



**Jane says:**

**Downsizing and transition moving is a  
“new beginning” for any age.**

It's therapeutic  
It's cleansing  
It's uplifting

**It's simplifying your life**

But it is also  
Emotionally draining  
Physically challenging  
Hard work

**Are you moving from a large space to a smaller house, senior home,  
apartment or condo or just want to *simplify your life* in your present  
living space?**

Do you feel overwhelmed?  
Do you have too much stuff?  
Do you have someone to help you?  
Do you want to pay to lug all that stuff with you?  
Do you have room for it in your new space?  
Do you even want it anymore?

Jane says: “I will provide individuals and families the emotional and physical assistance needed in making a change in living arrangements”.

Each situation is different so **GentleMove** will assist as little or as much as needed for a painless and stress free *transition*.

**simplifying your life**



**less is more**

**514-999- HELP (4357)**

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My services could include but are not exclusive to:

- Assisting seniors or other with the decision to move. It's a huge psychological and physical challenge.
- Liaising with other family members to co-ordinate the transition.
- Act as an arbitrator to avoid family feuds when dispersing the possessions.
- Choosing the mover and other services.
- Organizing the sorting of all possessions.
- Arranging the dispersal of unwanted books, records, furniture, dishes, clothes etc.
- Creating an inventory of valuables; artwork, antiques etc.
- Getting artwork or other worthy items professionally evaluated.
- Sending items to out of town family members.
- Organizing minor repair and renovation work in the old or new home.
- Paper work (changing mail, advising services of address change/ gas, oil, internet, cable TV, phone, newspaper, security).
- Photographing all the former rooms and then the new ones so out of town family members can see the new premises and better visualize their parents in their new home.
- A photo collage of cherished items and rooms from the family home is created as a memento for the owner.
- **Staging** the new home. My specialty is styling with your cherished existing pieces. When I am finished, you will see your "possessions" in a new light.
- I will serve you tea and homemade treats at the end of the moving day in your newly organized living space. You will be relaxed, calm and thrilled with the results.

For out-of-town family members, **GentleMove** provides peace of mind that someone is coordinating your family member's affairs with the personal attention they would give if they were there

## **Estate Dispersal**

**GentleMove** will also provide services for the dispersal of household belongings after the death of a loved one.

A death in the family creates many new responsibilities for a family: removing personal belongings to a complete closing up of an established home. Work responsibilities and or distance can make these challenges daunting and overwhelming.

**GentleMove** can help make these tasks more feasible. Working under the direction of family members, attorneys or trust officers, I organize and distribute the estate according to the family's wishes.

I look forward to working with you to **simplify your life.**

*Jane*

**simplifying your life**



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