



Changing Spaces Chatter

The latest information, news, and rightsizing tips from Lincoln's premiere senior move management company!

Changing Spaces SRS, LLC

4830 Wilshire Blvd. Suite #106
Lincoln, NE 68504
(402) 483-0555

Email

info@ChangingSpacesSRS.com

Website

ChangingSpacesSRS.com



Find us on Facebook
@ChangingSpacesSRS



Find us on Instagram
@Changing_Spaces

Prioritizing PEOPLE over STUFF

At Changing Spaces SRS, we talk about the rightsizing process a lot, and for the most part, the knowledge and tips we share have to do with STUFF. Figuring out how much STUFF a person should keep, how much STUFF they should let go of, and how to store and organize the STUFF you've got. But the truth is – STUFF is really the least important part of the rightsizing process.

In fact – it's really not about the stuff, at all. Is it? It's about the PEOPLE. As a senior move management company, this is something my staff at Changing Spaces SRS discusses on a regular basis – even though the majority of our time at work is spent dealing with our client's STUFF, the real reason we do any of this, is the PEOPLE

Sometimes we all need this reminder – to prioritize the people over the stuff. The most important part of the rightsizing process is to take care of yourself and the rest of the people involved in the transition.

- ✔ When you're sorting, take breaks often – every hour or so. Eat healthy snacks, and complete meals. Drink water throughout your day.
- ✔ Tackle the least-used areas of your home first – the basement, the guest bedrooms, the formal dining room and living room. Leave the kitchen and the bedroom undisturbed as long as you can so you can still have a peaceful place to eat, and a peaceful place to sleep at night.
- ✔ Spend time with friends doing activities you enjoy to take your mind off the transition for a bit. Spend time with children and grandchildren.
- ✔ Lastly, expect emotions to be a part of this process, and welcome them. There will be sadness, excitement, nostalgia, sometimes anger. Hopefully there will be some laughter, as you encounter memories during the sorting process. There will be pain, as well - tears, even. All of that is completely normal.

Remember, this transition is a big one. When you are leaving a home you have loved, and maybe even a home you have lived in for decades, it is a big deal. The most important part of that transition is YOU and YOUR LOVED ONES. It's not the stuff. So don't worry so much about the stuff. Focus on yourself and the ways you can make the transition a successful one for you and your family, mentally and emotionally.



Changing Spaces Chatter

The latest information, news, and rightsizing tips from Lincoln's premiere senior move management company!

Lincoln 2016 Okto Beerfest

Changing Spaces SRS is proud to support the Nebraska State Stroke Association (NSSA), which strives to prevent strokes through education and to maximize the quality of life for stroke survivors and their families. Each year, the Gateway Sertoma Club hosts the Okto Beerfest, which is the major fundraiser for the NSSA. Please come out and join us at this fun event for a great cause!

Lincoln 2016

Okto Beerfest



A Benefit for the
Nebraska State Stroke Association

An **Evening**
of **Tasting 100**
Different Beers!



FRIDAY

October 14, 2016

6:30 to 9:30 p.m.

Again this year is a live and silent auction!
Tickets available at Fourstargifts.com, Lancaster Event Center, The Still Fine Wines & Spirits, Ken's Kegs and Moran's Liquor Works. This year's event promises to be bigger and better than ever before, so make plans early to attend.

Lancaster Event Center
84th & Havelock

Admission: \$40 in advance
\$45 at the door

Check our website about V.I.P. Tickets!

VIP tickets are available again this year. These tickets are for an early entry to enjoy exotic beers and unique food in a more private setting. Tickets are limited to 100 only. This special VIP treatment is from 5:30 to 6:30 p.m. at a cost of only \$55.00 per ticket in advance, \$60 at the door. This ticket also allows access to the rest of the Beerfest activities.

