



# Roundtable

**Nature, Health and Wellbeing**

**April 25-26, 2019**



**Cornell  
Institute for  
Healthy Futures**

## Nature, Health and Wellbeing

The Cornell Institute for Healthy Futures Spring 2019 Roundtable covers topics ranging from how interactions with nature can positively impact a person's well-being to how landscapes and cities can be designed to foster human and nature connections, while improving quality of life.

Presenters and attendees will bring together diverse disciplines including academe; the design, healthcare, and hospitality industries; the non-profit sector; and government. The first half of the day focuses on the most current and innovative research and practice about the impact of nature on health and wellness in a variety of locations that include senior living, acute care and community settings. Two sets of short presentations by Roundtable presenters will address the State of the Science and the State of the Practice.

After lunch, working groups made up of industry leaders, faculty and students, facilitated by the morning's presenters will focus on critical topics such as future research, translating research into practice, education, policy and establishing the business case. Through these collaborative working groups, we can set an agenda for future action in the intersecting fields of nature, health and wellbeing.



A student takes a closer look at a flowering cherry tree near Cornell Health

Photo Credit: Jason Koski

Front Cover Photo Credit: Kevin Stearns





Viewing the Robison Herb Garden from under the pergola at the Cornell Botanic Gardens  
Photo credit: Matt Fondeur

***The mission of the Cornell Institute for Healthy Futures is to provide a multidisciplinary platform for integrating hospitality, health management/policy, and design to enhance service excellence in healthcare, wellness, senior living, and related industries.***

**mission**



# reception

## Roundtable: Nature, Health, and Wellbeing

Thursday, April 25 2019

Taylor Suite, Statler Hotel

5:30 pm – 7:30 pm

### Welcome Reception

Student competition presentations, hors d'oeuvres and socializing  
Live music provided by violinist Sophia Oguri

### Roundtable Co-Chairs:

**Mardelle Shepley**, Associate Director of CIHF and Chair of the Department of Design and Environmental Analysis

**Naomi Sachs**, Industry Scholar of CIHF and Postdoctoral Associate in the Department of Design and Environmental Analysis

Students present their projects to CIHF board members at the CIHF Patient Experience Rx: Healing the Whole Human Mini-Symposium reception





Participants engaged in conversation at CIHF Fall 2018 Roundtable



Alexis Strong, Ph.D. Candidate, School of Hotel Administration, converses with participants at CIHF Fall 2018 Roundtable

**Friday, April 26 2019**

**Ten Eyck Room in the Nevin Welcome Center, Cornell Botanic Gardens**

7:30 am – 8:15 am

**Networking Breakfast and Registration**

8:15 am – 8:45 am

**Welcome and Introductions**

**AM Session 1**

***Current State of the Science***

8:45 am – 10:00 am

**Don Rakow**, Associate Professor, School of Integrative Plant Science, Horticulture Section, Cornell University

**Catherine Thrasher-Carroll**, Mental Health Promotion Program Director, Skorton Center for Health Initiatives, Cornell Health, Cornell University

**Tamsin Smith**, Public Health Fellow, Skorton Center for Health Initiatives, Cornell Health, Cornell University

**Amy Wagenfeld**, Associate Professor, Capstone Coordinator, College of Health & Wellness, Johnson & Wales University, Providence

**Jerry Smith**, Principal/Owner, SMITH | GreenHealth Consulting

**Erin Robertson**, Executive Director, Nature Sacred, TKF Foundation

**Naomi Sachs**, Industry Scholar of CIHF and Postdoctoral Associate in the Department of Design and Environmental Analysis

