



## Goodwin House Incorporated Helps Older Adults Plan for Smooth Transition to Retirement Community

### *GHI Right-sizing Event Features TAD Relocation Experts*

November 1, 2017 – Alexandria, VA – With the highest life expectancy rate in the nation, Virginia’s 8<sup>th</sup> Congressional District has approximately 770,000 older adults in its population, according to the Urban Institute. Many will choose to move into a retirement community, such as those operated by Goodwin House Incorporated (GHI) in Alexandria and Falls Church, Va., and the task will be daunting.

To assist older adults in preparing for moves into Life Plan Communities (LPCs) such as those operated by Goodwin House, GHI recently hosted a right-sizing seminar featuring down-sizing and moving experts from TAD Relocation. Held October 21, the seminar took place at Goodwin House Bailey’s Crossroads (GHBC) and featured tours of apartment homes at this GHI life plan community and included shredding services of old documents to help event attendees start to right size immediately.

“The task of downsizing and parting with belongings collected over thirty to fifty years can be emotionally and physically overwhelming for seniors and frankly, would be intimidating for even younger adults,” said Eileen Spata, regional director for TAD Relocation. “Taking small steps today can go a long way towards a smooth transition to a new home in a life plan or retirement community.”

Following the seminar, guests had the opportunity to bring personal papers to discard securely in an onsite Shred-It® truck. By the end of the day, guests and GHBC residents had contributed nearly 1,400 pounds of shredded paper to a nearby recycling facility.

Spata encouraged attendees to downsize a bit at a time, starting with sorting and organizing closets, file cabinets, attics and basements. She recommended



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identifying items to take to their new homes and creating floor plans to help clarify what will fit in the new spaces.

“Save keepsakes that have the most meaning for your new home,” said Spata. “Other items can be distributed to family and friends as gifts and mementos for them to enjoy, and other items can be donated and help those in need.”

“GHI understands the challenges involved in making a decision to move into a life plan community and then planning the move,” said Lindsay Hutter, Chief Strategy and Marketing Officer. “We are committed to helping those that select a Goodwin House community at every step of the way to ensure a smooth transition into their new home – it’s why we host events like this right-sizing seminar and tours of our communities on a regular basis and work with trusted partners like TAD Relocation to assist our new residents as they move into a Goodwin House community.””

GHI and TAD have published a right-sizing, down-sizing and moving tips sheet that can be accessed here [will hot link this with final tip sheet].

### **About Goodwin House Incorporated:**

Celebrating 50 years of providing exceptional service to older adults, GHI is a nonprofit, mission-based Virginia corporation. Today, the strength of GHI begins with its clear statements of mission, vision and values, the stability and integrity of its boards and executive leadership, and its reputation as a trusted partner and innovator in [reimagining aging](#).

The growing family of GHI senior living communities and services owned and operated across Northern Virginia includes: two senior Life Plan Communities – Goodwin House Alexandria in Alexandria’s West End and Goodwin House Bailey’s Crossroads in Falls Church, Fairfax County, and conveniently near Arlington; an innovative living at home life care and services program – Goodwin House at Home; a growing Medicare-certified service – Goodwin House Palliative Care and Hospice; and the new Goodwin House Small House Living and Health Care Center with a progressive model of senior care. GHI also is the management agent for The Lewinsville Retirement Residences, Inc. serving McLean and Great Falls, Virginia. GHI advances its mission through a 501(c)(3) supporting foundation that assists current and future residents in need and funds



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programs dedicated to seniors' wellbeing and vibrant living. Learn more at [goodwinhouse.org](http://goodwinhouse.org).

### **About TAD Relocation:**

Experts in "rightsizing," moving and design services, TAD Relocation, LLC is a premier move management company in the Washington, D.C. area catering to aging adults, busy professionals and their families. The company was founded in 2000 by Susie Danick, a Registered Nurse with a background in art and design. The Gaithersburg, MD-based company is a member of the National Association of Senior Move Managers (NASMM). Ms. Danick is also a past president and former member of the association's Board of Directors. To learn more about TAD Relocation's service offerings and to set up a free in-home consultation call (240) 403-0177. Taking an active role in the community, TAD Relocation partners with organizations such as A Wider Circle, Life 4 Animals, Habitat for Humanity and many other organizations throughout the metro DC area.