



Friends and Family of Tucson Home Sharers

An Occasional Newsletter – June 2023



EPIPHANY

— by Sharon Kha, Co Founder

I had an epiphany the other day, and epiphanies are hard to come by when you're approaching eighty. I was feeling quite smug about my life.

I had been having a spirited discussion with Deb about the performance of Shakespeare's "Midsummer Night's Dream" we had seen the night before. Deb is the woman I share my house with and is available for discussions about Shakespeare on demand, as well as a bunch of other subjects. Having someone to talk about weighty matters is one of the benefits of a new trend in housing called "Home Sharing" an arrangement whereby two adults agree to share living quarters in a way that is mutually beneficial.

Deb and I decided to share my home based on an overheard scrap of conversation in which I said I was looking for someone who would share my home and cook dinner in return for living rent free. We had never laid eyes on each other until our mutual friend introduced us. We talked over the phone and in person. Five weeks later she moved into my house and we have lived there together ever since. The kinds of things we asked each other were "What do you hope to get out of this relationship?" rather than "What is your credit rating?" The credit question is a good and necessary question, but not a more thoughtful one, such as, "How do you express anger?" or "What is your definition of cleanliness?"

Living together has been terrific. When you share your home with someone, you:

- ◆ Never have to worry that you won't get a birthday card.
- ◆ Know you can get an honest answer if you ask, "Does this shirt make me look fat?"
- ◆ Know you can count on having someone to drive you to Urgent Care when you need to go.
- ◆ Will listen to your old stories and even encourage you to tell them at parties.
- ◆ Will help you to fill out your five wishes instead of saying "Oh you don't need to do that. You'll be with us for a long time."

These are the issues that naturally bubble up when two people decide to share a home. And these are the things that you'd never think of saying if you were in a traditional landlord-tenant relationship.

But that's not an epiphany. The epiphany is a sudden insight that came to me. In our society, when you ask how an older person is doing, a common response is "I'm still able to live by myself, so I can't complain." If the truth were known, many people who live by

(Continued in next column)

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themselves are lonely and afraid. I have had all the benefits of sharing my home—I have a friend, a companion, a cheer leader, a critic, someone to bandage my wounds. But if I had not had Parkinson's Disease, if I had been healthy for the last 20 years, I may not have experienced the rich aroma of friendship. I would be sitting in my recliner, rocking back and forth, yearning for companionship. Parkinson's pushed me into home sharing because I could no longer cook. My better health (that is if I didn't have Parkinson's) would have allowed me to attend more events and stay more mobile, but nothing could compensate for the daily conversation and interaction.

That's the bad news. Here's the good news:

You don't have to get Parkinson's to get the benefits of sharing your home. You just have to go to our website

www.tucsonhomesharing.org

and you will get all kinds of information about home sharing. You'll learn how to write an ad that attracts the right kind of home seekers, and learn how to end a relationship that isn't working. It won't take an epiphany to reap the benefits of home sharing. It will take some action on your part — just click on the link to our website and you'll see the world in a whole new perspective.



HOUSING OPTIONS: EXPLORING ALTERNATIVES — by Deb Knox, Co-Founder

Every home sharing situation is unique, yet we know it's not for everyone. However, everyone can benefit from learning more about home sharing by watching the touching video created by the Pew Charitable Trust titled "BOOMMATES" at <https://youtu.be/gK7Mq8c95gU>. Below is an unexpected benefit of exploring housing alternatives, as one of my friends wrote recently:

"I saw my stepmother on Mother's Day and presented the info and video about home sharing to her at her retirement community. She'd just come back from a Mother's Day luncheon in the dining room, a buffet in which all sorts of delectable options were offered. 'It was all very delicious,' she had said, and she was in excellent spirits!

"She told me it would be really hard for her to find a compatible housemate—stating that even out of all the people she knew and was close to, she couldn't imagine anyone she would like to live with! And I think that's true as she's very particular about every detail of her life, and probably would drive any home-mate crazy!

"It was very good that I brought up the home sharing option, because I realized that Mom probably doesn't hate where she lives, where at least sometimes the food is acceptable to her, and she has her own private apartment. Now we know she just likes to grumble about things but isn't really unhappy about her current housing. The discussion was fruitful in that I can now stop worrying about finding an alternative—like home sharing—to her current living situation."

THS suggests that you start having conversations with your parents about healthy choices for affordable housing and companionship as soon as possible. Help them identify where and how and with whom they want to live—and thrive—in the near future, during old age and at the end of their lives. Are they ready to consider all the options? Check out our website at www.tucsonhomesharing.org and attend one of our Public Gatherings to discuss the benefits of home sharing and to find out if this option might be right for them— or for you!



THE VALUE OF PLANNING AHEAD — by Lucy Read

Deb's article on this page points out that where and with whom you live are vitally important decisions. There are three major timing periods to consider when planning for housing for older adults. The first (and most ideal) is the **Proactive Period** — before a decision becomes absolutely necessary — and before health, mobility, loneliness or cognitive changes interfere with daily life. The second is the **Contemporary Period** — needed right NOW for actively exploring the process of home sharing and other options. The third planning period is the **Crisis Period** — when others may need to make decisions for you because you may be unable to make them for yourself. Helping parents or older friends and neighbors come to this realization is of real value, so that decisions made will reflect their input, their wishes and their approval.

