

Rightsizing (some people call this downsizing) is a popular conversation in retirement. The desire for less comes from our need to reduce maintenance and to free up time for other things. This includes not only the size of the house you have or want but also includes going through our things and reducing what we hold onto. ❌

This is really the challenging part as these “things” come with memories and for many of these are reminders of loved ones no longer with us. Sentimental items build up over the years and before you know it your closets and attics are filled with beloved items. I know that I have blogged about rightsizing in the past but I ran across something new on the topic and I thought I should share another perspective and some rightsizing ideas.

❌ The National Association of Realtors has a specialty group called Senior Real Estate Specialists. Both Vickie Jackson and I, who are Realtors here at Stillwaters Estates, are certified as Senior Real Estate Specialists (SRES) and have had training focused on representing mature (and wise) home buyers. In NAR’s most recent publication for SRES certified realtors, they devoted a whole section on “How to tackle tough rightsizing dilemmas”. I thought they had some clever and new ideas so I thought I would share.

Here are a few of their listed dilemmas and suggestions:

Dilemma: “My grandmother/mother/husband/wife/child gave it to me so I can’t get rid of it:

Answer: Gifts shouldn’t become burdens. Take a photo of the item for your memory book and consider giving it back to the giver or passing it along to a family member.

Dilemma: “I have lots of stuff that makes me happy. How can I possibly rightsize?”

Answer: Creating a memory book or journal with photos of these items clears the way to passing them along to others, such as family or friends. Another idea is to take a photo of the item with the person you are giving it to. Next time you look at the photo you will have two reasons to smile about the object.

Dilemma: “I’ve dealt with all this stuff so long, why bother now?”

Answer: Free up your time to do more important things than juggling stuff. Don’t spend your time cleaning dusting and maintaining them in your home when you could be doing other things more important at this time in your life. Leaving this for your children or others to deal with when you are gone is no gift – just a huge responsibility and burden.

Rightsizing is a process and for some it’s done in baby steps and others in giant leaps but as they say, you have to take that first step to start the process. Happy Rightsizing!



Quote of the week:


The way to get started is to quit talking and begin doing. – Walt Disney



Happenings this week:

Super Bowl Sunday - February 1st. The Gathering Place will be “rooting and hollering” this Sunday as the Seahawks meet the New England Patriots for Super Bowl 49. All residents are welcome to join the fun. The game starts at 3:20 and a potluck of appetizers and avid 12’s will start gathering at about 3

p.m.

 **Weather:** We will continue to have some sunny days and some rainy days as we move into February. Buds and bulbs are already appearing around here! The old Farmers Almanac says “sunny and mild” alternating with “rainy and mild” for the next three weeks and then into seasonal showers for awhile. A mild winter indeed!