**Mardelle Shepley**, Associate Director of CIHF and Chair of the Department of Design and Environmental Analysis

10:00 am – 10:15 am

**Break**

**agenda**



# agenda

## AM Session 2

10:15 – 11:30 am

### *Current State of the Practice*

**Jack Sullivan**, Associate Professor, Department of Plant Science & Landscape Architecture, University of Maryland

**Daniel Winterbottom**, Professor, Department of Landscape Architecture, University of Washington

**Anna Laybourn**, Principal, Design Workshop, Aspen Office

**Chethan Sarabu**, MD, Director of Clinical Informatics, Pediatrician, doc.ai, Stanford Medicine

**Tamberly Conway**, Partnerships, Diversity and Inclusion Specialist, U.S. Forest Service

11:30 – 11:45 am

### **Assemble Working Groups**

11:45 am – 12:15 pm

### **Mindfulness Walk in the Cornell Botanic Gardens**

12:15 pm – 1:15 pm

### **Lunch with Working Groups**

1:15 pm – 2:15 pm

### **Working Groups continue**

2:15 pm – 2:30 pm

### **Break**

2:30 pm – 3:30 pm

### **Reports from Working Groups**

3:30 pm – 4:00 pm

**Rachel Dunifon**, Interim Dean, College of Human Ecology, Cornell University

### **Next Steps, Closing Remarks**

Participants from 2018 CIHF Mini-Symposium





**Tamberly Conway**

Partnerships, Diversity and Inclusion Specialist, U.S. Forest Service

Tamberly Conway holds a B.S. in Wildlife Management from McNeese State University and a M.S. in Forest Recreation Management and Ph.D. in Forestry from the College of Forestry and Agriculture at Stephen F. Austin State University. Tamberly serves as a Partnerships, Diversity and Inclusion Specialist, for the Conservation Education Program at the USDA Forest Service in Washington, DC. Her work focuses upon creating traditional and non-traditional partnerships in conservation education and community engagement to reach diverse audiences with meaningful and relevant educational and stewardship opportunities. She has been engaged in the health and nature realm for over 10 years, through a variety of unique partnerships. As an Association of Nature and Forest Therapy Guide in Training, she is interested in improving relationships between the land and people. Tamberly believes the power of diverse partnerships, youth engagement and collaborative envisioning are key factors to success inserving diverse audiences nationwide.

Anna Laybourn is a Principal at Design Workshop, an urban design, planning, and landscape architecture firm with offices in Aspen, Colorado, and five other cities. Anna takes a holistic view for parks, recreation, trails, and open space conservation planning; integrating thinking from her academic training in city and regional planning, environmental design, and natural resources management. She seeks a profound understanding of the people that she plans for and takes a special interest in engaging the public in innovative planning and design process. Her projects have been honored by 28 awards from professional organizations such as the American Planning Association, American Society of Landscape Architects, and National Recreation and Parks Association. Anna has a particular focus on creating equity in access to quality outdoor experiences, such as in finding solutions with nature-disadvantaged youth tailored to 10 cities through pilot projects funded by Great Outdoors Colorado and the Colorado Health Foundation.



**Anna Laybourn**

Principal, Design Workshop,  
Aspen Office



**Don Rakow MPS '87, PhD '87**

Associate Professor, School of Integrative Plant Science, Horticulture Section, Cornell University

Donald A. Rakow is an associate professor of horticulture in the School of Integrative Plant Science at Cornell University. Dr. Rakow also served as the E.N. Wilds Executive Director of Cornell Botanic Gardens from 1996–2014. He is also the co-director of the Cornell Master of Professional Studies Program in Public Garden Leadership. Dr. Rakow directs the Nature Rx@Cornell program, chairs its search committee, and advises the Nature Rx student club. He is also engaged in several research projects related to the human benefits of time in nature. Dr. Rakow has written frequently for 'Public Garden' magazine, and served for many years as the chair of the Editorial Advisory Group of the American Public Gardens Association (APGA). For his many efforts on behalf of this association and the field of public gardens, Dr. Rakow has received the APGA Service Award (2009) and Award of Merit (2015).

# presenters

# presenters



**Erin Robertson**

Executive Director, Nature  
Sacred, TKF Foundation

At the beginning of 2018, Erin assumed the executive director position at the TKF Foundation, after having served as the director of enrichment grants. She is leading the Foundation at a pivotal time, as its attention shifts to the Nature Sacred Program.

Inspired by the power of nature to transform individuals and communities, she believes that bonded together, Sacred Places can have a real impact on a city's health and prosperity. As executive director, she is working to place a spotlight on the way urban green spaces can foster stronger cities in lasting, meaningful ways. Prior to joining TKF, Erin was with the Chesapeake Bay Foundation's development department. She also previously served as Legislative Director for the Majority Leader of the Maryland State Senate. Erin is a graduate of Washington College in Chestertown, MD, and currently resides in Annapolis with her husband, four children, and golden retriever.

Dr. Chethan Sarabu is a Pediatrician and Clinical Instructor at Stanford University School of Medicine and is also the Director of Clinical Informatics at doc.ai, an "artificial intelligence company decentralizing precision medicine." Dr. Sarabu lives at the intersection of medicine, design, and information. The driving force connecting these interests is the pursuit of improving children's lives. His training in landscape architecture developed a deep set of skills in design and systems thinking. He brings these talents together as a fellow in clinical informatics at Stanford where he works on a variety of projects shaping the future of care delivery.



