



MISSION STATEMENT

ElderSpirit Community is a participatory membership organization for older adults that provides opportunities for growth through later life spiritual programs and through the formation of communities and residential centers.

VALUES

SPIRITUALITY

Members believe that spiritual growth is the primary work of those in the later stages of life. Members encourage one another in the search for meaning in life and commitment to a spiritual path. Freedom of religion is fundamental.

MUTUAL SUPPORT

Members develop face-to-face relationships through which they offer and receive support. They express their needs and convictions, listen to each other and strive to act responsibly, considering their good and the good of the other.

SERVICE

Support from the Community empowers members to help each other and to contribute service to the wider community according to their abilities, interests and opportunities.

SIMPLE LIFESTYLE & RESPECT FOR THE EARTH

Conscious that over-consumption by persons in wealthy countries threatens the earth's living systems, members seek a simplified lifestyle that reflects a respectful relationship with the environment.

ARTS & RECREATION

Leisure, recreational activities and travel contribute uniquely toward refreshing the mind, body and spirit. The arts form an integral part of the community. Members share and develop their gifts and talents through such activities as music, dance, theater, storytelling, gardening, crafts, weaving, etc

HEALTH

The word "health" comes from the same root as "heal," "whole," and "holy". Recognizing this members pay attention to nutrition, rest, exercise and social interaction.

Residents of the senior cohousing community of mutual support also commit to the following values.

CARE DURING ILLNESS & DYING

The common goal of the cohousing neighborhood is to offer care to one another in the later years. It affirms home care and dying at home. However, when institutional care occurs, a member of the community stays in touch with the person and closely follows her/his condition. Members recognize that the process of living involves one's desire for tolerable health and a capacity to be generative. Within the community, the process of dying raises one's awareness that all surrender physical life, not in isolation, but as a sister or brother of the human community.

MUTUAL ASSISTANCE

Sharing of goods and services is the norm in the cohousing neighborhood. When members have needs beyond the individual and family group, they are encouraged to make their needs known. Community meetings and common meals provide opportunities for open discussion, sharing and mutual assistance.