

*By increasing  
someone's aware-  
ness, bringing it  
into a new focus  
and breaking out  
of old patterns,  
you can alter  
aging.*

**Deepok Chopra**

# Adesa

*An affordable  
alternative  
eldercare  
community  
promoting  
the art of  
agriculture  
and healthful  
living . . .*

## **Welcome**

At Adesa, we gather to enjoy our achievements, heal our relationships, come to terms with our mortality, and leave a positive legacy behind us.

The second half of life involves more



than ego and biological imperative. It involves evoking the soul and spirit. We can take advantage of our later years to activate all levels of being – body,

*When we are  
given a sense of  
purpose, our lives  
have direction.*

*Let us do this  
with awareness  
and a sense  
of purpose...  
together!*

mind and spirit. We value cooperation rather than competition, stewardship rather than acquirement. Instead of thinking of retirement as a giving up of anything, we can fully embrace this time and live in a period of well earned reflection and positive action. **We can celebrate a new way of life for the Harvest Seasons of our lives.**

## Community

The community concept of Adesa is really quite simple. We study and experience together the sacredness in everyday life and, therefore, derive a deeper, more intimate connection to life. We are committed to taking our places as contributing members of society and to being responsible for the impact we have on others, as well as our planet.



Our awareness of being part of something, of belonging, is basic to our health and well being. We have developed many coping mechanisms in our society, yet we are not really the wiser for living our lives this way. Within the Adesa Community, we can truly heal and make peace with ourselves.

**Sharing & generosity are highly valued at Adesa.**

**Values**  
*Our community values:*  
**Community.** Supporting each other in more meaningful lives by recognizing and encouraging our contributions.

**Nature.** Becoming a part of the cycles of of Nature with organic farming, building with care for the Earth, and passing on knowledge.

**Health.** Eliminating health disparities through adopting healthy lifestyles with the use of diet, body therapies, movement therapies, hydrotherapies, etc.

**Elders & Children.** Improving the quality of life for the elders, youth, and the community as a whole. Elders are honored, revered, and held close as part of business, children, householding, and farming.

## Ecology and Development

The community living spaces and individual spaces will be constructed of healthful and ecological materials. New building will be done consciously according to sun, wind, seasons, and surrounding activities.

The maximum number of living units will be 18 (a maximum number of 29 residents). These units include:

- 6 studio apartments
- 2 single bedroom apartments
- 2 two-bedroom apartments
- 2 three-bedroom apartments
- 2 separate cottage homes
- 2-3 rooms for guests

Other spaces within the community will include: a health clinic, dining hall, laundry room, office, living room/library, art studio, wood shop, workshop space, television room, childcare space, and exercise room.

## Rituals, Passages, & Activities

Rituals affirm our interconnectedness. A silent moment together, a reading or a song can go far in helping to maintain our union with each other and the rest of Nature.

Activities within the community will include: morning movement and prayer or meditation; hot tub, pool exercise, hikes and walks; massage or acupuncture (for an additional fee) when needed; reading discussion groups; entertainment including dance and music; planned trips or shopping excursions. Working with the children, the office the household tasks or the farm will be available on a constant basis.



## Art of Agriculture

We are fortunate to have Gail and Ken Kuhns among the founding members of Adesa. The Kuhns have successfully run the Peach Valley CSA (Community Supported Agriculture) for the past 13 years. They will



work the land at the community as managers, as well as organizing other members in growing, harvesting and storing the beautiful and nourishing foods. The entire community can experience the joy of seeing the cycles of life right in our fields and participating in putting that food on the table.

*A sustainable agriculture is one that depletes neither people nor land.*

**Wendell Berry**

Today, over 12% of the population is over 65 and that number is steadily increasing. The current "senior boom" is changing the stereotype of old age. There is renewed interest in lifelong learning, healthy lifestyle, mentoring, and political activism. Elders have the opportunity to function as wisdomkeepers, inspiring higher values.

At Adesa, we will work together to convert our rich experiences into wisdom. Old age is an achievement to savor and a success to enjoy.

## Senior Boom

With medical advances and our health conscious lifestyles, we are experiencing extended life spans. Could these years be a blessing rather than a curse? We have to set the stage for a new way of thinking and being.

## Membership and Fees

Prospective members go through a process of application, visit to the community, an interview and discussion, and acceptance by the existing membership.

The estimated cost to buy into Adesa is \$125,000. Monthly fees of approximately \$950 will cover the cost of utilities, food, therapy pool, and employee salaries. (Employees will include a business manager, health director, cook, and part time maintenance and housekeeping.) The homes and studios will be resellable at an

*We aspire to achieve our social mission and operate in an economically successful manner.*

affordable marketing interest rate of appreciation. Units can also be leased with the approval of the community and in accordance with the Bylaws.

## Governance

Meetings are held following breakfast each morning to acquaint the residents with the daily chores and activities. Major decisions are discussed at a weekly meeting. The process is one of consensus. Further discussion of consensus decision-making is available in an additional booklet.

*As we face our mortality, we emphasize quality more than quantity.*