**Chethan Sarabu BS '09**

Director of Clinical Informatics, doc.ai  
& Pediatrician, Stanford Medicine



**Jerry Smith**

Principal/Owner, SMITH |  
GreenHealth Consulting

Jerry Smith is an advocate for therapeutic landscapes and has been an active voice for sustainability in the healthcare design industry for over 25 years. His focus is on sustainable and evidence-based design, having worked in healthcare architecture firms in Boston, Chicago, Cincinnati and Columbus before founding SMITH GreenHealth Consulting in Columbus, Ohio in 2010. Jerry served on the Core Committee of the Sustainable Sites Initiative and on the Steering Committee of the Green Guide for Health Care. He also serves on the Environmental Standards Council of The Center for Health Design, the Therapeutic Landscapes Network Advisory Board and on the Board of Directors of the US Green Building Council of Central Ohio. Holding degrees in Botany, Architecture and Landscape Architecture, Jerry is a Faculty Fellow in Landscape Architecture at Ball State University and in 2010 was inducted into the Council of Fellows in The American Society of Landscape Architects.





**Tamsin Smith**

Public Health Fellow, Skorton Center for Health Initiatives, Cornell Health, Cornell University

Tamsin is a Public Health Fellow in the Skorton Center for Health Initiatives at Cornell Health. She graduated from the College of Agriculture and Life Sciences in December 2017. She majored in Biology and Society and minored in Infectious Disease Biology and Community Food Systems. As an undergraduate, she was a Residential Advisor, an Orientation Supervisor, and a member of several dance groups. She also was a member of the Harrington Medical Entomology and Soils, Food, and Health Communities labs. She is interested in the intersection of public health, infectious disease, and nutrition. Tamsin is excited to work on the Nature Rx initiative with Catherine Thrasher Carroll! A central NY native, she loves the beautiful nature of the area. In her free time, she can be found hiking the gorges with her dog or running.

Jack Sullivan is a licensed professional Landscape Architect (PLA), a Fellow of the American Academy in Rome (FAAR) and a Fellow of the American Society of Landscape Architects (FASLA). He is an associate professor at the University of Maryland, where he served as the Coordinator for the Bachelor of Landscape Architecture (BLA) program (2001-2008) and started the Master of Landscape Architecture (MLA) program in 2008. He served as its first Director from 2008 to 2012, when it was fully accredited by the Landscape Architecture Accreditation Board of ASLA. He teaches courses in communication graphics, landscape and garden history, and the design and construction of sustainable urban landscapes. In recent years he has been teaching special courses on healing gardens and their role in improving mental health and developing physical and spiritual well-being. Jack has a passion for English and Italian gardens and the thoughtful translation of their design principles into a modern design vocabulary. He has a keen interest in responsible economic development, sustainable environmental improvements, and the design of beautiful, viable and inclusive civic spaces in cities and towns throughout the Mid-Atlantic Region.



**Jack Sullivan**

Associate Professor, Department of Plants Science & Landscape Architecture, University of Maryland



**Catherine Thrasher-Carroll, MA**

Mental Health Promotion Program Director, Skorton Center for Health Initiatives, Cornell Health, Cornell University

Prior to coming to Cornell in 2005 to take the position of the Mental Health Promotion Program Director, Catherine lived in southern California where she hiked weekly in the Angeles National Forest and backpacked often in Big Bear, Yosemite and the John Muir Wilderness. One of the big draws about coming to Ithaca was the easy access to green and water spaces. Many people might think that black people aren't outdoors people, however, Catherine begs to differ and you can find her out in nature in every season. Since coming to Cornell University she has taken a lead on the development and implementation of mental health promotion and suicide prevention strategies, including the promotion of NatureRx both inside and outside of Cornell Health.

# presenters

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**Amy Wagenfeld**

Associate Professor, Capstone Coordinator, College of Health & Wellness, Johnson & Wales University, Providence

Amy Wagenfeld, PhD, OTR/L, SCEM, FAOTA is Associate Professor and Capstone Coordinator in the Occupational Therapy Doctoral program at Johnson & Wales University and Principal of design +cOnsultation. She expands her role as an occupational therapist into the world of landscape architecture. Her work focuses on collaborative design, programming, and research of outdoor environments that support physical and emotional rehabilitation and learning in community and healthcare settings. Amy presents and publishes widely on topics relating to collaboration with designers and access to nature. Amy has served on the design team for three American Society of Landscape Architecture award winning therapeutic gardens, is recipient of a silver medal from the International Association of Universal Design, a Center for Health Design award, and two New York state design awards. She is co-author of the award-winning book, *Therapeutic Gardens: Design for Healing Spaces* published by Timber Press.

