



Newsletter | March 2021

## Building Community in Tulsa, Oklahoma

Now more than ever, we Heartwood Commons believe in – and experience every day – the value of community. We continue to move our project forward and are excited to share with you our latest news.



### Resilience Matters

Researchers tell us that being resilient improves the quality of our lives and our longevity, reduces depression, and enhances successful aging.

Living in cohousing contributes to both individual and group resilience. It increases our capacity to recover quickly from difficult situations, promotes a toughness that will see us through the next crisis, and knits us closer to one another.

*So how can living in Heartwood Commons increase your resilience?*

**Let's start with social.** Living in the close-knit cohousing neighborhood of Heartwood Commons will make it easy to have greater contact with people. Right outside your front door you can find social support and a feeling of connectedness. Participation in community life fosters strong, positive relationships and a sense of purpose.

**Next, physical.** Heartwood Commons is designed to help us remain independent despite future changing needs. There aren't any steps. The doorways are wider. The windows easier to open. Extra-large windows bring in natural light. The roll-in shower makes getting into and out of the shower safer. Solid flooring won't trip you up. Wide sidewalks make it easy to walk to the common house and to see friends.

**And, finally, let's look at mental.** Living in a community you can lean on decreases isolation and feeling of loneliness. Engaging in meaningful conversations and activities contributes to optimism and hopefulness, and can reduce cognitive decline. Working, learning, and playing together expands coping skills and capacity for gratitude and happiness.

Even as we've been hunkering down during the pandemic, we've been growing ever closer and building resiliency through our Zoom meetings, socials and group communications. *By this time next year, we hope to be moved-in, chatting with our neighbors on our porches, sharing meals in our common house, having fun together, and becoming more and more resilient together.*

**Where you live matters.** Join Heartwood Commons and boost your resilience factor.

### Construction Update

The record cold weather and snow of February kept Stava off the land for a week or so, but they are continuing to make progress – especially getting the building pads ready for geo-piers for our home sites and Common House. One step at a time...



Preparing building pads for geo-piers



Fencing helps keep the property safe

Be sure to follow our progress at [Heartwood Commons on Facebook](#)

### Welcoming our Newest Explorers



**Karen**

Karen was born in Minnesota, one of 7 children, and grew up in Lyon, Kansas. She and her husband, Harold, were friends in high school who later became sweethearts. They had two children – a son who died too young and a daughter, Annette. Harold was a forest ranger for the U.S. Forestry Department. His last assignment was at Lake Weddington in Fayetteville, Arkansas. Having grown up playing with Lincoln Logs, Harold always dreamed of building his own log cabin. When he retired they bought 18 acres outside of Tahlequah, near the Illinois River in Oklahoma. They also bought a small saw mill that logged one log at a time. Over the next 7 years, Karen and Harold would build, by hand, their own dream log cabin. Unfortunately Harold died on a hiking trip in Colorado just two short years after they moved into their home.

Karen worked for a decade at John Brown University in the graphics department where she spent a lot of time typesetting materials. She says she's really happy desktop publishing has replaced typesetting. Most recently she was the office manager at her church where they quickly learned to appreciate her skills with small details.

Karen loves to cook and bake, and enjoys trying out new recipes. Lately she's been learning to cook gluten-free. She's quite the decorator, especially for the holidays. An eager traveler, she's been to Hawaii 5 times with her daughter and granddaughter. She's also traveled to Mexico and Jamaica. Karen enjoys getting together to play cards and games. She admitted her favorite game is a farm game she plays on-line with her niece in Kansas.

Having lived on the land alone for many years, Karen is now ready to move. She's looking forward to being closer to her granddaughter, Amanda, in Tulsa. What interests her about Heartwood Commons is the feeling of community and how convenient it makes being around other people. She's also interested in cooking for meals in the Common House.



**Judy**

Judy was born in Ponca City, Oklahoma and grew up in Houston, Texas. A graduate of the University of Texas with a major in Education, she taught school and worked for the Girl Scouts before spending the bulk of her career in corporate America. After retiring from Sprint Corporation, Judy eagerly jumped into the Grace School ministry for two years. Although she has lived in Tulsa off and on for 37 years, she will always be a Texan at heart.

Judy has two sons, who she describes as great family men, five grandchildren and one great granddaughter. Her husband, Wayne, had two sweet daughters and four grandchildren, who she also claims. Sharing her home are two cats, Kristoff and Glitter.

For fun, Judy enjoys gardening, board and card games, walking, movies, learning new things, and traveling. A trip to Italy was one of her favorites. OU and Arkansas are her favorite teams. Having played for the U.S. Women's Soccer League for 10 years – something she claims she was pretty good at – she is a lifelong fan.

Married for 37 years, her husband Wayne became ill in his early 60s related to exposure to Agent Orange during his military service. He died in 2019. Judy was his loving caregiver for ten years as his dementia and cancer progressed. It was not an easy journey for either of them.

Now, like the song from the movie "The Greatest Showman" – "This is Me – Judy says she feels as if she is bursting out of a shell, and discovering she loves people and learning new things.

Reflecting on Heartwood Commons, Judy recognizes this is a group of people dedicated to making a new concept work well. She is excited to learn more about it.

