignity.
- ★ Creating, sharing, and leaving a legacy.



*Do I have to be an artist, dance or
play music to join you?*



Not at all!



*We invite all
who want to age in a playful,
informal, accepting,
and diverse community
to find out more about 2T.*



*Cavorting and merriment,
friendship and laughter
are likely to occur with shocking frequency.*



Thanks for your interest and kind attention~

You can reach us via our Website or Facebook

****or****

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Hope to see you soon!

