



Cohousing —eNews—

Cohousing addresses a major public health crisis

Loneliness was big in the news this month, as US Surgeon General Dr. Vivek Murthy issued an [advisory](#) that addressed social isolation and loneliness as an epidemic. The advisory sheds light on what cohousers already know to be true – that over half of those living in the US experience loneliness, and that it affects our physical and mental health in dramatic ways. Prolonged loneliness is linked to increased risks of heart disease, dementia, chronic stress and much more.



Dr. Murthy also put forth a 6-pillar framework for addressing loneliness, many of which align with the stated goals of CohoUS. The framework calls for a **deepening of knowledge** through research and data collection. The [Cohousing Research Network](#) (CohoUS' research arm) seeks to understand the motivations, realities and impacts of cohousing on individuals who seek and live in community. They are currently unveiling the findings of their most recent longitudinal study of cohousing communities. This data informs how we build communities and how we advocate for **“pro-connection” public policies**, another pillar of Dr. Murthy's plan. Learn more about the impact of the pandemic on communities at their [presentation](#) on June 1.

The final pillar issues a charge to us all to **foster a culture of connection**, where we “cultivate values of kindness, respect, service, and commitment to one another.” What better way to build a more connected future than to nurture pockets of cooperation and neighborly love, and share this model with others? Cohousers across the country are celebrating a successful **National Cohousing Open House Weekend**, in which cohousing communities opened their doors to community builders, seekers, public officials and cohousing-curious neighbors. CohoUS is proud to have supported the successful launch of 72 events nationwide.

“We are called to build a movement to mend the social fabric of our nation. It will take all of us – individuals and families, schools and workplaces, health care and public health systems, technology companies, governments, faith organizations, and communities – working together to destigmatize loneliness and change our cultural and policy response to it.” – Dr. Vivek Murthy

To have loneliness addressed at this level is an encouraging step for the cohousing movement, and we’re inspired to hear Dr. Murthy reflect the importance of this task. Remember that CohoUS is supported by you, and you only. It’s cohousers who make it possible for CohoUS to work in alignment with the pillars outlined above. [Please support us](#), and we will continue to support you in the mending of the social fabric of our nation.



Analysis of health, safety and social cohesion strategies in cohousing communities during the pandemic with LaDona Knigge, PhD

June 1st, 4:00-5:00 pm ET / 1:00-2:00pm PT

This presentation shares results of questions from the Cohousing Research Network’s recent community survey that focus on social and spatial strategies of cohousing communities to safeguard the health, safety and social cohesion of cohousing communities during the Covid-19 global pandemic. Early in the pandemic, nursing homes, assisted living facilities and other forms of group living experienced very high rates of Covid infection and deaths. How did cohousing communities fare during this time?

REGISTER

"YES, AND..."


A virtual event series exploring strategies that intersect with cohousing in pursuit of a more cooperative society

Ecovillages as Regenerative Models for American Housing

WITH CAITLIN CAMERON

06.12.23

4-5:30PM MST

 www.cohousing.org



Ecovillages as Regenerative Models for American Housing with Caitlin Cameron

June 12th, 6-7:30 pm ET / 3-4:30pm PT

Price included with partnership or \$15 for non-partners

Ecovillages are intentional communities that center the regeneration of social and natural environments. Ecovillages can also be cohousing communities! We will learn more about this model through the example of Ecovillage at Ithaca (EVI). Founded in 1991 to demonstrate an alternative model for American housing, EVI provides for our needs for shelter, food, and community while also being regenerative for the planet. With the intention of flipping the paradigm of detached, single-family suburban housing and car-centric development, EVI is centered around land conservation, passive solar and green building methods, energy efficiency, local food production, and community-centric design.

REGISTER

The Commons: A Monthly Gathering for the Cohousing Curious (and experts too!)

The 10th of every month
10am MT



The Commons

A (free) monthly gathering for the cohousing curious
(and experts too!)

Curious about cohousing but don't know where to start? Want to meet with cohousing newbies and experts alike? This (free) monthly gathering will include a Cohousing 101 presentation and ample time to connect and ask questions. We'll share cohousing lingo, best practices and more information on how to continue your cohousing journey. Join us once, or every time – we'll be here every month on the 10th at 10am MT.

[REGISTER](#)



**Aging in Community: Ideas & Inspiration
from Seniors in Cohousing Committee**

Embarking on New Endeavors in Senior Cohousing

If you think residents of senior cohousing communities are kicking back in their rocking chairs, think again. Choosing to move in and live in a cohousing community – whether its intergenerational or senior-focused – is a new energizing endeavor itself. Once you do though, there are many opportunities to pursue a new venture,

learn a new skill or share one you enjoy with your cohousing neighbors. Read on for a sampling of what's been reported in recent senior community e-newsletters. By the way you can subscribe to senior cohousing e-newsletters and find out directly what their busy lives are all about.

[Read more on our blog!](#)

Will you share your community stories with us?

Submit anecdotes, photos, videos and stories so that we can help tell the story of life in community.



[SHARE YOUR STORY HERE](#)

Cohousing is part of a more sustainable, democratic and connected future.

To date, CohoUS has helped enable the development of over 200 cohousing communities in the US. These communities serve as examples of the sustainable and community-based neighborhoods our country will need in the future. Please support CohoUS and help us double that number in the next few years.

