



Friends and Family of Tucson Homesharers

An Occasional Newsletter October 2023



HOME SHARING FOR ALL AGES

Roommates, Boommates & Homemates

By Deb Knox

Co-founder Tucson Home Sharing

The benefits of home sharing during all phases of life's journey are general: affordability, companionship, safety and sustainability. And there are unique differences and rewards for each stage.

- ◆ Roommates often account for creating new friendships;
- ◆ Boommates often discover new forms of companionship, after and during mid-life challenges;
- ◆ Homemates often deepen relationships as they experience the vulnerabilities of aging, safety and end of life issues.

As the "ships" of friendship, companionship and relationship move us forward in life, it's not unusual for people to have benefited from one or more in their life. Home sharing occurs when two adults or more share a home for their mutual benefit with an exchange of service or some other measure of value.

Each stage has its own particular benefits - but in general the pluses are the same across the board:

- affordability
- companionship
- socialization
- shared expenses
- healthy living factor
- emotional currency
- communication skills
- increases empathy
- shared joys & sorrow
- creating a sharing community

(Continued in next column)

THS Board

President—Jennifer Treece

Vice President—Lucy Read

Sec/Treasurer—Deborah Knox

Member at Large—Sharon Kha

Member at Large—Melissa Friesenborg

Member at Large—Solange Monette

Member at Large—Stephanie Pasanen

Each of the specific stages has its own benefits and/or earmarks. Consider the benefits of the following stages :

Roommates - These friendships are set up easily and quickly with acquaintances who may or may not share similar goals. There may be some agreement on house-keeping regarding levels of cleanliness and how to address that need. One of the beneficial outcomes is to grow your network organically with the people closest to you - those you live with. The development of a personal network enlarges your circle of friends, contacts for social enjoyment, as well as career possibilities.

Boommates - The big challenge here regarding housing is often the result of a major shift in one's previous lifestyle and choices. Illness, financial challenges, divorces, etc can truly lay someone out emotionally for a year at least. What better way to redefine yourself than to share a healing place with another person, to rediscover what's next. Sounds

(Continued on next page)

Home Sharing for All Ages (continued)

good to me! Home owners and home seekers both can benefit.

Homemates And finally the motivating factors for this stage are heightened by the needs of elders requiring additional elements of safety in their home, addressing some issues of isolation which started during or after Covid, and sharing the joys and sorrows of aging in place.

In most any community there are individual home owners with too much space, paying too much in monthly bills and facing the need for help around the house, seeking a presence if someone falls, companionship, meal sharing, movie going, sharing friends but most importantly, feeling safe. Another highlighted feature: your family has peace of mind knowing you are safe too (which matters a lot).

And always there is **intergenerational home sharing** which has its own set of rewards as well. In particular a young person living with someone older who is not as nimble, quick or steady but just needs someone in case "she falls in the night." Discover the special joys of caring for an elder whose needs are simple and financially and emotionally very rewarding. Mentoring, sharing gifts and interests despite age can inspire hope and well being in anyone and any community.

Does home sharing have its challenges? Yes
Is it right for everybody? No
It's not right for an emergency.
But it just might be right for you.

Come to one of our public gatherings and learn more! Email tucsonhomesharing@gmail.com to receive an invitation. Public Gatherings are held the first and third Thursday of the month from 1 - 2 pm.

TUCSON HOME SHARING
Creating a Culture of Sharing

Virtual Matching Services Companies

In an effort to find a good homemate, THS promotes home sharing as a DIY (do it yourself) type of process that requires introspection and reflection over time. As a non-profit organization, THS is not in the "matching business" per se, and does not endorse any particular proprietary, computer-generated "match up service" available for money, albeit quickly. However, when there is urgency to finding a home sharing relationship, (e.g., in a city to which you are moving for a new job or due to acute financial distress, etc.), there are several online companies that provide Matching Services for homesharers. THS recognizes the need to make prospective homesharers in the Tucson area aware of these virtual resources which may charge a monthly fee, be located on the east coast of the US (not in western states) or deal only with housing for travel nurses, etc. It's up to YOU to zoom in to the details of these companies. We wish you well on **all** phases of your search for a good homemate and encourage you to do your own investigation of the businesses below to determine which one(s) might work best for you:

Silver Nest (www.Silvernest.com),
Craig's List (www.Craigslist.com),
Next Door (local) (www.Nextdoor.com),
Nurse Finders (www.Nursefinders.com),
Roommates (www.Roommates.com),
Senior Homeshares (www.seniorhomesharing.org)



Board members (l to r) Deb Knox, Jennifer Treece and Lucy Read at an event.

