



Proud to be Wyoming's First and Only Trained Member in the State of Wyoming

Active Aging Week

Active Aging Week (October 7-13) is a great opportunity to embrace downsizing as both a physical and mental activity. Decluttering and reorganizing your home keeps you moving, promotes wellness, and can reduce stress. Start small by sorting through closets or storage spaces. By deciding what to keep, donate, or discard, you'll stay active and make your home more functional for your evolving needs.

Downsizing is also an excellent chance to optimize your living space for aging in place. Declutter common areas to remove tripping hazards, clear hallways for better mobility, and reduce clutter in bedrooms and bathrooms for easier access to essentials. The process of downsizing naturally encourages movement—lifting, packing, and sorting provide gentle physical activity that's good for both body and mind.

Where Moving & Downsizing Meets Mindfulness and Support



World Hospice and Palliative Care Day: Honoring Legacy Through Downsizing

As we approach World Hospice and Palliative Care Day on October 12, we're reminded of the importance of improving the quality of life for those facing serious health challenges. At Newleaf Senior Move Assistance, we recognize that preparing for the future and preserving your legacy is a vital part of this journey.

Preserving your legacy involves sharing the stories behind your significant possessions. Each item carries a piece of your history, fostering connections that honor family traditions. By downsizing thoughtfully, you enable your family to focus on celebrating your life and ensure your stories resonate for generations.

If you or someone you know needs senior move help during this transition, reach out to us at Newleaf Senior Move Assistance. We offer a free consultation to guide you through the downsizing process and help you preserve your legacy. Contact us today to learn more!

Honoring Our Elders: Preserving Legacies on International Day of Older Persons

We are fortunate to have older individuals in our lives, whether they are family members, friends, or acquaintances. These individuals carry a wealth of wisdom and stories that enrich our understanding of the world. Engaging with them allows us to gain valuable insights that can guide our own paths, inspiring us to persevere and helping us recognize challenges we might not yet see.

Sadly, in our fast-paced lives, we often overlook the importance of these connections. Many families face the difficult task of sorting through a loved one's belongings during transitions, which can lead to neglecting the stories behind cherished items. On this International Day of Older Persons, it's essential to honor these legacies, as each item carries memories and history that strengthen family ties. This is where support can truly make a difference.

At Newleaf Senior Move Assistance, we understand the significance of these relationships and the emotions involved in the downsizing process. We offer compassionate guidance to help families navigate this journey, ensuring that the stories behind their loved ones' possessions are preserved and celebrated. If you or someone you know is looking to honor a senior's legacy during a transition, we're here to help. Contact us for a free consultation, and let's work together to celebrate the legacies that have shaped our lives.



Visit our website for more information and FREE resources
www.newleafseniormoves.com
307-200-9531

10 Things to Declutter Today

1. Old medications
2. Junk Mail
3. Hygiene supplies more than 1 year old
4. Expired Food
5. Clothing that is torn or stained or doesn't fit
6. Furniture that is Broken, torn, or stained
7. Old plastic mismatched tupperware
8. Travel samples, old make-up, single use silverware and condiments
9. Books you've read or unlikely to read, old magazines.
10. Excess sheets, blankets and towels

Decluttering tip of the Month

Start in one small area of the home for 10 minutes a day 5 days a week. Pick an area such as a guest closet or bathroom. By starting small you will be less overwhelmed and can gain momentum. Be sure to celebrate each small success! Remember, clutter is an accumulation of delayed decisions. Start today and over the course of 1 month you will see big success!

Newleaf Senior Move Assistance Services

- Custom Move Planning
- Downsizing Assistance
- Prepare Your Home For Sale
- Floor Planning
- Move Management Services
- Packing, Unpacking, and Resettling
- Move Management Services
- Estate Clean Outs
- Downsizing After the Death of a Loved One
- Optimizing your Home for Your Aging Needs
- Planning for the Contents of Your Home
- Out of State Moving Services