

# New Company Aids Relocating Senior Citizens

Editor

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In response to the dramatic growth of New York's senior population, and the related burden on "baby boomers" to care for their aging parents, a new company is assisting area senior citizens with the emotional and physical aspects of downsizing and relocation. Lynda Crowley of Goldens Bridge and Whitney DiMinno of Brewster are the founding partners and owners of Sort & Settle, LLC, providing a wide range of senior move management services within Westchester, Putnam, and Dutchess counties in New York, and Fairfield County, CT.

New York is one of nine states that account for 53% of the country's aging population. By 2030, the senior population is expected to double, as is the number of seniors requiring assisted living arrangements and/or long term care, to over 13 million. Nearly another million will move to retirement destinations in other states. A cultural shift has placed the responsibility of facilitating these moves on the "sandwich generation" of Americans ages 45-54.

(Source: Right-Sized Living™ CRTS Handbook)

Sort & Settle focuses on expediting and simplifying the moving process, with the goal of minimizing expense of time and money. While the company can act as general contractors, overseeing the entire process for a set project fee, their hourly services can also be retained for specific tasks, such as organizing and sorting possessions and disposing of unwanted items.

"Senior move managers go above and beyond any moving company," said Whitney DiMinno, Sort & Settle Partner. "We provide gentle and expert guidance so that older adults and their families can avoid the costly mistakes that often accompany such major lifestyle transitions. Our resources save money, reduce stress and produce quality results."

Specific services offered by Sort & Settle include: developing an overall move plan; organizing, sorting and downsizing; customized floor plans for new residences; arranging for the profitable disposal of unwanted items through auction, estate sale, consignment, or donation; interviewing, scheduling and overseeing movers; arranging shipments and storage; unpacking and setting up the new home; and related services, such as assisting with selection of a realtor and helping prepare the home to be sold.

Both Crowley and DiMinno are members of the National Association of Senior Move Managers (NASMM), the nonprofit, professional association of organizations dedicated to helping older adults and their families with the moving process. NASMM, founded in 2002 and based in Illinois, requires its members to maintain insurance; dictates a Code of Ethics and Standards of Practice; and provides ongoing educational programs.

Additionally, Crowley and DiMinno have each received the Certified Relocation and Transition Specialist (CRTS) designation upon completion of a comprehensive, nationally-recognized training program offered by Right-Sized Living™.

"The emotional aspects of downsizing and moving on can overwhelm our clients, so we try to bring levity and cheer to the process," said Lynda Crowley, Sort & Settle Partner. "We consider ourselves to be a 'rent-a-daughter' service, offering a highly-personalized level of care."

Senior move managers are contacted by various sources, including older adults, family members, bank and trust officers, geriatric care managers, attorneys, social service providers and social workers, senior living communities, physicians and allied health providers, realtors, and staging professionals.

More information about Sort & Settle is available online at [www.sortnsettle.com](http://www.sortnsettle.com). The phone numbers of their Westchester County and Putnam County offices are, respectively, 914-232-8789 and 845-279-0989. They can also be contacted via e-mail: [info@sortnsettle.com](mailto:info@sortnsettle.com)