



Changing Spaces Chatter

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

What does RIGHTSIZING mean anyway? Don't we just mean downsizing?

by Jeannine Bryant

We use the term “rightsizing” a lot at Changing Spaces SRS. It’s right there on the polo shirts we wear as uniforms: “Changing Spaces SRS: Rightsizing & Relocation Services.” Most folks are familiar with the term “downsizing” but many times we are asked “What is rightsizing?”

Our short and sweet answer is that rightsizing is finding that place between too much and too little. I always tell folks that it’s not our job to convince them to let go of the things they love. It’s our job to encourage them to let go of the things that don’t mean as much so they can hold on to, and enjoy, the things they do love.

Many clients we work with are faced with the daunting task of relocating from a larger home to an apartment or condo that is half the size (sometimes less) of their old place. When you relocate from 3000 square feet down to 1500 square feet, for instance, the math is quite simple. You must let go of roughly half your possessions. Our goal is that even though our clients are letting go of half their possessions, we hope that the other half they do keep are their absolute favorite items. It is our hope that after they go through the rightsizing process, they don’t really even miss the items they let go of.

Courtney Carver is a blogger at www.BeMoreWithLess.com who writes about simplicity, taking concrete steps to living a more simple life, and enjoying life so much more because it’s not cluttered with too much stuff. She’s got an interesting perspective on all this since being diagnosed with Multiple Sclerosis in 2006. As many of you know, a serious diagnosis such as this can make you and your entire family re-evaluate your lifestyle choices.

When we talk about the process of rightsizing, it has to do with so much more than just your “stuff.” It has to do with your experiences, as well. Your relationships, your social life, your activities and adventures, your spiritual life: so many other things can get *bigger* when the burden of too much stuff and too much house gets *smaller*.

“Discover what MATTERS by getting rid of everything else.”

4th Quarter – 2015

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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 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 all 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.
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Quotes to inspire you on your rightsizing journey:

“The cost of a thing is the amount of life which is required to be exchanged for it.”

—Henry David Thoreau

“Stuff is not passive. Stuff wants your time, attention, allegiance. But you know it as well as I do, life is more important than the things we accumulate.”

—Dave Bruno

“Any half-awake materialist well knows – that which you hold holds you.”

—Tom Robbins

“The best thing to hold onto in life is each other.”

—Audrey Hepburn



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Come join the Changing Spaces SRS team at this annual fundraiser for a great cause!

Lincoln 2015

Okto Beerfest

A Benefit for the
Nebraska State Stroke Association

An **Evening**
of **Tasting 200**
Different Beers!



Thursday
October 15, 2015
6:30 to 9:30 p.m.

Again this year is a live auction!

Some of the items that will be auctioned are a 50" TV, pool tables, a cruise, a fishing trip to Canada, a set of 4 tires and even a car! Plus, a silent auction and musical entertainment. 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: \$35 in advance
\$40 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. on the 9th at a cost of only \$50.00 per ticket in advance, \$55 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

4830 Wilshire Blvd.
Suite #106
Lincoln, NE 68504



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Join us for one of our upcoming estate sales!

October 16-17: (DOUBLE SALE!)

6418 Chesterfield Ct.
6001 S. 72nd Street

October 23-24: 1728 S. 26th Street

November 6-7: 5524 S. 80th Street

Time (all sales):

Friday 8:30-5:30
Saturday 8:30-3:30

Pricing (all sales):

All items full-price Friday
25% off Saturday 8:30 a.m. -Noon
50% off Saturday Noon-3:30 p.m.

**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