UPDATE — Staff, Board, etc.

We are pleased to announce our new Administrative Assistant, **Marilyn Gilbert**, joined the team as Susan Allen passed away this summer. Marilyn's experience with elder adults through many venues, most recently the Center on Aging at the University of Arizona, brings additional gifts to our program.

Anne Stelmach, our Arizona State University BSW intern, is with us through November. She provides additional assistance to clients going through the process of finding a homemate and is also researching Tucson's affordable housing resources. Anne is supervised by board member **Melissa Friesenborg**, who has the social work background required for a non-profit organization to secure an intern interested in learning about how housing issues can affect health and well being to age in place successfully.

And finally, **Stephanie Pasanen** answered the call in our last newsletter. An eager, action-oriented volunteer with paralegal experience, Stephanie is actively researching legal issues related to home sharing. She has engaged with a lawyer to give us the necessary information about the rights and responsibilities of homesharers in Tucson and surrounding areas.

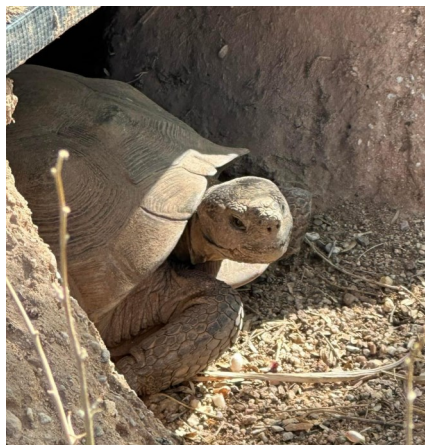
We are so grateful to each of you for what you bring to the table.

Tucson Home Sharing is a 501(c)(3) organization. Your contributions are tax-deductible and most appreciated!

THANK YOU !!

Thanks to all those donors, funders and individual contributors for supporting Tucson Home Sharing. We welcome others to join with us in creating this community resource to fulfil our Vision: a sustainable community of homesharers in Pima County.

Arizona's Expert for Home Sharing!



Meet our newest "expert" in home sharing — the Desert Tortoise — who lives one of the longest lives in the Animal Kingdom, on average, 50-80 years. That's comparable to what some call "Old Age" in

human life! A Desert Tortoise typically spends up to 95% of its time underground in his home (called a burrow), measuring 3-6 feet deep and up to 30 feet in length. Just as our homes are essential for safe, stable, healthy and affordable living, burrows are essential for a tortoise's survival in the Mojave and Sonoran deserts where extreme body temperatures and water loss must be regulated. Desert tortoises share their burrows with various mammals, reptiles, owls and quail, squirrels, rattlesnakes, Gila monsters, beetles, spiders and scorpions, along with other tortoise friends. This practice of home sharing provides great lessons across the Kingdoms!

*Our recent solar eclipse —
Just one of Life's Many Transitions !!*



Sharing A Home With Another by Wanda Poindexter

For over 40 years I've lived in my modest home on Tucson's west side. The home is small, but the yard is an acre, filled with mesquite, palo verde, acacia, and ironwood trees; saguaros, prickly pear, agave; and other desert plants — most of which I harvest. And I have two vegetable/herb gardens.

I've always maintained my house and yard/gardens, with an occasional hand from family and neighbors. However, a couple years ago I realized that I was not keeping up. When several friends died or moved to assisted living, it was a wake up call, and I started thinking about how I could age in place in my home. I needed more help than family or neighbors could give me. I needed more resources for sane and safe aging in my home.

Solutions flitted through my mind, but how do I make the best decision to meet my needs? Fortunately I came across an article about home sharing, and I began to research what that involved. Another gift came my way — learning about a local nonprofit, Tucson Home Sharing, whose motto on their website is "Creating a Culture of Sharing" (tucsonhomesharing.org). My introduction to Tucson Home Sharing was by participating in a one hour public gathering via Zoom. Eight of us introduced ourselves, and told why we were interested in home sharing. Then Deborah Knox and Lucy Read highlighted some of the benefits of home sharing:

- ◆ companionship
- ◆ sharing of expenses and responsibilities
- ◆ increased safety and security
- ◆ peace of mind for family and friends

A few days later I received the Self Assessment Questionnaire sent to every participant. Reading and filling out the questionnaire was an eye-opener and led me to soul searching. So much I had not thought about. *Did I have any worries about home sharing? Yes, I did not want to lose the mostly quiet, peaceful atmosphere I had created. How will I handle disagreements? Yikes,*

I do not like disagreements! Am I comfortable expressing my needs and speaking up when something is bothering me? Another thorny area!