Mug & After Party Sponsor



LINCOLN'S LARGEST BEERFEST

For tickets or more information, contact:
Nebraska State Stroke Association

6900 L St., Ste. B • Lincoln, NE 68510 • 484-8131
For tickets and more information visit our website:
Oktoberfestnebraska.com



Lincoln
Sertoma Clubs



Changing Spaces Chatter

The latest information, news, and rightsizing tips from Lincoln's premiere senior move management company!

Our Services Include:

Assess your new residence, measure your furniture, and create a customized floorplan for your new home.

Assist with the downsizing process of all your household's contents, room by room.

Provide moving boxes and packing supplies, and carefully and efficiently pack all items for the move.

Arrange moving dates and times with a moving company.

Supervise and direct movers on your moving day.

Empty refrigerator and freezer items, transporting perishables to new home.

Unpack and organize essentials in your new residence (make the beds, plug in lamps and phones, unpack bathroom and kitchen items) on move day so you can be comfortable in your new home the first night.

Put everything – furniture, knick knacks, clothing, dishes – in its place in your new home.

Make the beds, hang pictures, connect phone, TV, computer, clocks, etc.

Dispose of packing material and boxes.

Empty old residence of all items not moved, either by hosting an estate sale, online consignment sale, or arranging for charity pick-up of items.

The holidays are coming! Take note of some of these clutter free gift ideas from Changing Spaces SRS...

Who among us needs more STUFF in their house? Not many of us! When gift giving this holiday season, consider giving one of these "clutter-free gifts" that your loved ones will enjoy, without adding to the clutter in their home.

Gifts that Pamper: Gift certificate for a massage, pedicure, manicure, or facial

The Gift of an Experience: Wine-tasting classes, art classes, continuing education classes from SCC (everything from woodworking to belly dancing!), dinner at a local fine restaurant, a night in a fancy local hotel or bed-and-breakfast, tickets to a performance at the Lied Center or Community Playhouse, tickets to a concert or sporting event, movie theatre tickets.

Consumable Gifts: Fine wine, gourmet chocolates, fancy cheeses, stationary/cards and envelopes with a roll of stamps, gas cards, car wash gift cards, lottery tickets, soaps, shampoos, lotions (be sure you know what scents they like before buying these), coffee shop gift cards, oil change gift cards, iTunes gift cards, Omaha steaks gift package.

"Temporary" Gifts: A bouquet of flowers (they can be enjoyed for a week or two, then tossed out in the New Year).

Re-gifting Items You Already Own: This is a great solution if you are in the process of downsizing. Give away some of those special mementos you plan to give to family members after you are gone NOW so you can see them enjoy the item and tell them the special significance of it.

Charity Donations: Give a charitable donation in honor of a loved one in the amount that you would have spent on a gift for them. These donations can be especially meaningful if given to a charitable cause that is near and dear to your loved one's heart.

Other Ideas: Netflix subscription, YMCA/gym membership, Sam's Club membership, children's museum annual membership, Spring Creek Prairie annual membership, a gift card to a local car detailer, subscription to the local newspaper, photo calendar with important family birthdays and important dates marked.





Changing Spaces

4830 Wilshire Blvd.
Suite #106
Lincoln, NE 68504



Changing Spaces Chatter

The latest information, news, and rightsizing tips from Lincoln's premiere senior move management company!

Upcoming Estate Sales:

October 7-8

6620 Perry Circle

October 14-15

3410 S. 83rd Street

October 21-22

2340 Woodsdale Blvd.

October 28-29

4535 Normal Blvd. #112

Time (All Sales):

Friday, 8:30 am – 5:30 pm

Saturday, 8:30 am – 3:30 pm

Pricing (All Sales):

All items full-price Friday

25% OFF

Saturday, 8:30 am – Noon

50% OFF

Saturday, Noon – 3:30 pm

*For more information on sales
(and photos of sale items):*

Visit our Website:

ChangingSpacesSRS.com

Check out our Facebook Page:

Changing Spaces SRS

To receive email notifications of
all our sales, email us:

info@ChangingSpacesSRS.com
