



**NEWS AND  
EVENTS**

\*Congratulations to our Managing Partner, **Rick Bauer** who recently received the Certified Relocation and Transition Specialist CRTS designation after completing an extensive



training and testing program in Florida. A member of the National Association of Senior Move Managers NASMM the CRTS is senior focused specialized training to assist older adults 55 and over with downsizing, home relocation, home modification and setting up a new home ensuring the quality of relocation and move in services for older adults.

\*Caring Transitions St. Louis has an upcoming Estate Sale scheduled for February, 2008. Log onto [www.ctstlouis.com](http://www.ctstlouis.com) for more details.

To Sign up for our Newsletters , Upcoming Estate Sales, or For More Details and Photos of Upcoming Sales Log onto [www.ctstlouis.com](http://www.ctstlouis.com)

PROUD MEMBER OF



# Caring Transitions St. Louis

## NEWSLETTER

VOLUME 101, ISSUE 1

JANUARY, 2008

### January is National “Get Organized” Month!

Now that the holidays are over, many are faced with the daunting task of getting organized. January is National “Get Organized” Month and getting organized is one of the top five New Year’s resolutions people make. Getting organized will make you feel more in control , not to mention reduce the stress caused by all of that unchecked clutter. But the big question is where to begin.

Start by planning ahead, recognize and overcome distractions such as procrastination, attempting too much or shifting priorities. Getting started is as easy as making a room to room assessment of what needs to be done and start with one room at a time. Creating

four simple categories (i.e. keep, sell, donate, and discard) is very helpful . If you have not used an item within the last year, ques-



**BEFORE**

tural undertaking. Caring Transitions St. Louis is instrumental in providing you this service.



**AFTER**

tion it’s necessity. Redistribute items that do not belong to other locations as you find them. Storing items in see-through containers or in boxes clearly labeled with a large black marker is a must!

Also remember that there are Professional Organizers available to assist you with this struc-

For more information log onto [www.ctstlouis.com](http://www.ctstlouis.com) .



### Consumers Beware!

Consumers today are bombarded with more advertising campaigns and offers than ever before as a result of the evolution of the internet. In the past, you could simply hang up the phone or toss the mail but today those offers that sound too good to be true reach you through your emails. The internet has become a new avenue for the scammers and con artists to deliver their mes-

sages. It’s important to remember that these swindlers want nothing more than to separate you from your money.

Did you know that buying drugs online without a prescription is illegal? These schemes often start with some sort of SPAM level email circulation. You may be required to provide personal information or fees for membership. In some cases, a doctor’s consultation fee may be required. There are no

medical records, examinations, lab tests or follow-ups. Consumers **BEWARE!** Often these websites attract doctors with troubled backgrounds from financial complications to legal setbacks. Some may even suffer substance abuse problems. In any case, this practice could cause serious health risk to anyone participating in purchasing drugs online without a valid prescription from a licensed physician. For more information, log onto <http://www.fda.gov/buyonline/>