



MOVES FOR SENIORS BLOG

Moves for Seniors Supports Breast Cancer Awareness

October 24, 2017 / in Other / by Anna

Here at Moves for Seniors we love to show our support and raise awareness for different causes. October is Breast Cancer Awareness month so to show support we worked with TSI and hosted a bake sale and the whole office wore Pink! We were so happy to be able to raise money for this great cause and cant thank everyone enough for their participation and generosity!!



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Introducing our first research paper on Relocation Stress Syndrome

October 13, 2017 / in Other, Senior Moving Tips / by Anna

Moves for Seniors is the premier moving services provider for seniors, caregivers, and senior living communities. We know how difficult moving can be for older adults, so we work hard to provide moving solutions that are simple, stress-free, comforting, and pleasant.

Over the past 10 years, Moves for Seniors has been a pioneer in providing moving services designed specifically for seniors across the US. As we continue to evolve and lead this market segment, we are really excited to announce that we have published our first ever research paper about Relocation Stress Syndrome.

While we may have started out as a simple moving company, the services that we have continued to add have helped us to become much more than just a moving company. Along with this growth, we have begun to focus on research and thought leadership around all things related to senior relocation. This is something that we deal with every day in the world of senior logistics and wanted to share this knowledge.

[You can click here to download a free copy of our paper on Relocation Stress Syndrome](https://transitsystems.us8.list-manage.com/track/click?u=4237236aa8f7a68a809876f4c&id=4aa87a2f37&e=1f70ab3200) [<https://transitsystems.us8.list-manage.com/track/click?u=4237236aa8f7a68a809876f4c&id=4aa87a2f37&e=1f70ab3200>].



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National Childhood Cancer Awareness Month!

September 20, 2017 / in Senior Moving Tips / by Anna



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Showing our support for brave kids and their families during National Childhood Cancer Awareness Month.

Display Stands!

August 30, 2017 / in Other / by Anna



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Check out our display stands!! Currently these stands are in hundreds of Senior living communities across the US and we are sending out our next shipment ASAP!! Moves

For Seniors is partnering with Senior Living communities all over the United States. We love being able to help communities everywhere with our national network of moving partners. We are a completely senior focused moving provider that has had thousands of successful moves over the past 10 years. Moves for Seniors takes the stress and frustration out of the moving process because of our streamlined approach.

Call Anna our Partner Development Manager at 610-535-4919 or email her at annac@movesforseniors.com to learn more about our programs and how to receive one of these for your community!!

Summer Newsletter

August 11, 2017 / in Senior Moving Tips / by Anna

Our Newsletter is in!!!

We are so excited to be able to update you on what we have been up to, our services, and some helpful tips to make your community safer. Keep an eye out for the next one coming this fall!



UPDATES

LEADING AGE
Once again, this year, our Managing Director Chris Penkowski attended the Leading Age Conference in the special place on Earth, HERSHEY, PA.

DISPLAY STANDS
We are excited that our first couple shipments of our customized community Display Stands have been sent to our senior living partners all over the country.



HAPPY 4TH OF JULY!!

Here is a snapshot of some of the services we can provide your community:

- Local Moves** - We have a vast network of local moving partners throughout the country who are carefully selected, licensed and insured that will help your residents move within a 50 mile radius of your community.
- Long Distance Moves** - For the people seeking for a change of scenery and moving a little further, we have long distance moving partners who are able to pack and deliver in any city state throughout the U.S.
- Labor Only Services** - For the more active or budget conscious people who want to save their own time or have employees with a truck, but do not want to do the heavy lifting, we have a national network of partners who provide labor only services to help load and unload your residents belongings.
- Senior Move Management** - Since 2005, Moves for Seniors has been providing services to assist in the optimal disposition of Senior Move Managers. With more than 3000 MM partners nationwide, we can arrange to have a Senior Move Manager visit the home of your future senior and coordinate the move from their location. We're also now partnered with FedEx.
- Declutter and Donate** - We also have that part of decluttering includes disposing of unwanted items. We can arrange to have items cleaned and archived away or delivered to charities at the request of the customer.

Internet and Mobile Moves We also offer services for your community either a resident wants to move into your property or make moves into a different and when your building can get their own belongings come in to include inquiries to your employees and changes to your community furniture.

Call Moves for Seniors for stress-free moving!

[\http://www.movesforseniors.com/wp-

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The best alternative support for #Millennials tomorrow!



HERE ARE SOME SAFETY TIPS TO MAKE EVERY SENIOR LIVING COMMUNITY SAFER FOR OLDER ADULTS!

BATHROOM:

- Grab bars:** Install grab bars around the toilet, tub and shower. These bars cannot support an adult's weight, so do not rely on them to act as grab bars.
- Showers transfer benches:** Transfer benches allow seniors sit and slide to get in and out of the shower easily.
- Raised toilet seats:** Elevated toilet seats that fit directly on the toilet seat decrease the distance required to sit or stand in order to use the toilet.
- Non-slip mats:** Use two high-quality, non-slip mats in front of both the sink and the tub. These mats should be long enough to reach across width and prevent falls.
- Water temperature controls:** Turn your water temperature to a safe level of 120 degrees. This is a safe level that won't burn skin.
- Lower-handle faucets:** Switch out standard style and choose faucets for lower-handled basins, which are easier to reach and are easier to use.

Bedroom:

- Bed rails:** Bed rails provide a dual purpose ... they offer support when getting in and out of bed and prevent falls.
- Reacher sticks:** Use specially designed sticks instead of step stools to grab clothing or other items on high shelves.
- Breaking beds:** Assisted cleaning services — like cleaning stools, rock walls and stone forms — help wear that pain and are highlyly inoperable.

KITCHEN:

- Lighting:** To improve visibility and reduce eye strain, light switches should be installed at each entry point, nightlights should be regularly spaced throughout the room and separate lights should be installed over the stove and sink.
- Automatic shut off ranges:** Gas ranges also offers an automatic shut-off function, and anything that automatically shut-off — like cutlives of the paper towel dispenser — should be placed away from the stove.
- Pull-down shelves:** Cabinets and their contents should never be difficult to access. Pull-down shelves make it easier to access items upwards or downwards.
- Flammable garbage disposal:** Disconnect the garbage disposal to avoid accidents. If you want to keep the garbage disposal, it's important to get garbage disposal with an air filter the cover is wrapped into place, keeping hands and clothes objects safe.

LIVING ROOM:

- Stair Stairs:** Because there is light from the floor that can make a bad fall. Or take them to the floor.
- Non-slip floor surfaces:** Non-slip floor surfaces help reduce the risk of falling. There are several options.
- Stair-free entrance:** Lifting a leg over a threshold can be difficult, so consider installing a ramp instead.
- Lower-handle doorbells:** Switch out standard doorbells for lower handles, which are much easier to use.

<http://www.movesforseniors.com/blog/safe-to-safeguarding-homes-for-seniors/>

Call our Moves for Seniors team at 800-227-0335 for any of your community moving needs!

[\http://www.movesforseniors.com/wp-

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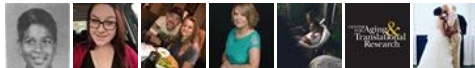
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