As a new partner in the Arizona End of Life Care Partnership, THS recognizes that decisions about housing are all too often left out of family or legal estate planning conversations. Starting these conversations proactively, along with creating a Living Will or Advance Directives for Healthcare treatments, is one of the greatest gifts you can give to yourself and to those you love and leave behind. The Conversation Project (www.theconversationproject.org) offers helpful tips about how to begin such a conversation and reminds us that starting earlier rather than later means that plans can be altered along the way if necessary.

Home sharing is a healthy plan for affordable housing, companionship, safety, security and perhaps even pet and plant care, should you decide to go away for a month's vacation. Along with good nutrition and exercise, we can learn to thrive by hanging on to humor and opening our hearts to others. Thriving in the Right Place ups the odds of happiness and longevity. Let's join the movement to pump up the positivity and start watching for the silver linings of all those aspects of aging that just might help us THRIVE!

TUCSON HOME SHARING
Creating a Culture of Sharing

CALL FOR BOARD MEMBERS

We need, and would welcome, additional members for our board. Those who have a deep and abiding desire to support, raise awareness, promote and advocate for home sharing as a healthy solution to the affordable housing crisis in Tucson are welcome to apply. Leave a message at 520-965-4017 and we'll be in touch.

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 home sharers in Pima County.

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



THS held a public gathering at AARP on January 31; we had 13 total participants.

Tucson Home Sharing will be closed from July 15, 2023 to August 14, 2023. There will be no Public Gatherings or Next Steps Workshops during this time. We'll be back, come fall, with a full schedule of events and workshops.

**A NEW PARTNERSHIP -
The Center for Community
Mediation and Facilitation**

People considering home sharing may have concerns about "what if it doesn't work out." The process THS provides for finding and keeping good housemates is a solid one, along with a detailed Home Sharing Agreement. However, conflict can arise and improving communication skills can really make a difference.

Tucson Home Sharing is delighted to partner with The Center for Community Mediation and Facilitation as an additional Resource. The Center coordinates a corps of trained community volunteers who provide mediation for interpersonal conflicts and group conflicts in an impartial, safe, skilled, and respectful manner. Mediation helps participants 1) fully express themselves and know they are heard; 2) better understand others' perspectives; and 3) develop unique solutions to improving their situation. Whether in-person or online, the mediation process typically includes separate intake sessions for each party, followed by a joint mediation session. To learn more, go to <https://centercmf.org>

THS appreciates knowing that there are other local organizations willing to assist our clients as needed.



Some potential home providers and home seekers getting to know each other!

Connecting Potential Home Sharers - June 2023

This list is printed with permission from potential home sharers associated with Tucson Home Sharing. You may email Lucy Read at read4481@aol.com for specific contact information about any arrangement below which peaks your interest. Please identify your connection to Tucson Home Sharing in the email.

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Home Providers

Single person or couple invited to move into 900 sq. ft rent-free (including utilities) one bedroom guest house in River Rd/Sabino area in exchange for assistance with meal preparation, occasional transportation, downsizing, light housekeeping/ outside watering, laundry and errands/shopping as needed for active, independent older woman/ St. Alban's parishioner. Guest house has washer/dryer, carport and storage availability and is separate from main home with pool access, desert landscape and spectacular views. Must be Covid-vaccinated with preference for non-smokers; pet permitted. Deposit and references required; background check will be done. Flexible start date. Need 30-day notice.

Seeking renter for private room & bath. Beautiful Home with Mountain Views. \$600 monthly. Owner works from home as life coach & artist. Ideal renter: in transition, active female with day job. Housing offers full bed, private bath, onsite laundry with cleaning supplies & detergent provided. 24/7 air & surface purification/ sanitizing. A warm welcoming home and pleasant owner. Located near park, trails, and all amenities in Oro Valley, south of Catalina State Park. Owner is a single woman, age 63, with a goal to become independent again. No smoking, alcohol, drugs or pets.

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 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.

Welcome to a home that is pleasant and particularly attractive to those who value a peaceful, harmonious home, for housemates that express compassion & are committed to making the world a better place. The home is located in Sahuari-ta, 20 minutes south of Tucson. Your friendly, well-trained small pet is welcome, though no ag-gressive breeds. Cats must be indoors only. Beautiful, gated neighborhood, plus heated pool, gym, dog park and hiking trails. The comfortably furnished home with fast Wi-Fi is about 950 sq ft. with two bedrooms and one bathroom, gar-age, kitchen, dining room and living room. There is a focus on health and well-being. No drugs, al-cobol and smoking (indoors or outdoors) If you are vegan/vegetarian, this home is an especially good fit. The space is available now. References required. Background check required. Images of the home can be emailed to you. Per month: \$550+ 1/2 utilities & deposit, month to month.



Our Public Gatherings and Workshops are a good place to meet like-minded persons.

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Home Seekers

Active senior, female interested in music, the arts, reading and local politics. Looking to share home with someone easy going, communicative, and willing to negotiate. I have my own bedroom furniture. I retired after 25 years as a civil servant. I enjoy volunteering and currently help out at a community food bank. I have a car and am willing to share in transportation. Age and sexual orientation are not important.

I am a single person looking for someone with a home to share. I am currently employed full time and work Monday through Friday. I am looking for an arrangement with a compatible person with whom I would be able to provide companionship, as well as assisting with household chores and meal preparation. I enjoy chess, hiking, reading, meditating, and church activities. I also enjoy watching the news and discussing current events. I am a nonsmoker and would prefer to live with a nonsmoker as well. Since I now work on the East side of Tucson, I would prefer a living situation that is reasonably close to my work. I currently have very little furniture of my own that I would be bringing with me.

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 Casita (preferable) or home sharing arrangement 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.

Creating a Culture of Sharing