



Newsletter | April 2021

Happy Spring from Heartwood Commons in Tulsa, Oklahoma



Tulsa Botanic Gardens

Let's Talk About Social Security

When most people hear the term "social security" they immediately think of the retirement benefit that provides a base of economic support for most people in their retirement years.

While Social Security benefits are an important part of our planning for retirement, there's another type of "social security" that plays a critical role in our health and well-being as we grow older. Like our retirement benefits, this "social security" also depends on us making deposits, but in this case the investments we are making are in our social relationships.

Why is this type of "social security" important?

More and more these days, we are hearing about the negative impact of social isolation and loneliness on our health. Researchers tell us it's as bad as smoking a pack of cigarettes a day and that it's linked to depression and anxiety, and even early death.

Growing our social connections is an important way to improve our mental and physical health and reduce the risk of social isolation and loneliness.

Increasing connections is where cohousing excels. Living in cohousing makes it simple to grow our investments in "social security."

Everything about cohousing is designed around the idea of creating opportunities for meaningful connections. The physical layout of the community makes connecting with our neighbors as simple as walking out our front door. Big porches are made for informal visits. Winding pathways meander past the homes of friends and neighbors. The common house is the perfect spot to share a meal, a glass of wine or a cup of coffee and a good conversation. The community garden, workshop, and art room bring people with similar interests together for fun and learning.

Where you live matters. Join Heartwood Commons and increase your "social security."

Construction Update

Finally we got a break in the weather. Now we can really see progress. The most exciting happening is the drilling of our first of many geothermal wells. Using geothermal power is one of the many ways we designed our community around our values. While geothermal is more expensive on the front end, it will save us money on utilities long-term and supports our value of living more sustainably on the land.



Drilling our first geothermal well! Yahoo!

Watch the video on our YouTube channel: <https://youtu.be/BaDE02FEXXA>



Apparently our geothermal system will use A LOT of plastic tubing.



Piles of building supplies = progress.

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

Members on the Move



P.J. from Monterey, California, is busy packing for her move to Tulsa. She'll be here next week. We can't wait to meet her in person and show her all around her new home town. First stop is the land. Second stop is the Gathering Place. She's a huge fan of Ree Drummond so The Pioneer Woman Mercantile in Pawhuska is high on her list too.

After 10 years of living in Georgetown, Texas, Kay and Bill are returning to Tulsa. They were recently in town to find an apartment to live in while they wait for their Heartwood Commons home to be completed. They are looking forward to renewing previous friendships and getting to know their future neighbors. We're betting they will win the award for the fastest home sale. Their home in Sun City sold in less than 3 hours for full price. We look forward to seeing them in May.

Join us for an Online Event to Learn More



Dig In to Heartwood Commons

Tuesday, April 13 at 6:30 pm CT

or

Saturday, April 24 | 1:00 pm CT

If you are interested in learning more about the social security and other benefits cohousing offers, now is the time to find out more about our project. We have a limited number of homes available and construction is underway.

Attending **Dig In to Heartwood Commons** is the best way to learn about us, see our plans and pricing, hear about our construction update and timeline, and meet some of our members.

We hope you will join us on Zoom for this fun and informative presentation!

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

[RSVP FOR APR 24 & 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. **Masks required.** *Photo was taken prior to COVID-19.