Your monthly gift will both support new initiatives as well as the continued nurturing of our communities and growth of our movement. As an **Evergreen Neighbor**, you can take pride in **creating a legacy** that will live on to support future generations.



Donations, as a community or as an individual, are accepted year round and can be made to:

Cohousing Association of the US
3860 Chase St
Wheat Ridge, CO 80212

[DONATE](#)

EVENTS FROM OUR PARTNERS

Upcoming events hosted by our partners and friends:

May 31st: [Building Belonging: A Conversation with author Yana Ludwig](#)

June 3rd: [Building Belonging book launch in Portland, OR](#)

June 20th: [Raising Children in Community](#) (Five-week course)

Classified Listings

Forming Communities and Communities Seeking Members



[Sunnyside Village Cohousing](#)
Seattle, WA



[Adams Creek Cohousing](#)
Hood River, OR



[Mission Peak Village](#)
Fremont, CA



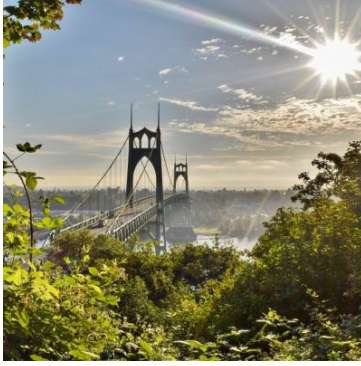
[Burns Village & Farm Cohousing and Agrihood Community](#)
Burns, TN



[Cohousing Houston](#)
Houston, TX



[Rachel Carson EcoVillage](#)
Gibsonia, PA



[Cathedral Park Cohousing](#)
Portland, OR



[Heartwood Commons](#)
Tulsa, OK



[Heartwood Cohousing](#)
Bayfield, CO



[Washington Commons](#)
West Sacramento, CA



[Skagit Commons](#)
Anacortes, WA



[Cohousing ABQ](#)
Albuquerque, NM

Homes for Sale or Rent



[Eugene, OR](#)

For Sale: Community by the river,
4bed/3bath, brand new community



[Bothell, WA](#)

For Sale: New, eco-conscious 3BR, 3BA
home near Seattle



[Salt Lake City, UT](#)

For Sale: 3-Bedroom for sale at Wasatch Commons



[Portland, OR](#)

For Sale: Tranquil, forested 3.8 acre community with an opening in Portland, Oregon



[Durham, NC](#)

For Sale: *price reduced* LGBT-focused 55+ community - 2 bedroom, 2 bath home available in Village Hearth Cohousing



[Durham, NC](#)

For Sale: Village Hearth: Charming 2BR/1BA in LGBTQ-focused 55+ Durham, NC, Community - UNDER CONTRACT



[Iowa City, Iowa](#)

For Sale: 2 bedroom, 1 bath, architecturally designed, first floor home available at Prairie Hill Cohousing.



[Fair Oaks, CA](#)

For Sale: 2 bedroom, 1 bath upstairs flat with well-designed floor plan, efficient storage, and large windows in Fair Oaks Ecohousing



[St. Louis Park, MN](#)

For Sale: Delightful Cohousing
Cooperative Apartment available this
Spring in the Minneapolis, MN



[Prescott, AZ](#)

For Sale: Sweet and cozy, craftsman-style
home in Manzanita Village, Prescott
Arizona



[Prescott, AZ](#)

For Sale: Craftsman style 2000 sq. ft. 2
bedroom, 2 bath, 2 office custom home in
one of the most livable small cities in the
country.



[Fort Collins, CO](#)

For Sale: Large home in Greyrock
Commons in Fort Collins, Colorado -
Semi-rural, 17 acres on edge of city limits,
2 mi to downtown, close to foothills, trails,
Horsetooth Lake



[Durham, NC](#)

For Sale: Village Hearth Cohousing
LGBTQ and Allies 55+ Cottage Style 2
Bed/2 Bath



[Durham, NC](#)

For Sale: Village Hearth Cohousing
LGBTQ and Allies 55+ Single Level 650
Sq. Ft. 1 Bed/1 Bath home



By The Numbers

172
Established
Communities

105
Forming
Communities

20
Communities
Under Construction

Community Directory

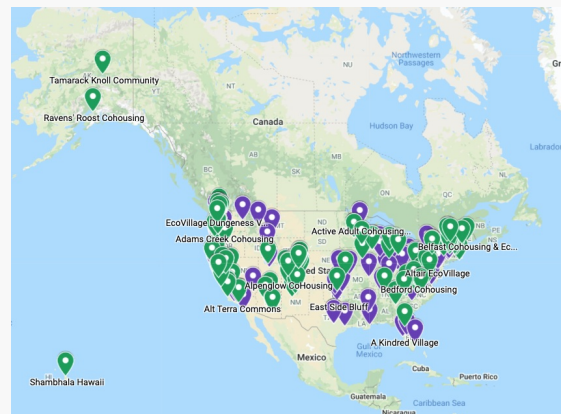
Searching for a Cohousing Community?

[Click Here for Community Directory](#)

[Click Here for Seeker Directory](#)

Searching for Cohousing Professional?

[Click Here for Professional Directory](#)



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