

## Are You Asking Yourself "How On Earth Can I Do This?!"

What are you dreading the most about your upcoming move?

Which task has you feeling the most overwhelmed?

Is there someone you can call to get answers and help?

Would a single point of contact throughout your move process be helpful?

## Are You Asking Yourself "Why Grandma's Helpers?"

We care about your whole transition. You will experience a more positive and enjoyable relocation process, with less stress. We offer many services and know that each move, as each Client, is different.

Grandma's Helpers, LLC provides an objective viewpoint and a move plan customized to your specific needs.

### Personal Consultation

Would you like to find out more about how a Senior Move Manager® can help reduce the stress and confusion you are feeling about your upcoming move?

Let us show you how we can help you!

**585-334-3544**

**Schedule Your Appointment Today!**

## We Believe that your Transition is so Much More than Just Moving.



## What is a Senior Move Manager?

As defined by the National Association of Senior Move Managers (NASMM):

"A Senior Move Manager® is a professional who specializes in assisting older adults and their families with the emotional and physical aspects of relocation and/or "aging in place." "



Grandma's Helpers, LLC staff are professionally trained, caring individuals, whose main motivation is to help older adults. They have all been hand picked for their compassion and desire to assist the older adult population.

## How can a Senior Move Manager® Help with My Transition?

- ◆ Establish a timeline and workable plan for the move.
- ◆ Prepare new residence floor plan.
- ◆ Arrange for estimates and oversee the movers.
- ◆ Assist with the sorting process.
- ◆ Provide packing materials.
- ◆ Pack belongings to take to your new home.
- ◆ Pack and ship items to family members.
- ◆ Direct movers' placement of items in your new home on Move Day.
- ◆ Unpack and set-up your new home - usually by the End of Move Day!
- ◆ Remove all packing materials.
- ◆ Conduct a Public or Private Sale of items you are not disbursing to family members, friends or donating.
- ◆ Pack, inventory and arrange for charitable donations.
- ◆ Provide Realtor recommendations.
- ◆ Provide referrals for and coordinate former residence improvement needs.
- ◆ Provide Clean-up and Clean-out services at your former residence.

~ Bobbie Goodridge ~



Owner  
Senior Move Manager  
CRTS, cSMM

2014-2016 NASMM Board of Directors  
Personal Property Liquidator  
Personal Property Appraiser

Bobbie Goodridge is the Managing Owner of Grandma's Helpers, LLC. As a Certified Relocation and Transition Specialist (CRTS) and a Certified Senior Move Manager (cSMM), she is trained and dedicated to reducing the stress of the physical, emotional and organizational aspects of home transitions for Older Adults and their Families. As an active member of the Greater Rochester Area Partnership for the Elderly (GRAPE) and a current Board member of the National Association of Senior Move Managers (NASMM), she is an advocate for older adults and continually strives for a better understanding of the issues we face as aging Americans.

## Our Mission

To provide  
~ with respect, honesty and caring ~  
full service Move Management,  
Household Liquidation and  
Appraisal Services  
to Older Adults and their Families  
as they navigate home transitions.



What our Clients say about the  
Benefits of Grandma's Helpers' Services...

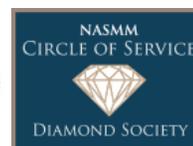
"The prospect of this move was complicated & overwhelming—(staff) was knowledgeable & helpful & handled it all!"  
A.S.—New York, NY

"The support we received from you, along with your speed & efficiency. Never could have accomplished our move without Grandma's Helpers"  
J.&C.A.—Rochester, NY

"...floorplan, packing, arrange movers, itemize donations, arrange donation pick-up. What's not to like?!"  
J.T.—Rochester, NY

"Personal approach throughout / professional and caring on 1st visit. Ability to work with 3 siblings in 3 states and help us with individual needs at a time when we were still mourning."  
A.F.—Clayton, MO

## Memberships & Certifications



Reducing the Stress of Home Transition

## Senior Move Management



~ Bertie Dobson ~

Established 2003  
Fully Insured and Bonded

**(585) 334-3544**

[www.grandmashelpers.com](http://www.grandmashelpers.com)