

TIPS IF YOU SIMPLY BROUGHT TOO MUCH

By: Jennie Zehmer



They say “the best things in life aren’t things.” As a professional Senior Move Manager, boy, do I agree! In the past 3 years we have moved over 40 people and my clients are often overwhelmed by all the things they have acquired over time. Even with

“right-sizing” before a move, it is hard to make so many decisions during the stress of a major move, so we recommend some tips if you simply brought too much to your new home.

Places have purpose – Sit down for 20 minutes and think about how you use each place in your new home – where do you read? What do you use that hall closet for, really? Write a one or two-sentence “purpose statement” for each place. For instance: “the purpose of the front foyer is to have a place to set my keys and purse when I walk in the door.” You can definitely have an aesthetic purpose for a place – “A simple quiet place to think and read.” Remove everything that does not fit with the purpose.

Think of your possessions as gifts. We so often get into the mine mine mine mindset: “That’s mine, I paid good money for it, and I am not getting rid of it.” Let’s flip that a little: “That’s mine, even though I paid for it, it has been a

gift in my life, now, I’d like to pass on that abundance to someone else.” Give things to a charity – and get creative. We currently have a client who is donating some paintings as an alumnus to a silent auction at their alma mater. Find a charity that fits who you are.

The only way to eat an elephant is one bite at a time. You don’t do it all at once. I often tell my clients that it took you 40 years to accumulate the things in your home, don’t expect to declutter in a weekend! It’s Ok to do a little at a time. Take out an extra bag of recycling or trash each week. Divide your time into bite-size pieces: one week declutter the kitchen. The next week concentrate on the den. The third week hang pictures. And stick to your goal! It is so easy to be distracted by that little project waiting in the other room. Put that in your weekly goal as well, so you know you will take care of it at a certain time. This will give you peace of mind.

Another way to eat an elephant is to bring a lot of friends with forks. It’s OK to ask for help. I met a woman who had moved to a Senior Community who hadn’t unpacked her boxes after 6 months. She just couldn’t decide where things should go and having the packed boxes around was getting to her emotions. So, she asked for our help and in 3 days her things were organized and put away. She no longer lived with that overwhelming feeling of transition, but with a feeling of home.

About Here to Home, Inc. Jennie Zehmer, a former designer for museum exhibitions, moved her parents in 2005. Her mom said, “You know, you should do this for a living.” and the idea for “Here to Home” was born. The mission of the company is to “Create space for people” It is a joy to see clients move from places that have become overwhelming or are iso-

HERE TO HOME

Relocation Specialists for Busy Families and People 55+

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Moving from the family home can be an exhausting and emotional experience.

We'll schedule the move with you, sort through items, simplify possessions, and focus on keeping those items that matter most.

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We handle the details so you are free to handle matters of

WHEN YOU MOVED TO SHANNONDELL ...

Before



After



Jennie Zehmer adds, "I love an organized closet! You just know where everything is! No need to rummage. A tidy closet (or table or bookshelf) also gives you peace of mind - it isn't calling to you "do something" like straighten it up or purge a few of the extra items. It can just be there as-is."

Donate your items so they can be someone else's treasures!

One great way to get rid of housewares, kitchenwares, books, clothes, suitcases & any small items in good shape - would be to donate them to the Norristown State Hospital Yard Sale to be held on 4/29 & 4/30/2011.

Remember "Cay Scicchitano" from our Jan., 2011 FOCUS? Cay is a wonderful Shannondell Resident who does a tremendous amount of volunteer work & has a passion for helping out the Norristown State Hospital. If you have items you'd like to donate to their Yard Sale, but are unable to drop them off, Cay will help you - please call her directly at: 610-382-6824.

Donations to the Norristown State Hospital Yard Sale can be dropped off at their facility:
1001 Sterigere St., Norristown, PA, Bldg. 1