

For Immediate Release: [www.ralstoncreekcohousing.org](http://www.ralstoncreekcohousing.org)  
Contact: Sue Seecof, Publicist 720-371-5451, [seecof@aol.com](mailto:seecof@aol.com)

## **Rightsizing: Smaller Scale Units a Fit for Millennials and Seniors Seeking Community**

**Arvada, Colo.** – Housing is obviously one of the biggest problems facing the growing Colorado Front Range. But smaller housing units might help address some of the most important challenges within the housing conversation – affordability, efficient land use, and environmental sustainability. The Ralston Creek Cohousing community is being founded on these principles, and its members would like to engage with the public on the increasingly popular trend of “rightsizing.”

On Saturday, March 10, Ralston Creek Cohousing is presenting a free public panel, "Rightsizing: Smaller Scale Living a Fit for Millennials and Seniors", from 1:00pm – 3:00pm, at the Arvada Public Library, 7525 W. 57th Ave., Arvada CO, 80002. The panel is co-sponsored by Cohousing Association of the US.

Moderated by Colorado State Representative Brianna Titone. Panelists include:

- Suzanne Blankenship, Eldercare Expert, member of Jefferson County Council on Aging, 2018 Book Excellence Award Winner.
- Bruce Drogsvold, WK Realtor from Boulder, Colorado.
- Robin Christian, Downsizing expert at a move management company, A Senior on the Move.

Topics:

- What are the most contemporary challenges of transitioning and downsizing?
- The benefits of rightsizing for millennials and baby boomers
- The issues of aging, unburdening your family from “stuff” and social dependence
- Home improvements: Decluttering and organizing your space
- When is the right time to move?

About the Panelists:

**Suzanne Blankenship** is the author of the book, "How to Take Care of Old People Without Losing Your Marbles." Suzanne has two decades of experience caring for elderly parents. She now shares what she has learned to help others identify resources and put together organized plans for each different eldercare scenario. She believes in advocacy, the importance of family, and the need for balance and humor in life.

**Bruce Drogsvold** is a WK real estate agent in the Denver/Boulder area. He has been awarded the 5280 Five Star Top Real Estate Award in Denver/Boulder for 2013, 2014, 2015. Bruce speak

about Aging in Place. When is the right time to make a move? What does the homeowner need to do? Changing trends in real estate - smaller apartments or community housing.

**Robin Christian** is the owner of A Senior on the Move. Robin is an experienced project manager who helps people organize, sort and downsize by preparing plans to fit the unique needs each client.

“Rightsizing is not just a matter of downsizing your possessions, but determining how your space will allow you to live a happy, meaningful life and focus on what really matters,” says Arnelle Burg, Ralston Creek Cohousing member.

Ralston Creek Cohousing, a community that is forming in the Geos neighborhood in Arvada, Colorado offers urban housing. The smaller sized condos offer energy saving models such as net-zero energy homes (geothermal and solar energy), sustainable building materials, gardening and farming (ask about their goats and plan to offer CSAs). As Ralston Creek founding member, Carl Burg says about the possessions people accumulate over the years, “Figure out who has the best shovel and we’ll garage sale the rest of them.”

For more information, please go to [RalstonCreekCohousing.org](http://www.ralstoncreekcohousing.org).  
(<http://www.ralstoncreekcohousing.org/events/>)

There are major benefits to eco-friendly cohousing beyond the opportunity to rightsize. Learn more about RCCH at these events:

- Free Monthly Slide Show – February 16 @ 3:30 pm - 4:30 pm at the Arvada Library, 7525 W. 57th Avenue, Arvada, CO 80002. Our slide show provides an overview of Ralston Creek Cohousing. A tour of our cohousing site in the Geos Neighborhood is available.
- Food, Drink and Conversation at the Ralston Creek Cohousing Mid-Winter Gathering – Saturday, Feb. 23 from 12:00-2:30pm. Contact RCCH member, (303) 940-7655 or [arnelle.burg@comcast.net](mailto:arnelle.burg@comcast.net) for more information.  
for location.

Links:

Ralston Creek Blog <http://www.ralstoncreekcohousing.org/blog/>

Ralston Creek Cohousing Events <http://www.ralstoncreekcohousing.org/events/>

Cohousing Association of the US- Directory <https://www.cohousing.org/directory>