

New adventure awaits in co-housing community

I just read the excellent article (“Other Voices”) by Lucille Lovestedt. She speaks from my heart. I am also a senior whose acquaintances are asking her the same questions: Are you still in good health? Are you still in your own home? Are you still driving?

I am grateful to be able to answer in the affirmative. I am trying to do all the right things: Exercise, healthy food, sufficient sleep, keeping in touch with my good friends, doing a little volunteer work as well as pursuing some hobbies that are not too strenuous. Every day I have to consider what is still appropriate for me and what I have to let go of. Like the saying goes: “For everything there is a time,”



including a time to die. But I also find that in very subtle ways, new possibilities are appearing where I still may have something to offer.

I try to be open and accept what life brings and not to worry about when I may have to accept more help or be dependent on others. We all have done for others in our life in one form or another, especially if we have raised a family. So it wouldn’t be shameful to accept help from others. But, as Lucille writes, it is very hard to find the balance between what you can still do and what you should give up.

Old people don’t want to be pampered and helped with things they can still do, and often younger folks tend to be overly helpful to a person who has a wrinkled face and walks a bit slower than they do.

I do want to mention here one thing that has opened new doors for me: I joined the Wolf Creek Village co-housing community a year ago. Co-housing is one way to live in close proximity to your neighbors while still maintaining the privacy of your own home. The idea is: “Aging in place” among friends, who know you well, have similar interests, and look out for each other naturally. It is easy to help out a neighbor in small ways when you see each other daily.

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Aside from the benefits of close neighbors, we will live in environmentally friendly, comfortable buildings, enjoy extremely low energy bills and have beautiful common facilities, like a large “Common House,” gardens, a jacuzzi and a large wooded area leading down to Wolf Creek and connecting to a trail into Grass Valley. Shopping is in walking distance, so perhaps I can give up driving my own car.

Although we have not started construction yet – we hope to do it this spring – we have already formed a community of friends and enjoy numerous social events that keep us connected.

To belong to this friendly group has made a difference for me, in that I feel less anxious about what the future may bring.

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