



Simplify Your Life by Decluttering

On March 8 Greater Stonegate Village Members and Volunteers gathered at the Coopermans' home to hear Leslie Clesner talk about decluttering. Leslie is a professional organizer whose business is Around Tuit and can be reached at [202-489-3660](tel:202-489-3660).

She encouraged us all to pick one decluttering goal to accomplish by the end of August and to partner with someone who could remind and encourage us. Leslie's philosophy is that it is not necessary to get rid of things in your home as long as there is space for them and they are not causing you anxiety. But you should also have conversations with your children and other family members about what will happen to your possessions when you die. Some simple ways to keep your home in order is to quickly discard all the catalogs that come in the mail or even "unsubscribe" through Catalog Choice. Lesley uses a simple three-drawer approach to organizing paperwork: Bills, Taxes, Medical. The fact that the younger generation is more minimalist and doesn't want the collectibles of their parents makes passing possessions of value more of a challenge but it can be done. We all felt encouraged to do something but not required to drastically declutter.



