

THE NEIGHBORHOODS AT



# Acacia Village

AUGUST 2021

UNDER THE ACACIA TREE

***Rose McGauley from Caring Transitions will give expert advice about Relocation, Downsizing, Estate and Online Sales, and Auctions on Tuesday, September 21st at 2:00 p.m. Space is limited:***

***To reserve a spot call 315-798-4775 today! We'll meet in the Clubhouse at 1008 Waterside Drive near the new Waterside Cottages and Garden Homes.***



## LINDA'S LETTER - LINDA RAE AVOLIO

**“Maybe the life you’ve always wanted is buried under everything you own.”**

-Joshua Becker

We are dedicating this issue to decluttering and downsizing because when I ask what is holding people back from a move to a community such as ours, nine out of ten people tell me, “I don’t know what to do with all my stuff!” One of our new residents told me she wished that she could twitch her nose like Samantha on *Bewitched* and do it instantly. Oh, how I wish we could. The real trick is to get in the right mindset. The right attitude makes a big difference. It won’t be easy, but paring down can really feel great.

Did you know that the average home has more than 300,000 items? Wow, that’s a lot of clutter. According to the experts from *Next Avenue* and *Web MD*, here are some of the upsides of downsizing.

1. **Free up your time** - Maintaining a home that’s too big and taking care of mountains of possessions is very time consuming.
2. **Free your mind** - Clutter makes it difficult to find what you need and sometimes our possessions weigh us down emotionally too.
3. **Simplify life** - The more you own, the more time you have to devote to caring for all of it.
4. **Better focus** - Getting rid of visual clutter can help you focus on the task at hand.
5. **Higher self esteem** - When you have trouble staying organized, you may feel out of control.
6. **Reduce stress** - Researchers who studied the impact of clutter found that stress hormones spiked when people were dealing with too many belongings.
7. **Better relationships** - Conflict often occurs when one person can’t control clutter.

It’s often said that we spend the first half of our lives acquiring things and second half getting rid of them. For some, downsizing isn’t a question of “if”, but “when”. Putting it off can make it harder, emotionally and physically. When possible, start the process before you have to. Then you can take your time to truly consider what to keep and what to toss. Give your loved ones a chance to see if there are any items that they would like to take for themselves.

### **Make a plan of action**

1. **Take inventory** - Make a list of everything you own. Be sure to include all the items tucked away in the attic or hiding in the basement. Mark down duplicate items and pick the one in the best overall condition.
2. **Start small and don’t try to do it all at once** - Work like this can be emotionally draining. You’ll come across many items that will make you want to sit back and reminisce. Go ahead and do that. It’s better to handle the job over several months instead of a few days.

3. **Make a yes, no, and a maybe pile** - Most people wear 10 percent of their clothing 90 percent of the time. Pick one closet at a time and ask yourself, "Have I worn this in the last six months?" If the answer is "no," then it is safe to discard it. The hanger trick works well too. Turn all the hangers around so your clothes are facing backwards and set a time limit. At the end of the time period the clothes that are still facing backwards are the ones that haven't been worn and can be donated. The hanger trick takes the guess work out of downsizing your closet.
4. **If it's broken throw it away** -This is a good time to get rid of any chipped dishes, appliances that don't work or clothing that needs repair. Don't worry about donating these items, because charities can't use broken items.
5. **If it's supposed to be a gift, give it now** - Don't wait for a birthday or a special occasion. Maybe your niece or nephew would like some of your holiday decorations or tablecloths that you won't need anymore. The good feeling you'll get when you give to others will stay with you a long time.

### Things you should keep!

1. **Specialty clothing** - At Acacia Village we have a lot of parties! So you might want to keep that Hawaiian shirt for a Luau, or the flannel shirt for the Harvest dance. Something purple, green or gold for Mardi Gras. You get the picture.
2. **Important Papers** - Birth and death records, marriage licenses, social security cards, medical records, insurance policies, passports, wills, power of attorney documents, deeds, military service records, and vehicle titles are all important to hold onto.
3. **Family Heirlooms** - Decide if you can just take a picture of an item and gift it to a younger member of your family or if you would you like to keep it. If it holds a high level of importance to you, make room for it in your new space.
4. **Photographs** - If you have a lot of photographs, you can have them digitized, or you can try organizing them in scrapbooks. This makes it easier to find what you're looking for, and it saves space.
5. **Sentimental items** - It goes without saying that these items can't be replaced, so while your downsizing consider taking a tote or box and dedicating it to the sentimental items around your house with everything in one place.
6. **Leisure items** - Golf clubs, quilting supplies, yarn, cards. Think about what you like to do for fun, and make sure you have what you need to pursue your passions.

Remember that downsizing your home, doesn't mean downsizing your lifestyle. Most people find after moving, they have more time to do what they love. I hope this information helps. Oh, how I wish it could happen with the twitch of a nose!

Warmly,

*Linda*

## ACACIA DIDN'T KNOW – ALL OF OUR WATERSIDE COTTAGES ARE RENTED!

We are pleased to let everyone know that our 8 Waterside Cottages are now reserved. We currently have a single 1 bedroom, and a single 2 bedroom plus den Garden Home not yet spoken for in that neighborhood. Our Cottage and Garden Home neighbors have been enjoying getting to know one another. They have been gathering for a Friday Happy Hour every other week in the new Clubhouse. Think about getting on a wait list for a future opening. If you'd like to get a glimpse inside our Cottages and Garden Homes, head to our website at [www.acaciavillageny.org](http://www.acaciavillageny.org) and click on our new virtual tour!



(800) 593-3353 or (315) 798-4775.

NOW THIS IS LIVING

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