



## Residents Association – August Meeting

Twenty-four members attended the August meeting, the largest attendance to date. We are eager to experience meetings of the entire group of residents when we have moved into the community buildings. The total number will be around 40.

*Printed on 100% Post-Consumer Recycled Paper*



370 E. Main St. • P.O. Box 665  
Abingdon, Virginia 24212  
(276) 628-8908  
E-mail: [espirit@preferred.com](mailto:espirit@preferred.com)  
Website: [www.elderspirit.net](http://www.elderspirit.net)

**elderspirit community®**



## Construction Progress – Dedication Delayed

In our Spring issue we reported that the residents of ElderSpirit Community would be moving in this summer and the dedication would be October 7.

Some delays have made it necessary to delay these events of completion, though we still expect to move in before the end of the year.

The pictures in this issue, taken in August, show the present developments. We have not set a date for the dedication; it will be announced on the web site when a decision is made. 🏠

## Work as an apprentice

Opportunity to work as an apprentice to continue and spread the ElderSpirit approach to Aging in Community — See top of page 2. 🏠



Looking down the Pedestrian Path from the foundation of the Common House. On the left are owners' homes; behind these the row of trees borders the Virginia Creeper Trail. The two-story structures on the right contain 12 rental homes. The lower level homes open onto the Pedestrian Path and the upper level homes open on the upper drive.

Picture below shows the upper level rentals, and in the foreground, the foundation of the four apartments that will be attached to the Common House on the 2<sup>nd</sup> floor level.



## Opportunity to Work with ElderSpirit Community

We have an opening for an Apprentice to work with the Executive Director of Trailview Development Corporation (TDC), the legal entity that was set up to build ElderSpirit Community. TDC is a non-profit corporation whose mission is to build mixed-income ElderSpirit Communities utilizing the principles of cohousing. The goal of the apprentice position is that after nine months the person would become the Executive Director.

For job description and how to apply, contact Dene Peterson, PO Box 665, Abingdon, VA 24212.

Email: [trailvu@preferred.com](mailto:trailvu@preferred.com). 🏠

## One ElderSpirit Couple — In Their Own Words

Roger Golden and Cinny Poppen are delighted to consider themselves part of the ElderSpirit Community and look forward to moving in when our house is ready. We've known about the community for several years but didn't visit until December 2004, when there were only two houses available. We bought one of them.

We moved to Tennessee four years ago from Elgin, Illinois. For a while we mentored at-risk youth; then Roger cared for two severely disabled men while Cinny tutored children in all grades in all subjects. Two years ago we moved foundation for the work of Spiritual Eldering.

In 2003 we became certified as workshop leaders by the Spiritual Eldering Institute, founded by Rabbi Zalman Schachter-Shalomi. The Institute is focused on the spiritual dimensions of aging, affirmation of the elder years, harvesting of life's wisdom, and leaving a legacy for future generations. Reb Zalman's book *From Age-ing to Sage-ing* provides the foundation for the work of Spiritual Eldering.

We are on the cusp of an aging population explosion with longevity potential unlike any period in history. It is a time for us to retake the positions once held by elders in society so that the world can be a more caring and loving place for all. As certified workshop leaders we desire to share with others a positive approach to aging while being realistic about the challenges. We hope to present our workshops and classes in the Abingdon area. 🏠

## Confessions of a Building Process Observer

By **Kathy Hutson**

It's late July and I am on my back porch watching someone from the town of Abingdon talk with two workers directly below our deck AND 26 feet of retaining wall. They are at Elizabeth Mathews' future home next to a three foot ditch. I think they are putting in copper pipe for the water line.

Each day I have the distinct pleasure and aggravation of watching the progress (or lack thereof) of ElderSpirit Community at Trailview. I see it from our deck. Then we go on a walk on the Virginia Creeper Trail with our dogs and see it from below. I know the vehicles of the men that do the sheetrock, the carpenters and the heavy equipment men – the Ford Brothers. It always seems slower than it should be. I'm too involved with my observations and afraid that, like a watched pot that never boils, I have some responsibility for the delayed progress.

Last weekend some friends from Knoxville stopped by and were surprised to see the progress and liked the "community feel" of the houses and common area in the center of the buildings. Yesterday a neighbor came up to get the bird's eye view and said that it was much easier to understand the designs at the office after seeing the real thing. These folks are an encouragement to me.

I have been responsible for overseeing several renovation projects in our houses. Last year it took about 6 months to redo our kitchen. There is the delight of planning and then the ups and downs and joy and anger during the EXECUTION. Now we are doing 29 kitchens...(I try to tell myself these things every day!!)

So I have given up aspirations of being a contractor, here or in a future life...and bless Dene, but I would not be a Project Director either. So I am here in tension and learning to meditate. 🏠

## Help with Prescription Costs

The new Medicare prescription drug bill allows seniors to purchase a card to obtain discounts on their prescription drugs. Low-income seniors may receive the card for free. For information go to the website: [www.accesstobenefits.org](http://www.accesstobenefits.org). 🏠



**Marty Swann and Charles Dolpp gave many hours to the building of the cupolas.**

## Volunteers Complete Cupolas

By **Dene Peterson**

The saying goes when you want something done ask someone who is very busy. This turned out to be wisdom for getting the cupolas on top of the homes built. The architect designed cupolas for the eight very high roofs on the homes. Besides serving as decoration, they also serve as vents for the attics.

Charles Dolpp, an engineer, asked the Knights of Columbus at Christ the King Church to volunteer their help with building the edifices. Ray Lopez permitted us to use his garage; Marty Swann and Ed Moser were recruited as the carpenters. Ed Moser told me his arms hurt from not working when they were finished because they were so used to hammering.

The roofing contractors finished the cupolas with vinyl siding and shingles. They were leery about how they would fit when mounted on the roofs. As each one was hoisted in place, one workman remarked that they fit perfectly or within a sixteenth of an inch! 🏠

## Extension Project

By **Monica Appleby**

The ElderSpirit Community Extension Project is beginning. The goal of the project is to refine and test the ESC model with six diverse groups to see how it will be adapted in their particular situation. The locations of the six groups are Kansas, Florida, Ohio, North Carolina and Virginia. A workshop is scheduled for the weekend of October 28<sup>th</sup> to bring the groups together to begin the shared learning process. One of the prospective participants named the outcome of the process as forming, "a community of communities."

A resource team consisting of Monica Appleby, Anne Leibig and Jean Marie Luce had their first meeting on July 8<sup>th</sup> to design their work for the first six months. An organizational stakeholders workshop for the Elderspirit Community in Abingdon is planned for August 25, 2005. Members of the Residents Association, Trailview Development Corporation and FOCIS Futures Committee will meet to create a visual presentation of the emerging community in Abingdon for use in describing their "parts" to the new extension groups.

A grant from the Retirement Research Foundation is supporting the ESC Extension Project for two years. This same foundation provided the initial grant in 1999 for the start-up of the ElderSpirit Community in Abingdon. 🏠

### To Subscribe or Request Information

To subscribe to the newsletter, send \$20.00 to ElderSpirit Community, PO Box 665, Abingdon, Virginia 24212, and complete the following:

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

\_\_\_\_ Please send information about ElderSpirit Community to my email address:

\_\_\_\_\_

You may also find information and this newsletter on the web at: [www.elderspirit.net](http://www.elderspirit.net)