Landscape architect Daniel Winterbottom, RLA, FASLA is a University of Washington Professor of Landscape Architecture. In 1995 he developed a design/build program, through which he and his students work with communities to design and build projects that provide amenities, address social and ecological challenges and provide therapeutic environments for those struggling with traumatic experiences and mental health issues. Mr. Winterbottom developed and incorporates a participatory design process in these service-learning projects to create responsive design solutions for communities in need. His book *Healing Gardens*, co-authored with Amy Wagenfeld was released in 2015. His awards include the Council of Educators of Landscape Architecture Outstanding Educator award, 2007, the University of Washington 2006 S. Sterling Munro Public Service Teaching Award, ASLA Honor Award for Community Service 2007, ALSA Honor Awards for Community Service 2007, 2011 and 2013, the EDRA/Places Great Places Award, 2010 and was inducted as a Fellow in ASLA in 2011.



**Daniel Winterbottom**

Professor, Department of Landscape Architecture, University of Washington



### **Nayanica Banerjee**

Graduate Student, Sloan Program in Health Administration, Cornell University

### **Heather Bazille**

Graduate Student, Department of Design + Environmental Analysis, Cornell University

### **Susanne Bruyere**

Director and Professor of Disability Studies, Yang-Tan Institute, ILR School, Cornell University

### **Melissa Carlisle CALS '97**

Director of External Relations, Cornell SC Johnson College of Business External Relations

### **Josh Cerra**

Associate Professor, Department of Landscape Architecture, Cornell University

### **LaWanda Cook**

Extension Associate, Cornell University

### **David Cutter BSLA '85**

University Landscape Architect, Cornell University

### **Joseph De Los Santos**

Graduate Student, Sloan Program in Health Administration, Cornell University

### **Srisatish Devapatla**

Director of Neonatal Intensive Care Unit, Cayuga Medical Center

### **Jeremy Faulk**

Graduate Student, Department of Design + Environmental Analysis, Cornell University

### **Vaibhav Garg**

Chief Business Excellence Officer, Raisecrown Group

### **Asheesh Gupta**

Founder and MD, Samarth Life Management

### **Brooke Hollis, MBA/Sloan '78**

Executive Director of Cornell Institute for Healthy Futures and Associate Director of Sloan Program in Health Administration

### **Mio Jia**

Graduate Student, Department of Design + Environmental Analysis, Cornell University

### **Andrew Jenis, MD**

Regional Vice President, USACS

### **Ravinder Kingra MMH '12**

Lecturer, School of Hotel Administration

### **Heather Kolakowski, SHA '00**

Associate Director of Cornell Institute for Healthy Futures, Lecturer, School of Hotel Administration, Cornell SC Johnson College of Business

### **Richard Lansdowne**

Operations Manager, Ithaca Children's Garden

### **Irene Lekstutis BS '81 MS '84 MLA '00**

Landscape Designer, Cornell Botanic Gardens

### **Isaac Losh MPS '11**

Director of Business Development, Bild & Co

### **Erin Martea MPS '10**

Executive Director, Ithaca Children's Garden

### **Michael Martin, MMH '96**

President and Chief Operating Officer, American House Senior Living Communities

### **Gen Meredith**

Associate Director, Cornell MPH Program

### **Mindi Morin**

General Manager, Canyon Ranch Lenox

### **Kevin Moss**

Adult Education & Volunteer Coordinator, Cornell Botanic Gardens

### **Cate O'Brien**

AVP/Director of Mather LifeWays Institute on Aging, Mather LifeWays

### **Danielle Pere**

Vice President, American College of Preventive Medicine

### **Neil Rajput**

Graduate Student, Sloan Program in Health Administration, Cornell University

### **John Rijos, SHA '75**

Operating Partner, Chicago Pacific Founders, American Seniors Housing Association

participants

# participants

**Lynne Rizk**

Principal, Director of Health, New York, HKS

**Naomi Sachs**

Postdoctoral Associate, Department of Design + Environmental Analysis, Cornell University

