

Wesley's Priority
Reservation List
Members

Exclusive Downsizer's Club

in-person
& online



01 | Senior Transitions: From Overwhelmed to Overjoyed

Tues., Jan. 14, 2:00 pm Wesley Lea Hill

02 | When Downsizing Means Letting Go Of Things You Love

Tues., Feb. 11, 2:00 pm Wesley Bradley Park

03 | Auction – Donation – Discard & The Planning Process

Tues., Mar. 11, 2:00 pm Wesley Tehaleh Event Ctr.

04 | Preparing Your House For Sale & Pricing it Right

Tues., Apr. 8, 2:00 PM Wesley Des Moines Terrace Auditorium



Downsizing Simplified

When downsizing means letting go of things you love

Wesley Priority Waitlist Downsizing Club

February 2025

Liz Baker & Terry Denend

Rightsizing for Seniors

Member, National Association of Senior & Specialty Move Managers (NASMM)

Your Home: Today and Tomorrow



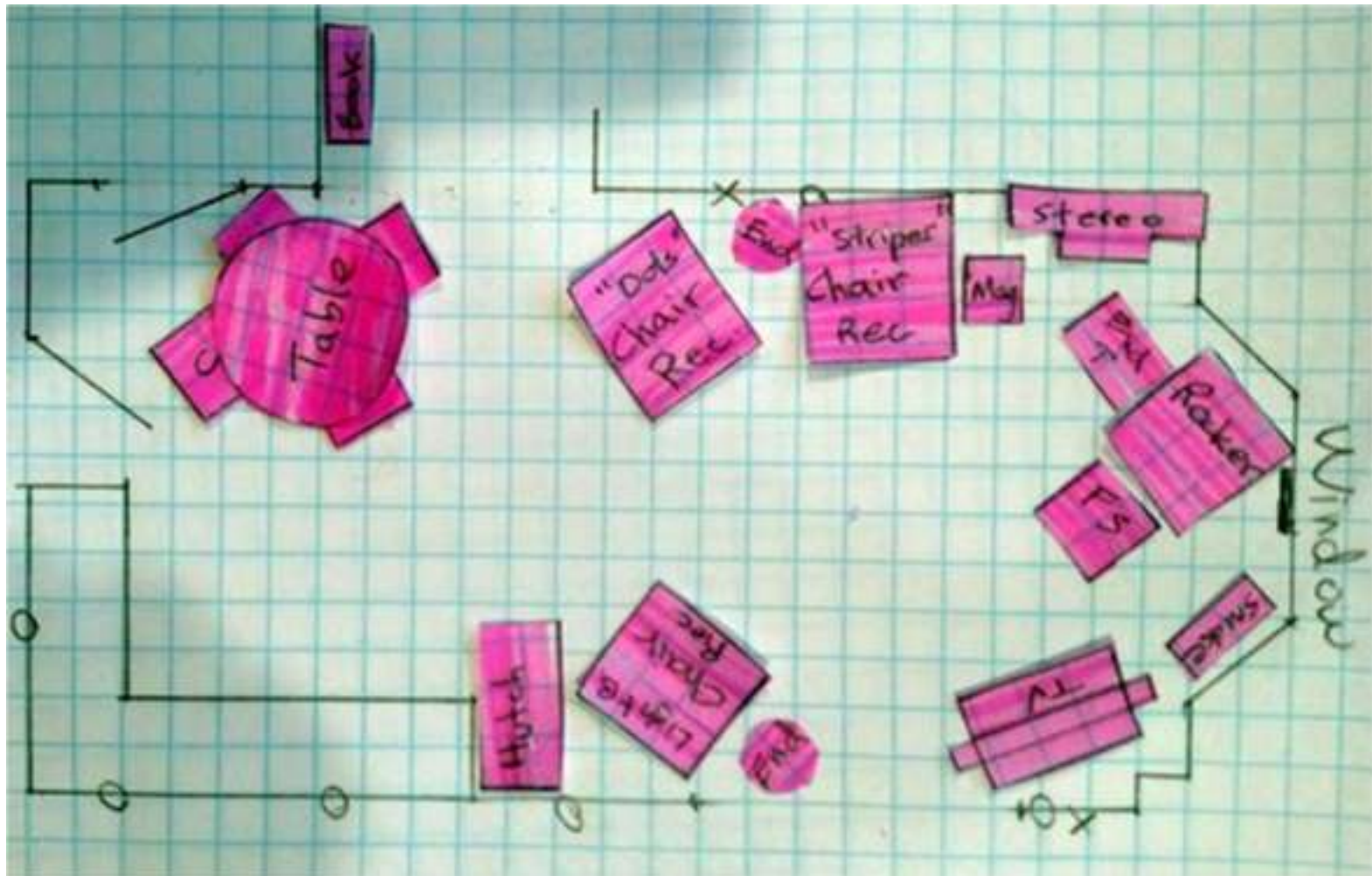
What's holding you back?