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

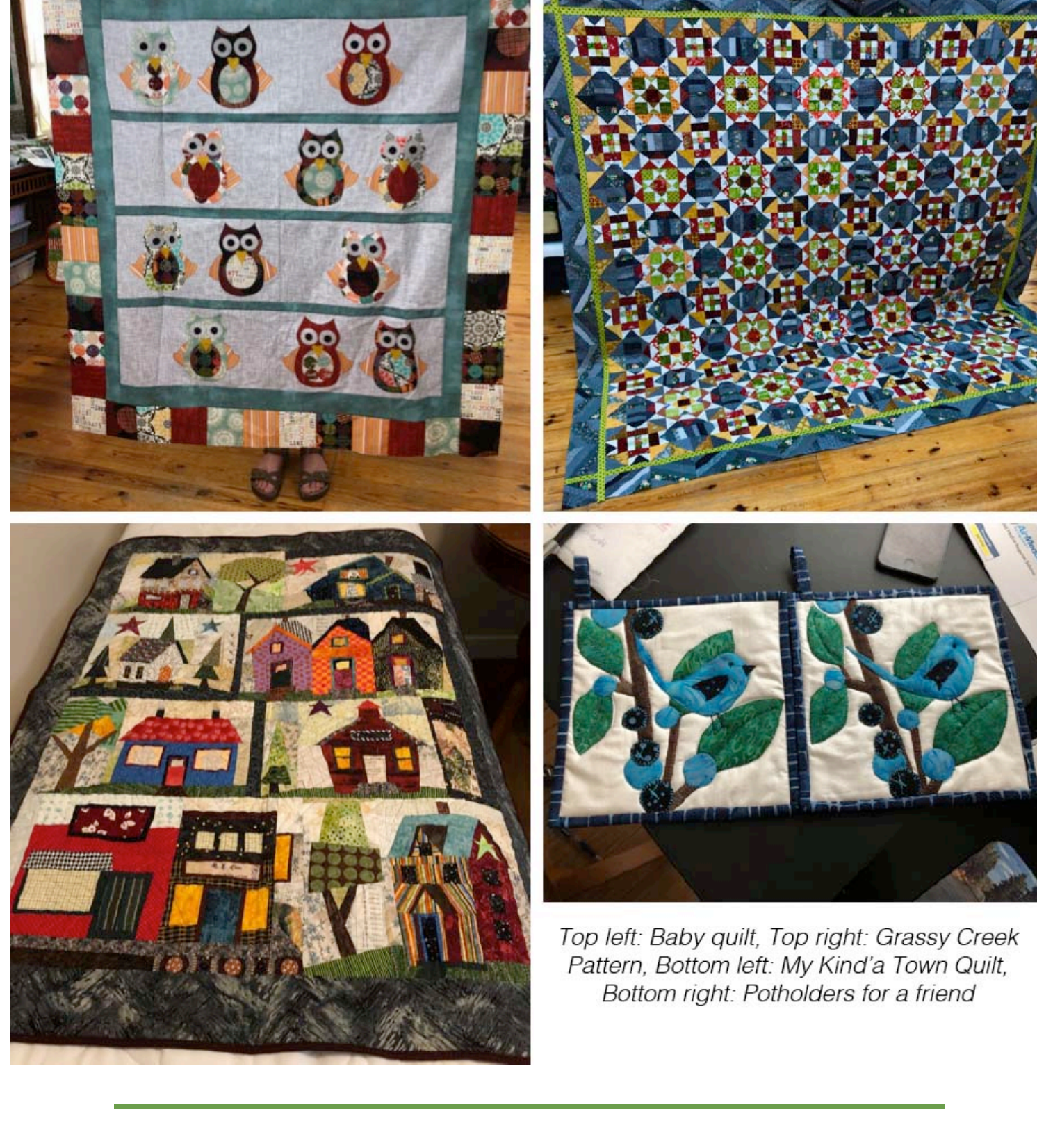
COVID Therapy



Meet Vickie, one of our newer members. When we asked Vickie what motivated her to join Heartwood Commons, she said, "This COVID pandemic is a window into my future. It gave me a view of what life would be like if I didn't make a change - older, lonelier, and more isolated. So I joined Heartwood Commons, and I couldn't be happier!"

Each member of Heartwood Commons brings their own gifts and talents and we are especially excited about how Vicki is already jumping in to share her gift of making beautiful quilts. One of the things she is working on with other members is creating a quilt that will highlight iconic Tulsa scenes. The plan is for this quilt to be a gift to our Common House.

We are pleased to share with you some of Vickie's work. She calls this collection her "My COVID Projects 2020."



Top left: Baby quilt, Top right: Grassy Creek Pattern, Bottom left: My Kinda Town Quilt, Bottom right: Potholders for a friend

