
MAY 2023

Squared Away Today



Here on the east coast it feels like spring has sprung as Memorial Day Weekend is approaching. With all the craziness we have experienced, I've found myself simultaneously living a simpler life (making more home cooked meals, exercising at home, doing jigsaw puzzles) and plopped smack dab into the future, sharpening my technology skills in order to assist my nephews and niece with their online schooling (Hello, technology learning curve!). Professional Organizing and Senior Move Management are reliant on personal connections. It has been difficult, yet, I've decided to 'take time to smell the roses' so I can appreciate the good things that have come out of the current adversity like exploring nature, playing with the kids, losing weight and feeling healthier. While you are taking time to smell those roses, please enjoy our inspiration, tips and resources.

Steph
CEO Squared Away Today

"You have succeeded in life when all you really want is only what you really need." – Vernon Howard



Food for Thought...

Why are experiences better gifts than material things?

1. Happiness derived from material items

fades quickly. Excitement with material items lessens time, as these items fade into our daily lives. Meanwhile, experiences become a part of our identity and bring satisfaction.

2. Experience defines your purpose &

passion. (i.e.-Seeing a concert in person vs. buying a band t-shirt)

3. Possessions don't contribute to social relationships.

When you share an experience with someone, the story continues to be told.

4. Moments are memorable.

Delayed gratification makes the moment even more memorable.

5. Experiences introduce you to a whole

new world with new lessons & perspectives.

**Based on research by Thomas Gilovich at Cornell University.*

QUICK TIPS

Experiences you can give or just ENJOY!

Give the gift of time.

Sit with family members, young or old and LISTEN. Older generations have lived through difficult times. What they share is more relatable due to current restrictions. They often don't need material things, yet love company, either in person, by phone or a video call. Ask their favorite memories and write them down to share with other family members. Better yet, record an interview of him or her. Young children can give a simple view of life and can be wise beyond their years. They remind us to play!

Make a meal together or make ahead & deliver it.

The time and thought that goes into creating a wonderful meal, especially a family favorite, is always appreciated. Time spent together making it....PRICELESS.

Help someone with a task or chore.

Is gardening your jam? A technology whiz? An organizational champ? Share your talents with someone who isn't good at what you do and let someone help you in return. We call this being neighborly or 'part of being a family.'

Take a walk or ride outside.

Take someone with you and enjoy the conversation, fresh air and nature. It always calms the spirit to take a moment to enjoy the simple things.



RESOURCE SPOTLIGHT

<https://www.aegisliving.com/resource-center/30-questions-to-ask-your-grandparents/>

GREAT questions to ask your parent or grandparent!

<https://www.discovertheforest.com>

Put in your zip code to find places to walk near you.