- Overwhelmed
- Emotionally attached to your stuff
- Might need that some day
- Can't make decisions
- Physical limitations
- Exhausting emotionally
- Unrealistic expectations of value of stuff
- Don't know where to start

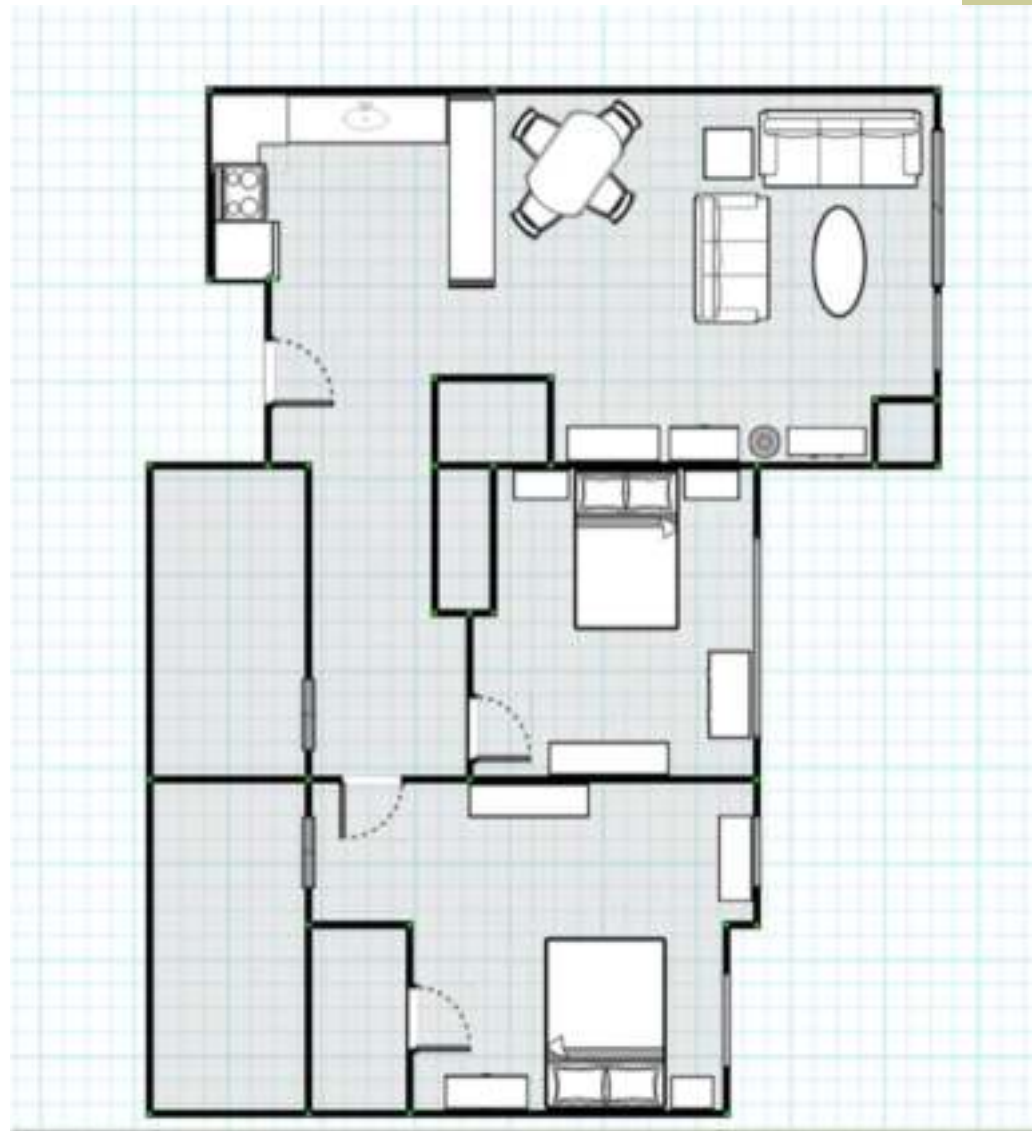
Begin with the End in Mind



First step create a floor plan



Tools for creating floor plan



Repurpose your furniture



Smaller scale furniture



How to get started

- No right or wrong way – Just Do It!
- Make an appointment
- Start with easy area

Sort first, then pack



Three biggies—clothes, books, paper



Measure closet space



Find and organize files



AND Kitchens



Duplicate utensils?

You can never have too many coffee mugs?



Lids for every plastic container?



Keep three—small, med, large



Other tips for making downsizing manageable

- Room by room
- 3 to 4-hour chunks of time
- Maintain momentum

Remove as you go



You can ditch the item without ditching the memory

- Give the object a last hurrah
- Find ways to make memories last



What do I do with my stuff I'm not moving?



What's not hot?

- “Brown” furniture
- China; stemware
- Silver-plated anything
- Books, unless first edition classics like *Moby Dick*
- Hutches; formal dining tables
- Pianos/organs
- Bradford Exchange anything

What's “hot” ?

