

## **ElderSpirit Community at Trailview**

ElderSpirit Community at Trailview is a cohousing community for mixed income elders (55 and over) who are capable of living independently. Located on 3.5 acres alongside the Virginia Creeper Trail in Abingdon, Virginia, its distinctive characteristics are mutual support through the aging process and late-life spirituality. Members believe that spiritual growth is the primary work of those in the later stages of life. Agreeing that freedom of religion is fundamental, they encourage one another in the search for meaning and commitment to a spiritual path. Through face-to-face relationships they offer and receive support, express their needs and convictions, listen carefully to each other, and strive to act responsibly, considering their good and the good of the other.

Thirteen of the cluster houses belong to owners; twelve homes are for renters, who must qualify as moderate- to low-income according to the guidelines of HUD. Our common house contains four small units, also for low-income people. The small Spirit Center is a special place for prayer, meditation, services, classes, and celebrations.

Resident management is one of the fundamental principles of cohousing. We at ElderSpirit prefer the term community service, defined as the maintenance of the common property and the care of one another. For instance, on Tuesdays and Thursdays our volunteer cooking teams provide simple and delicious dinners in the common house. The basic requirement for membership is participation in one or more committees. Monthly meetings, held in the common house, are run by consensus.

We who live in ElderSpirit are deeply committed to mutual support and will cooperate with and help each other as needed. As we age and experience a diminishment in our abilities, everyone will still be able to contribute to community service, which encourages the building of relationships as we work together, while allowing the space to participate according to individual preferences.

We welcome visitors who might be interested in what we're doing.