Last Thoughts

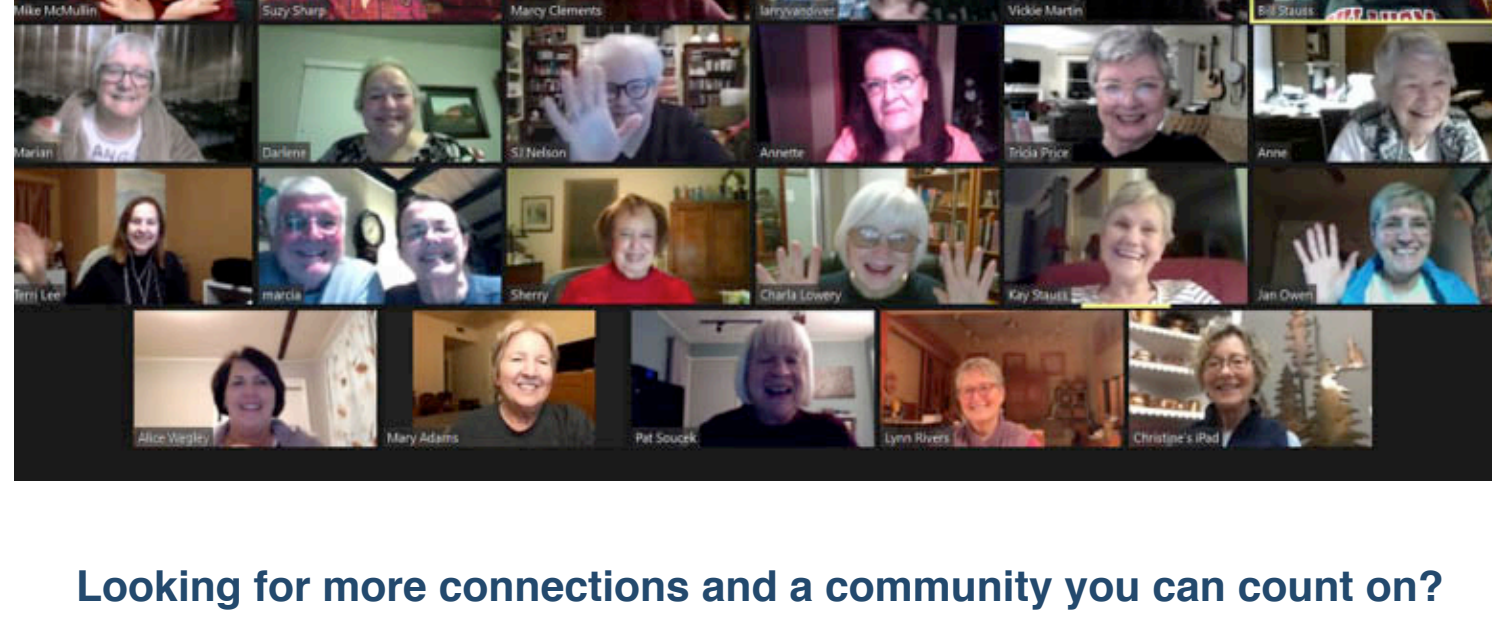


Celebrating National Cohousing Open House Day - April 24th

At Heartwood Commons we'll be celebrating spring, vaccinations and this special cohousing day with our first in-person social event since last year. Put together by Team April (our social team for April), we'll gather for a potluck dinner in Marcia and Sherrill's lovely back yard. We'll also be connecting via Zoom so members who don't live here can join the party. For many of our newer members, this will be the first time to meet their future neighbors in person. **We are so excited!**

P.S. We'll be following all CDC guidelines.

P.S.S. We are making plans for an open house at our construction site in May. More details to come.



Looking for more connections and a community you can count 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.

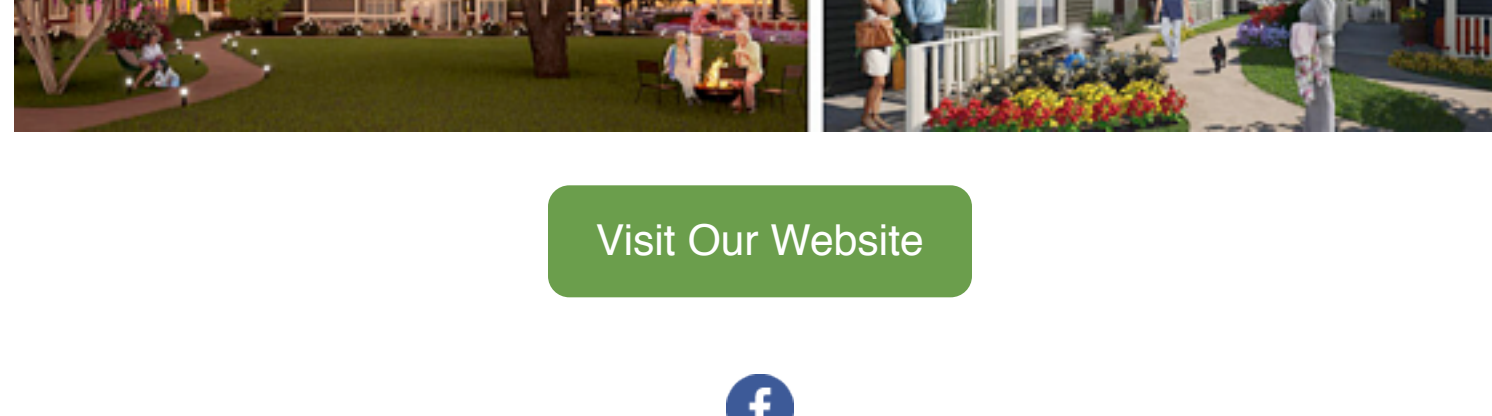
You are always welcome to call or email Suzy. She is happy to answer questions and share the details of most interest to you. Contact her here:

Suzy
Heartwood Commons community member
heartwoodcommonstulsa@gmail.com
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 or

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