

## PRESS RELEASE

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FOR IMMEDIATE RELEASE  
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### LOCAL EXPERT OFFERS STRESS-FREE TIPS TO SENIORS ON HOW TO DOWNSIZE AND SELL THEIR HOMES

*Waltonwood at University to Host “Downsizing Made Easy” seminar on November 21<sup>st</sup>*

Rochester Hills, MICHIGAN November 9, 2015: There are ways to simplify and streamline everything in your life today with phones, computers and other electronics. But what about streamlining your possessions? There are specific approaches to purging and organizing your home, like the celebrity-endorsed konmari method explained in the *New York Times* bestselling book “The Life-Changing Magic of Tidying Up.” But what about people with more than 50 years of memories to go through? As seniors age and need to downsize their homes due to changes in health, home maintenance or other reasons, tackling this process isn’t easy, and it’s important to seek advice from experts in that field. To help simplify what can seem like an overwhelming task for Rochester Hills families, Waltonwood at University is hosting an informational talk all about downsizing and how to sell a home to create a happier lifestyle. The seminar, entitled “Downsizing Made Easy,” will be held Saturday, November 21<sup>st</sup> from 11 a.m. to noon at Waltonwood at University senior living community, located at 3250 Walton Boulevard. It will be led by Brad Amiot, owner of H.O.M.E Senior Moving Services. This local company specializes in varying aspects of downsizing, like real estate, estate sales, finances and moving, and will offer advice to seniors and their families on how to make the process less stressful.

Resident Betty Gazzarari moved to the community just two months ago from a spacious condo. She relied heavily upon her family for help in sorting, donating and selling items in her home before moving into Waltonwood.

“I never thought about where I was going to live in my later years, but the steps in my condo were difficult for me to go up and down, so I talked with my family and we started looking at senior living communities,” said Gazzarari. “After that we put my house up for sale and started the process. I think I ended up giving away more than I brought to Waltonwood, but I have everything I need in my apartment.”

Amiot has been working with seniors for over 25 years. Previously, when he was helping manage their finances through his financial company, he would receive questions from his clients about

moving into senior living communities. He would do his best to help them negotiate the process, even spending some weekends helping his clients pack up their homes. In going through this process with multiple clients, he began to think that he could help others through the gamut of moving questions, and H.O.M.E Senior Moving Services was created to fulfill that need.

“My main objective is to decrease the overwhelmed feeling many seniors and their families have when they’re preparing to move into a senior living community,” said Amiot. “We do that by creating a plan personalized for each situation and tackling it a little bit at a time. This seminar will outline the first steps families can take together—what questions to ask or information to consider, depending on the situation. Our expertise is truly in helping people negotiate the process of moving.”

“Brad has given talks at our community on this subject before, and I know that his tips for getting the moving process started will be invaluable for these seniors and their families,” said Jeff Madak, Waltonwood at University executive director. “With it being the weekend before Thanksgiving, we hope that visiting relatives will get a chance to check it out and gather some helpful information that will put their minds at ease as they think about planning for a move for themselves or their parents.”

If you would like to attend “Downsizing Made Easy,” please RSVP by calling 248-331-9990.

If you are a member of the media interested in covering this story or setting up an interview, please contact Susan Hoover via phone at 214-890-7912 ext. 31 or email at [shoover@fortegroupinc.com](mailto:shoover@fortegroupinc.com) or Amy Jones via phone at 214-890-7912 ext. 30 or email at [ajones@fortegroupinc.com](mailto:ajones@fortegroupinc.com).

## **ABOUT WALTONWOOD AT UNIVERSITY**

Waltonwood at University opened in 1988 and offers seniors a dignified, individualized community for residents to thrive. The community has 161 independent, assisted living and memory care studio, one- and two-bedroom apartments. The community offers many engaging amenities, including a walking path and private courtyards throughout its nine acres. Residents receive the most up-to-date advances in senior living, including the specially designed Forever Fit program, which utilizes European-designed, air resistance exercise equipment built especially for seniors. The community is located close to area shopping, dining and entertainment, and just minutes from Oakland University. If you are interested in learning more about Waltonwood at University, please visit [www.waltonwood.com](http://www.waltonwood.com) or call 800-250-7597.

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**Photo courtesy of Waltonwood at University:**

**Photo 1:** Brad Amiot, owner of H.O.M.E Senior Moving Services, specializes in varying aspects of downsizing, like real estate, estate sales, finances and moving, and will offer advice to seniors and their families on how to make the process less stressful on Saturday, November 21<sup>st</sup> from 11:00 a.m. – Noon at Waltonwood at University. If you would like to attend “Downsizing Made Easy,” please RSVP by calling 248-331-9990.