### Welcoming our Newest Members

If you think cohousing only attracts local people – think again. Our two newest members are joining us from half-way across the country. Specifically Monterey, California and Pensacola, Florida.



**Pam**

Pam, from Pensacola, tells us she is excited to join Heartwood Commons because *"I am drawn to the idea of cooperative living and like the fact that we will all have a cozy home for quiet and solitude. Conversely, just outside my front door will be the opportunity to have conversation with neighbors and have friendships that offer mutual help and support when needed. It's a terrific way to age in place."*

Learn more about Pam in the [FEBRUARY NEWSLETTER](#).



**Pat (PJ)**

PJ from Monterey, had been looking at cohousing for some time when she discovered Heartwood Commons. *"Because everyone has made me feel so welcomed and included, it made the decision easier than I expected. I've decided to go ahead and move to Tulsa soon so I can get to know my future neighbors. I'm really excited about learning all about my new home town."*

Learn more about PJ in the [FEBRUARY NEWSLETTER](#).

### We Only Have a Few Homes Left

Two more homes are sold as we welcome PJ and Pam to our community.

If you've been thinking about joining our community, now's the time. Once we are sold out, it will likely be several years before a home becomes available.

Home Type	Size	Total # of Homes	# of Homes Available
A – 1 bedroom/1 bath	753 sf	4	1
B – 2 bedroom/1.5 bath	1,006 sf	10	5
C – 2 bedroom/1.5 bath	1,184 sf	18	4
D – 2 master suites, office & 2 living areas	1,508 sf	4	wait list

To learn how you can join our community and purchase your home, plan to attend one of our upcoming presentations or contact Suzy Sharp by calling 918-519-5298 or email at [heartwoodcommonstulsa@gmail.com](mailto:heartwoodcommonstulsa@gmail.com)

### Join us for an Online Event to Learn More



**Dig In to Heartwood Commons**

**Saturday, March 13 at 1 pm CT**

or

**Thursday, March 25 1 6:00 pm CT**

Join us on Zoom to meet some of our members and learn more about Heartwood Commons. See our plans and pricing. Hear about our construction progress and timeline. Get answers to your questions. Learn about our legal structure, decision-making and how you can become a member and select your home.

[RSVP FOR MAR 13 & GET MEETING LINK](#)

[RSVP FOR MAR 25 & GET MEETING LINK](#)



### Private Site Visit of Our Land

**By appointment - in person**

Meet up with a cohousing member to visit the land, learn about our site plan, and see our construction progress. Visits are outdoors with a single member as tour guide. Schedules required. \*Photo was taken prior to COVID-19.

[Email to schedule your private site visit.](#)

### Last Thoughts



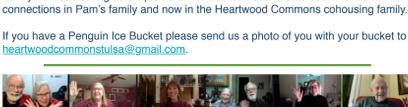
#### Connecting through a Vintage Penguin Ice Bucket

We are always looks for ways we can connect. Turns out communicating by Zoom and Face Time provides a glimpse into each other's homes and another way to learn more about one another. Recently Pam and Suzy were on a call, when Suzy asked, *"Does that ice bucket on the shelf have penguins on it?"* Pam responded it did and that it has been in her family since she was a young girl. Turns out Suzy has one too. It was her grandfather's.

As cohousing conversations often go, there was more to Pam's ice bucket story. "I grew up with this ice bucket. In the 1980's my sister and I were antiquing when we saw one just like it, and she bought it. We thought it was nifty that we both had that memento in our homes. In later years, we collected five more and gave them to our siblings as remembrances of our childhood. There are lots of times when I am at a family gathering and the "The Penguin Bucket" is being used. We always make a big deal of it and pretty soon it triggers stories about our nurturing parents and the many memories we share growing up together."

Funny how something as simple as an ice bucket would create such wonderful connections in Pam's family and now in the Heartwood Commons cohousing family.

If you have a Penguin Ice Bucket please send us a photo of you with your bucket to [heartwoodcommonstulsa@gmail.com](mailto:heartwoodcommonstulsa@gmail.com).



#### Looking for more connections and a community you can lean on?

We invite you to learn more about Heartwood Commons, where future neighbors become friends – even before we move in.

We only have a few homes left. We don't want you to miss the opportunity to be part of this exciting community way of living you won't find anywhere else in the area.

**You are always welcome to call or email Suzy.** She is happy to answer questions and share the details of most interest to you. Contact her here:

**Suzy**

Heartwood Commons community member

[heartwoodcommonstulsa@gmail.com](mailto:heartwoodcommonstulsa@gmail.com)

918-519-5298

Choose **where** you live and **how** you live.  
Heartwood Commons offers another choice.

#### More About Heartwood Commons

Heartwood Commons has begun construction at our beautiful site in Tulsa, Oklahoma! Our anticipated move-in date is early 2022. If you'd like to know more about the possibility of reserving one of our last homes, be sure to reach out to us soon.



[Visit Our Website](#)



Find us on Facebook

Email us at [heartwoodcommonstulsa@gmail.com](mailto:heartwoodcommonstulsa@gmail.com) or

Call 918-519-5298 to talk to member Suzy Sharp

Heartwood Commons - Tulsa, www.heartwoodcommonstulsa.com, Tulsa, OK

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