After "wrestling" with the questionnaire, I signed up for an in-person workshop called Next Steps 1.0 where, for several hours, we filled out worksheets, listened to a more detailed description of home sharing scenarios, and had ample time for questions. I completed a draft of a home owner's announcement and continued my research.

As you can tell, Tucson Home Sharing is a rich resource. The volunteers are experienced, knowledgeable, and amazingly generous with resources. We are lucky to have such an organization in our community. I'm still in the learning process, exploring my needs, expectations, values, what I have to offer and what I'd like to expect from a home mate. I am grateful to THS for their guidance and support.

*The Best Part of Home is
Who You Share It With*

Connecting Potential Homesharers - October 2023

If you are interested in pursuing any of the opportunities below, please call Tucson Home Sharing at 520-965-4017 to request contact information for a particular Code listing.

~ ~ ~ ~ ~

Home Provider

I am in search of a sensitive and communicative individual to share my quiet and comfortable midtown home: I am a musician and retired social worker who has lived in Tucson for 50 years. Hoping to share meals and household tasks, I also would welcome experiencing Tucson's many offerings of concerts and plays together. Common (shared) areas like the living room, TV or the garden are so much richer with a compadre! The other member of my household is Tara, the cat. Cost-sharing is negotiable and I welcome suggestions. (Code MG971024)

Connecting Potential Homesharers - October 2023

**If you are interested in pursuing any of the opportunities below,
please call Tucson Home Sharing at 520-965-4017
to request contact information for a particular Code listing.**

~~~~~

**Home Seekers**

**Westside Preference**

Fairly active, somewhat nerdy, senior female. Worked with scientists and engineers, but now I'm retired. Seeking home share by end of year. Need private bedroom and bath, parking for one car, space for office desk and computer, Wi-Fi, and AC. Prefer NW or West Tucson. A property with horses or access to nature would be ideal. Early riser, coffee and Wordle. Neatnik. Not a very good cook but good at clean-up. Can do grocery shopping, outdoor watering, and some animal care, but not mucking out stalls. Like animals, especially horses. Dogs and cats usually like me. No smoking or drugs. Enjoy privacy and quiet time, as well as some shared time. Interested in healthy aging, tai chi, organic gardening, energy healing, and genealogy. Spend too much time on computer, so go to gym and practice tai chi. (Code SA991024)

---

I am a 30 year old single female with a 10 month old baby seeking a quiet and safe home. I recently received my Master's degree from the U of A and am in the process of interviewing for jobs now. My interests include crocheting, reading and research in the fields of science and engineering. My child goes to daycare during the week. I am a quiet and friendly housemate who can offer light housekeeping, running errands and some household assistance. We prefer a home with no smoking or drinking. I am originally from Taiwan and can make you authentic Chinese food. I have a desk and office chair, but need a bed and small storage area, along with nearby access to public transportation. My preference is for a midtown location, but other areas will be considered. (Code EC961024)

**Eastside Preference**

I am an active senior, female nature-lover working part time as a teacher with primary leisure activities of book club, the gym, church activities and spending time with close friends. I am looking for a home sharing arrangement (or a casita) in the Catalina Foothills or on Tucson's east side. If home sharing, a private bedroom (preferably unfurnished) and bath with shared common area would be ideal. I prefer kitchen privileges with occasional shared cooking and meals and would appreciate cupboard space for food, a small amount of cookware/dishes, part of the refrigerator/freezer and a place to park my car. I enjoy mornings with quiet time outdoors and can contribute gardening time and other household assistance to the home provider. Pets are okay too. I do enjoy conversation but am not looking for constant talk. My former work experience includes administration of assisted living homes and a Montessori School. A quiet, peaceful, tidy environment is important to me; I would not be comfortable with a TV or music playing constantly or loudly. I am currently in a home sharing situation which has been very harmonious. The home provider's circumstances have changed and I am looking for new arrangements. References are available upon request. (Code JW981024)

