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NEWS RELEASE

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FOR IMMEDIATE RELEASE:

Clutter workshop to be offered at Aging Care Connections
by Sandy Bosch

La Grange, IL--Jackie had worried for years about her mother's cluttered house. But when her father died last year, she finally had to seek help. "After Dad died, the problem became much worse," she said. So Jackie turned to Barbara Sarasin, a clutter-cutting specialist from CJE Senior Life in Chicago. Through Sarasin's "Conquer Your Clutter" course, Jackie and her mom have begun to see the light at the end of their clutter-filled tunnel. "Barbara helped us to see that it was doable," Jackie said.

Aging Care Connections in La Grange will help people cut through their own piles of possessions with a five-week workshop set to begin Jan. 21 from 1 to 2:15 p.m. Each Wednesday, facilitators Sarasin, MSW, Geriatric Care Manager at CJE Senior Life, and Susan Bertuglia, MSW, Aging Resource Specialist at Aging Care Connections, will explore why and how one accumulates and keeps possessions, the development of a personalized de-clutter, plan, and a list of resources for further assistance.

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“Conquer Your Clutter” isn’t just about cleaning out closets and purging piles of paper. It helps people to discover the reasons behind their hoarding behavior. “We help people discover why they accumulate and keep possessions,” Sarasin said. From there, Sarasin examines how the clutter has affected the participant’s life and helps each person develop a step-by-step plan. Participants go home each week with clearly defined tasks to complete.

“They hold each other accountable,” Sarasin said. “They motivate one another.” Often, getting started is the hardest part. “It’s overwhelming. They don’t know where to begin,” Sarasin said. She helps to break down the task into manageable steps while helping participants to develop new, healthier habits.

Weeks after Jackie and her mother completed Sarasin’s course, they’re still working toward a neater, more organized home. “We’re plugging away,” said Jackie, who said she now can see the top of her mother’s dresser – something that had been covered in layers of clutter for years. “It’s a slow process, but Barbara got us started.”

The course is open to anyone 50 or older who needs help with hoarding behavior. “Conquer Your Clutter” will be held at Aging Care Connections, 111 W Harris, La Grange. Cost is \$15. The full cost of the program is supported by a grant from the Community Memorial Foundation. Call (708) 354-1323 to register.

Aging Care Connections is a non-profit organization which is the connection to the most comprehensive, expert information, programs and services enabling older adults to remain independent and their families to make the best, most informed decisions regarding needed care in their lives. Serving communities in Leyden, Lyons, Norwood Park, Proviso and Riverside

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Townships, Aging Care Connections' programs and services are made possible by community support and donations, and, in part, by the Illinois Department on Aging (IDOA), AgeOptions, Community Memorial Foundation and local United Ways. To learn more, visit www.agingcareconnections.org.

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