



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

www.ChangingSpacesSRS.com



Find us on Facebook
@ChangingSpacesSRS



Find us on Instagram
@Changing_Spaces_SRS

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Rightsize Now! Why waiting is a big mistake.

Moving to a new home - especially a smaller home than you are used to - can be a challenge. We are constantly working with clients during times of transition, and most of the time, our clients are downsizing from a large home to a smaller townhome or an apartment in a retirement community.

This is a big change that affects every part of their life, including their day to day routine. That can be scary and intimidating, and often folks are tempted to put off this transition as long as they possibly can. However, speaking from my experience of helping hundreds of clients through the rightsizing process, waiting could be a big mistake.

There are some wonderful advantages to rightsizing proactively. For instance, the ability to take your time finding just the right place for you to call your new “home.” Whether you are moving to a retirement community or a townhome, there are lots of options to choose from, and you'll want to take your time to investigate the advantages and disadvantages of each one. Some retirement

communities also have a waiting list for their apartments, so starting the rightsizing process proactively allows you time to get on their waiting list for the exact apartment or floorplan that you want.

Too often I have seen clients who have waited for an “emergency” to move - a fall, a broken bone, the death of a spouse, or an advancing medical condition that requires a move to happen as soon as possible. In these situations, people do not have the luxury of time to visit all their options and carefully choose what's best. Instead, they are rushing around, calling to see which retirement community has an opening and taking whichever is available first. This is not a thoughtful or intentional way to approach this major life change.

Additionally, by rightsizing proactively you'll be able to enjoy all the amenities and stress-free lifestyle that go along with your new home. Many townhomes offer maintenance-free living, with handymen to fix indoor problems that arise and a landscaping crew to handle mowing the lawn, trimming the trees and blowing the snow. Retirement communities offer even more amenities, such as fitness facilities, activities, outings, social gatherings and so much more. Older adults who choose to move into these retirement communities while they are still healthy and active get to participate in these activities. If an injury or illness has spurred the move, however, these amenities often go unused by the resident.

Finally, the last reason to get moving now is simply this: It's only going to get harder!


Think you can't possibly move because of all the clutter in your basement? Or you just can't face the pile of stuff sitting in your garage? Guess what? The brutal reality is that sorting through all that STUFF is only going to get harder. In one year, or two years, or five years, there will be more to sort through, and you'll have less energy to do it. So get started today with the rightsizing process, and begin living your best life NOW!




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Please join us as
Changing Spaces
SRS presents at an
upcoming Roper &
Sons Topic Breakfast!

 **Thursday**
February 16
@ 7:30 a.m.

 **Roper & Sons**
Reception Facility
4300 O Street
Lincoln, NE

Owner Jeannine
Bryant will speak about
how to rightsize our
homes to prepare for
a move, or simply to
minimize clutter.

Rightsizing and Downsizing... aren't they the same?

"I've often heard people say 'I'm downsizing, I'm moving to a smaller space.' They say it with remorse, as if they are saddened by the move. They forget that this move will eventually provide more freedom and give back time spent on taking care of a larger space. I think I'm on a silent crusade to eliminate downsizing and substitute 'rightsizing.'"

~ Beth Warren, founder of Redefined Living, a senior move management company in Florida

We often find ourselves explaining what the term "rightsizing" means, and often hear folks using the term synonymously with "downsizing." However, rightsizing simply means to move into a space that is appropriate for your needs and stage in life. I like to say that it is finding that place between too much and too little.

We all find ourselves in the position to rightsize several times in our lives. Single adults, newlywed couples, growing families, empty nesters, and elderly folks who need assistance all have different needs, and require different amounts of space. Finding that perfect balance is what rightsizing is all about.

We routinely help clients who are rightsizing by moving to another home - larger or smaller - but rightsizing can be done without switching homes, as well. Sometimes rightsizing refers just to the stuff inside your house - getting rid of the excess so that you have just what you need, nothing more and nothing less.

*If you could use some rightsizing in your life, give us a call at **402-483-0555** for a **FREE in-home consultation** - we would be happy to help.*

"The aging process is a lot like grapes – some turn to vinegar but the best turn to wine."

~unknown



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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.

A creative way to display your keepsakes

We recently visited with a client who was using their china hutch in an ingenious way we hadn't seen before. Thoroughly impressed by her creativity, we asked if we could photograph the piece of furniture to share with our readers.

The client said to us, *"I just got sick and tired of looking at my dishes, so we decided to do something a bit more creative and meaningful!"* So she packed away her set of china and brought out some of the meaningful keepsakes she and her husband had. By displaying these items in a decorative way, they get to enjoy them daily! *"These are our childhoods, summed up!"* she said to us.

What a great conversation piece, and a wonderful way to enjoy your mementos and keepsakes. It was certainly an innovative idea we had not seen before, and we loved it.



If you have a creative way you are displaying an important item in your home, we'd love to hear about it! You can e-mail us at info@ChangingSpacesSRS.com.



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Upcoming Estate Sales:

January 27-28

3901 S. 27th Street #33
(Bishop Square)

February 24-25

2544 Lafayette Ave.

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:

www.ChangingSpacesSRS.com

Check out our Facebook Page:
Changing Spaces SRS

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

info@ChangingSpacesSRS.com