**Mardelle Shepley**

Associate Director of Cornell Institute for Healthy Futures, Department Chair of Design + Environmental Analysis, Cornell University

**Sonja Skelly**

Director of Education and Communications, Cornell Botanic Gardens

**Giovanni Sogari**

Postdoctoral Research Associate, Cornell University and University of Parma

**Alexis Strong MMH '08**

Ph.D. Student, School of Hotel Administration, Cornell SC Johnson College of Business

**Alex Susskind**

Associate Professor of School of Hotel Administration, Cornell SC Johnson College of Business

**Mary Tabacchi**

Professor Emerita, School of Hotel Administration, Cornell University

**Rao Vithala**

Deane W. Malott Professor of Management, Professor of Marketing and Quantitative Methods, Johnson School, JCB, Cornell University

**Rohit Verma**

Dean of External Relations, Cornell SC Johnson College of Business

**Elizabeth Weiner**

Owner, Elizabeth Weiner Gallery Inc., New York

**Peter Yesawich, SHA '72, MS '74, Ph.D. '76**

Chief Brand Officer, Brown - Legacy Group

**Rana Zadeh**

Assistant Professor and Co-Director of the Health Designs Innovation Lab, Department of Design + Environmental Analysis, Cornell University





**Brooke Hollis,**  
**MBA/Sloan '78**  
Executive Director

Brooke Hollis is also associate director of the Sloan Program in Health Administration. Mr. Hollis' background includes over three decades serving in senior management positions. He has worked in both academic and community medical centers, and was president of an entrepreneurial group that developed specialty clinics and services for hospitals in three states. His mergers & acquisitions advisory work has been for health and services firms in 20 states. He has an MBA and Sloan Certificate in Health Administration from Cornell University and a Master of Architecture and Urban Design from Washington University in St Louis.



**Mardelle Shepley**  
Associate Director,  
Roundtable Co-Chair

Dr. Mardelle McCuskey Shepley, B.A., M.Arch., M.A., D.Arch., FAIA, FACHA is the chair of the Department of Design and Environmental Analysis and associate director of CIHF. Previously she served as professor and director of the TAMU Center for Health Systems & Design. Dr. Shepley has authored five books, including *Design for Critical Care* (2009), *Health Facility Evaluation for Design Practitioners* (2010) and *Design for Pediatric and Neonatal Critical Care* (2014). Dr. Shepley has worked in professional practice, full-time and part-time, for 25 years.



**Heather Kolakowski,**  
**SHA '00**  
Associate Director

Heather Kolakowski is a lecturer in food and beverage management at the School of Hotel Administration (SHA). A 2000 graduate of SHA and a 2002 graduate of the Culinary Institute of America (CIA), Kolakowski previously served as food and beverage manager for the Four Seasons Hotels and Resorts in Washington, D.C. and Jackson Hole, WY. Her additional professional experience includes assistant manager for the Peninsula Grille in Warrington, PA, and teaching assistant at both the CIA and Cornell University. Kolakowski also holds a MBA from SUNY Empire State College and is a member of the Women's Foodservice Forum, Women Chefs and Restaurateurs, the United States Bartender's Guild Association, and the Cornell Hotel Society.



**Naomi Sachs**  
Industry Scholar,  
Roundtable Co-Chair

Naomi Sachs, PhD, MLA, EDAC is a Postdoctoral Associate in the Department of Design and Environmental Analysis at Cornell University. She will be an Assistant Professor in the Department of Plant Science and Landscape Architecture at University of Maryland starting Fall 2019. Naomi is Founding Director of the Therapeutic Landscapes Network. Her research, writing, and advocacy work focuses on environments that promote health. Naomi is Co-Editor of Health Environments Research & Design Journal and co-author with Clare Cooper Marcus of *Therapeutic Landscapes: An Evidence-Based Approach to Designing Healing Gardens and Restorative Outdoor Spaces* (2014).

Leadership

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Sustainability, HERSHA Hospitality Trust  
**Lindsley Withey**, Director Healthcare Strategy, Navigant Consulting, Inc.  
**Peter Yesawich**, SHA '72, MS '74, PhD '76, Chief Brand Officer,  
Brown - Legacy Group





Spring in the Young Flower Garden at the Cornell Botanic Gardens  
Photo Credit: Jay Potter

## Special Thanks

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## Contact Us

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# BRIGHT FUTURE



College of Human Ecology



The Hotel School  
Cornell  
SC Johnson College of Business