

The April meeting will be held on the third Wednesday of the month at the CWA Local 9509 Union Hall, 7548 Trade Street San Diego, on April 17th. Our business meeting will start at 10am. Lunch will be immediately Lunch is \$4.00.

If you need to contact the RMC, please call into the Local number at 858-695-1509. Someone will get back to you.

If you are a retiree who has a service to offer others, please let us know and we will list it in our newsletter. Please support our retirees. (see attached)

I hope you find all the attachments helpful.

If we have missed listing your birthday, please call the Local and leave a message when it is and I will make sure it gets in the newsletter.

We would really like to grow the club. We invite you to attend the meetings and bring a friend. If you would like to...

information you think would be of interest to our retirees.

Happy Birthday to the following retirees: Jack Mowers 4/2; Clifford Adama 4/3; Ezra Martin 4/5; Geri Jones 4/18 and R.C. Cannon.

Sincerely,

...in a new home you'll love—with your memories fully intact.

Step #1: Stop Saying the D Word

It all starts with that word: downsizing.

“Whenever anything is ‘down,’ there’s a negative connotation,” says John Hall, president of Caring Transitions of Chester County, a company that specializes in relocating seniors. Moving to a smaller space can be both inherently stressful and sad, but the trick is to focus less on what you’re losing and more on what you’re gaining, he says.

“It’s a blessing to be able to move to a new phase, with a whole new lifestyle before you,” Hall says.

That’s why he suggests reframing your journey by using a new word: rightsizing.

Sit down with your family and address all concerns: Which neighborhood makes the most sense for your next step? Who will handle the sale? What happens to possessions that aren't moving with you?

“That’s the most important piece: being aligned in respect to what you’re doing and why you’re doing it,” Hall says.

If you need help, you can hire a senior relocation company, which will develop a personalized plan tailored to your family’s specific needs and guide you through every step of the way. You can also pick and choose specific services in lieu of the full package.

Step #3: Commit to a Timeline

Talking about your plans is great, but putting them into motion is even better. Pick an end date—the cutoff for landing in your new house—and stick to it.

...style going forward, Hall says.

The best way to break this down? Group items into two categories: big and small boulders.

Big boulders are the goods that you haven't used in years and can eliminate without having an emotional attachment to them, like a broken bicycle, mismatched china, or old sports equipment.

"There's a lot of space that gets freed up when you get rid of clothing that doesn't fit and furniture that has stains," Hall says. "And you start freeing your mind."

You don't have to clear out these items all at once. Hall recommends taking three or four hours each week to identify them, recycle or throw them away, or donate them to a place like GreenDrop (<https://www.gogreendrop.com/>).

Then there are the small boulders — items that are easy to get rid of.

Plus, Hall says, this kind of specialist is equipped to tackle most challenges that you might face when moving.

“That includes everything from having connections with handymen to knowing how to stage your old house and get it ready,” he says.

Your realtor can also help you devise a floor plan for the new place. If you know how much space you’re working with—say, two bedrooms and 1,500 square feet—it will be easier to part with old items that simply won’t fit.

Moving to a new state? Renting before buying can help you avoid a costly money mistake (<https://www.silversneakers.com/blog/top-5-money-mistakes-older-adults-make/>) and feel more confident in your relocation plans.

Step #6: Get Moving!

Once you’ve picked your new home, it’s time to get moving. Here are some tips to help you get started.

... designed for moving, Hall says. And from a safety standpoint, they're so much easier to use."

No matter what type of box you're using, be sure to breathe the right way to protect your back (<https://www.silversneakers.com/blog/breathe-way-protect-back/>).

Step #7: Embrace Your New Place

Make no mistake: It will take some time to get used to your new digs.

"Some folks do go into a bit of a funk after they move in," Hall says. The key is to remember that you moved to improve. "While it's not what you've had for the past 60 years, it's good for you in your current phase of your life."

Seize all the opportunities that your new home provides. Maybe there's a great gym through SilverSneakers in the area (<https://www.silversneakers.com/learn/gym-fitness/>), or maybe you're now part of a robust retirement community. It's all yours to enjoy.