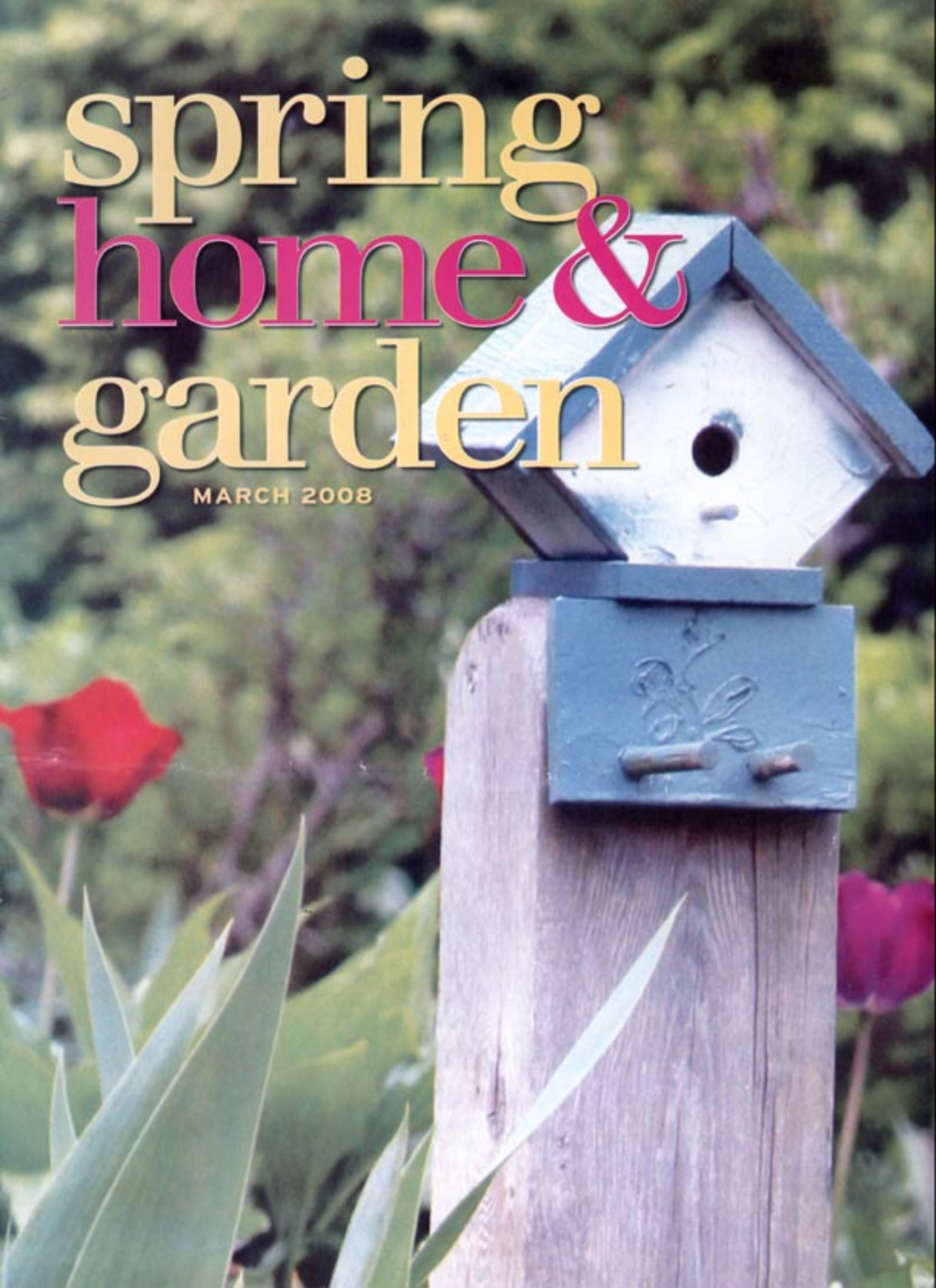


spring home & garden

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professionals like Nicole Gabai of B.Organized in Falmouth, who offers relocation services in addition to general organizing and de-cluttering. Ms. Gabai can coordinate and manage your move, organize and prepare your home for the move, inventory your household and even unpack.

B.Organized offers expert services when it comes to de-cluttering and organizing. "I discovered many years ago that one of the things I enjoy most is to create order out of chaos," Ms. Gabai said. "My focus is to help you move from feeling stuck, discouraged, overwhelmed

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or afraid of change to a place of feeling encouraged, hopeful, happier, peaceful and productive so you can move on with your life."

When attempting to move someone who is downsizing from a large home to a smaller space, Ms. Gabai says she meets with the client and breaks the project down into "zones." "I give people a language to use when they are sorting things to make it easier to handle a project," she said.

Part of the plan was to convert a carriage house on the property to a new home for Mom. My sister and her husband gutted the carriage house, added a first-floor bedroom and arranged for lifetime tenancy. Mom got to stay in the neighborhood in a smaller home that was easier to manage!

The only challenge my sisters and I faced was getting Mom to downsize and purge some of the trappings of her past 50 years. Let me tell you, this was no easy task. I now understand the need for professional organizers and movers. While my family somehow survived it, I would not want to face such a challenge again without help.

I'm convinced that a trained professional is a logical choice when family emotions may get in the way. In our case, even after renting several dumpsters, a lot of Mom's stuff is still alive and well. While Mom seamlessly moved next door to the carriage house, most of her memorabilia and old furniture is still being stored in my sister's attic, garage and cellar.

Local Relief

Like my Mom, there are many seniors here on Cape Cod who are downsizing from a large home to a condo, apartment or smaller house. Luckily for them, there are

"A zone can be a bookshelf or a closet; any designated space that helps to divide and conquer."

On her website (www.b-organized.net), Ms. Gabai offers some helpful hints like, "Keep only what you need and love. For those items you keep, give them a home that is pleasing to look at." She recommends various storage solutions, from shelving units and stackable milk crates to clear plastic drawers that offer visibility for items you need to locate with ease. She also makes great use of closets, using all of the space. "Maximize height in a closet," says Ms. Gabai, "working from the bottom up."

The B.Organized website also offers testimonials from those Ms. Gabai has freed from the

psychological chaos of clutter and disorganization.

She has a wide array of clients, from full-time moms, educators,

small business owners, attorneys, doctors and more.

Another great source is *Overcoming Compulsive Hoarding: Why You Save and How You Can Stop*, authored by Long Island psychologist Fugen Neziroglu. The book cites some reasons it is so difficult for some individuals to get rid of stuff they accumulate over the years. "They have an emotional attachment: It's not the item itself," Neziroglu writes, "but

the meaning a person attaches to it or the memories it evokes, whether it is an old stuffed chair or a memento from a trip."

I know this to be true in my Mom's case, as she is very sentimental about keepsakes that have been passed down over the years. Being quite like her, a lot of this family memorabilia has made its way to my Cape Cod home. Someday I'll enlist the services of a professional organizer when it's my time to downsize. Or maybe I'll cart it all back to Stone Street, should The Cafarelli Compound become a popular tourist destination. You never know; stranger things have happened! •

**Don't let
Clutter
Compound
Your Move**

BY JEANNIE CAFARELLI