
About Helen Volk

Helen D. Volk, B.S., J.D., is founder and president of Beyond Clutter, a firm that helps you De-Clutter, De-Stress® your life. A certified teacher and lawyer who practiced law for 17 years before creating Beyond Clutter in 1991, Helen was a pack rat who chose to simplify her life in the early 80's and live clutter free.

As a professional organizer, Helen has the maturity, experience, sensitivity and patience to work with clients during the difficult time of moving.

An expert in her field, Helen is an accomplished motivational speaker and published author of organizing books.

For other services and more information, see her website at

www.beyondclutter.com,

call (518) 238-3842, or email

helen@beyondclutter.com.

Rates:

Free, one-hour in-home initial consultation.

We charge hourly.
Call for details.

B E Y O N D C L U T T E R

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De-Clutter, De-Stress® Your Move

Downsizing and Moving for Seniors

An organizing service for seniors downsizing their possessions and their lives.



Beyond Clutter

Helen D. Volk, President

www.beyondclutter.com

Downsizing and Moving for Seniors

Overwhelmed by the thought of moving?

Can't decide what to take or let go of?

Stressed by all the work to be done?

Beyond Clutter will actively organize your move from start to finish enabling you, with less stress, to:

- ◆ De-clutter possessions
- ◆ Move, and
- ◆ Resume living

Organize the De-Cluttering Process:

- ◆ Develop a plan and schedule
- ◆ Recommend where to start
- ◆ Suggest a system to mark items
- ◆ Gently help you decide what to take, what to let go of
- ◆ Assist with the physical work, such as sorting possessions and bagging trash

Coordinate the Move:

- ◆ Supervise packers
- ◆ Supervise movers
- ◆ Ensure furniture is correctly placed
- ◆ Direct boxes to proper rooms

Organize your New Residence:

- ◆ Unpack boxes
- ◆ Organize your possessions
- ◆ Arrange for packing materials and boxes to be removed

"I was overwhelmed with cleaning out my condo so I could move to a retirement community. When I called Helen she came to Florida and helped me get organized at the beginning and made the process flow much smoother than it would have. I even held my own garage sale with her encouragement and advice. We kept in touch by e-mail. Near the end of my move, Helen returned, kept me on track, helped me pack and take care of the "left-over" items. I was overwhelmed until Helen came to my rescue. Thank you, Helen."

-Bea W., Dunedin, Fl.

"...Helen's great! We couldn't have moved my sister without her..."

-Betty Shapiro, Albany, NY