- Mid-century furniture
- High-end vintage jewelry
- Vintage designer clothing
- Newer, well-made contemporary furniture
- Chests of drawers if in good condition
- High end vintage stereo equipment

Take control

- Don't be consumed by finding homes for things
- Adult children
- Stop acquiring
- Stick to a plan



Thank you



Visit our website: rightsizingforseniors.com

Call us: 253-709-1625

Email us: rightsizingforseniors@gmail.com



The Journey Between Now and YES!

Downsizing: Cherishing Memories While Letting Go

A Guide to Preserving Sentimental Value

Let's Get Started





When Downsizing Means Letting Go Of Things You Love



A Challenge of Downsizing: The Emotional Hurdle

- Downsizing can be emotionally challenging, especially when dealing with sentimental items.
- Letting go of cherished possessions can feel like losing a piece of the past.
- The key is to preserve the *memories* associated with the items, even if the items themselves must go.

Combing through Keepsakes

When Downsizing Means Letting Go Of Things You Love



Documenting Your Treasures

- **Photos:** Capturing high-quality images of items, creating digital albums or scrapbooks.
- **Videos:** Recording stories and anecdotes related to the items, preserving their history.
- **Written Stories:** Journaling, memory books, or blog posts to document the significance of each piece.

Capturing The Essence

When Downsizing Means Letting Go Of Things You Love



Repurposing and Upcycling

- **Creative Transformation:** Turning old clothes into quilts, vintage fabric into pillows, repurposing furniture.
- **Shadow Boxes:** Displaying small mementos like ticket stubs, letters, or keepsakes in a visually appealing way.

Giving New Life



When Downsizing Means Letting Go Of Things You Love



Sharing with Loved Ones

- **Thoughtful Gifting:** Giving sentimental items to family or friends who will cherish them.
- **Storytelling:** Sharing the stories behind the items to keep the memories alive for future generations.

Passing on the Legacy

When Downsizing Means Letting Go Of Things You Love



Unique Memorialization

- **Jewelry:** Incorporating elements from sentimental items into custom jewelry pieces.
- **Art:** Commissioning artwork that reflects special memories or uses elements from cherished objects.

Creative Keepsakes

When Downsizing Means Letting Go Of Things You Love



No Need to Quit Quilting



Creative Ways to Downsizing Your Hobbies





When Downsizing Means Letting Go Of Things You Love



Join Wesley Woodworkers

Creative Ways to Downsizing Your Hobbies





When Downsizing Means Letting Go Of Things You Love



Embracing the Memories

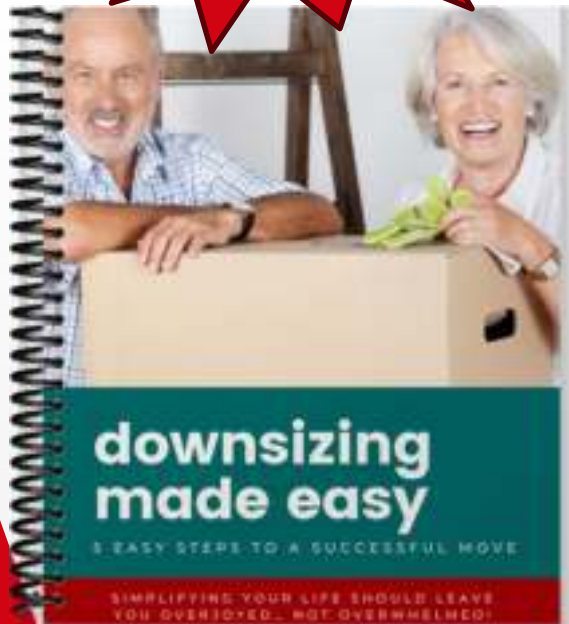
- Downsizing is a personal process. Take your time and be patient with yourself.
- Focus on preserving the memories that are most important to you.
- Remember that the memories reside within you, not solely in the objects.
- Downsizing is a natural part of life. Let go of guilt. Release the emotional burden associated with holding onto everything.
- By embracing these strategies, you can downsize with peace of mind and cherish your memories for years to come.



A Journey of Remembrance



A Team RED
Gift for You
Engage – Educate –
Empower



Wesley's Priority Reservation List Members

**Exclusive Downsizer's Club
Monthly Seminar Series**

Downsizer's Club Online Library

**Recorded Presentations & Downloadable PDF Materials Available
Exclusively for Wesley Downsizer's Club Members**

Club Binders Available Through Your Community Relations Manager

Team
R.E.D.

**Wesley's Priority Reservation List Members
Exclusive Downsizer's Club**

Next Month



Tuesday, March 11, 2025 2:00 pm
Online or In-Person

Wesley Tehaleh Event Center
Call to reserve a seat

Auction – Donation – Discard & The Planning Process


Engage – Educate - Empower



Kathryn Kleber
Facilitator



Senior Transition Specialist
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