



## Press Release

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**ePressKit Link**

**(video, bios, photos, fact sheet)**

FOR IMMEDIATE RELEASE

### **Human Connection and the Science of Building Community**

*Research indicates that proximity and chance encounters play vital roles in fostering human connection and friendship. Intentionally designed, walkable communities aim to maximize these connections and offer a remedy to the growing sense of loneliness and isolation experienced by many in our society.*

Fort Collins, CO - 6/22/23 - Polestar Garden's founders Michael and Ann Gornik understand the transformative power of living in an intentional community. , "At a time of intense change and challenges throughout our society, our greatest asset is each other. Polestar seeks to foster a deeper understanding of ourselves and a more conscious connection to each other, our communities and the planet we live on."

A new surgeon general advisory raises alarm about the impact of the epidemic of loneliness and isolation in the United States. The COVID-19 pandemic has only exacerbated these challenges, leaving millions feeling disconnected from their communities and struggling with their mental health.

Recognizing the urgency and the potential of intentional communities as an antidote to this growing crisis, the Polestar Gardens team is continuing their success in community building and fostering social well-being with their newest intentional community, Polestar Village.

Intentional communities, also known as cohousing or ecovillages, are purposefully designed residential communities that prioritize meaningful social interactions, shared values, and collaborative living. By bringing together like-minded individuals who are committed to mutual support and cooperation, these intentional communities create environments that foster belonging, emotional well-being, and personal growth.

"Our mission is to provide an innovative solution to the loneliness epidemic by offering a vibrant, interconnected living experience," says Michael. "Intentional communities have proven to be instrumental in addressing the negative effects of isolation and forging deep bonds among residents. We believe that everyone deserves to be seen, heard, and part of a supportive community."

Within intentional communities, residents have the opportunity to engage in daily communal activities, such as shared meals, meditation, recreational events, and collaborative projects. This dynamic environment nurtures a sense of belonging, as individuals form genuine friendships, develop a support network, and embark on collective initiatives that contribute to the greater good. Residents often discover a newfound purpose and fulfillment through their involvement in community spiritual growth, decision-making, sustainability efforts, and shared responsibilities.

In order to guarantee the prosperity of our upcoming neighborhood, we have taken proactive steps to establish a strong local group. We provide opportunities for local

meditations, kirtans (devotional chanting), organic gardening work days, educational classes, and social gatherings. Many of these events take place on the Polestar land.

Polestar Village also seeks to support others who recognize the transformative potential of intentional communities. By investing in community-driven solutions, society can take significant strides toward fostering a sense of belonging, enhancing mental well-being, and building stronger, more interconnected communities.

For more information about Polestar Village and the positive impact of intentional communities, please visit [polestarvillage.com](http://polestarvillage.com). Together, we can create a brighter, more connected future for all.

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### **About**

Polestar Gardens, Inc., a registered 501(c)(3) educational non-profit organization, is actively seeking individuals who resonate with the principles of "Spirit, Community, and Lifelong Learning" to collaboratively build an intentional neighborhood.

The new project is located in the picturesque Fort Collins, CO., on 20 acres, Polestar Village combines elements of both urban and rural living. Our intention is to break ground on the infrastructure and start construction on the living structures and buildings in early 2024.

Our community is diverse and vibrant, embracing multiple faiths. We come together for meditations, enjoy sacred music, share potluck meals, and collaborate on maintaining a thriving organic garden.