

THE BARTON & WESTERLY LIFE

NOVEMBER NEWSLETTER

2025



BARTON
COMMUNITIES
ACTIVITY CENTER

216-221-3400
14300 DETROIT AVE.
LAKEWOOD, OH 44107

WWW.BARTONCOMMUNITIES.ORG

BARTON CENTER CONTACTS



Allison Urbanek

President

216-221-3400 ext. 1

aurbanek@bartoncommunities.org

Christina Stover

Lead Activities Coordinator

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cstover@bartoncommunities.org

JeAnna MarBury Sr.

Activities Coordinator

216-221-3400 ext. 3

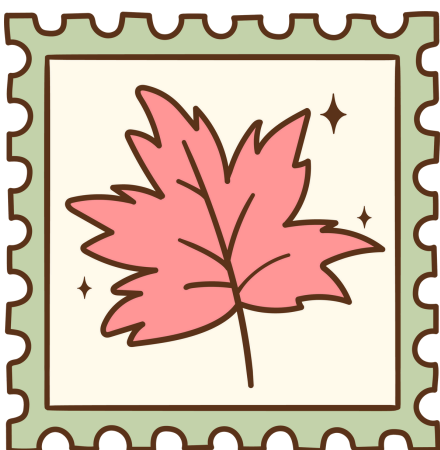
jmarbury@bartoncommunities.org

Pam Schraff

Activities Coordinator

216-221-3400 ext. 4

pschraff@bartoncommunities.org



The Barton offices will be closed on Tuesday, November 11, Thursday, November 27, and Friday, November 28 for the holidays.

Would you like the newsletter delivered to your email each month?

See Christina or email her at:

cstover@bartoncommunities.org

WESTERLY CONTACTS

Work Orders or General Questions Call 216-521-0053 - Dial by Extension

Property Administrator

Meghan Curran Ext. 6 — mcurran@bartoncommunities.org

Administrative Coordinator

Arianna Cook Ext. 3 — acook@bartoncommunities.org

Compliance Manager

Nicole Garner Ext. 4 — ngarner@bartoncommunities.org

Occupancy Specialist

Mary-Francis Miller Ext. 1 — mmiller@bartoncommunities.org

Occupancy Specialist

Brenda Colbert Ext. 2 — bcolbert@bartoncommunities.org

Front Desk Coordinator

Grace Steiner Ext. 0 - frontdesk@bartoncommunities.org

Service Coordinators Press 3 or Dial by Extension

WI South Building

Debbie Magda-Vukmanic Ext. 8 — dvukmanic@bartoncommunities.org

WII North Building

Paul Keiper Ext. 7 — pkeiper@bartoncommunities.org

WIII West Building

Milica Djordjevic Ext. 9 — mdjordjevic@bartoncommunities.org

Maintenance & Custodial Team

Tim Ferris — Maintenance Superintendent

Allen Roslan — Maintenance Tech

Lamontay Black — Maintenance Tech

Kirk Shappard — Maintenance Tech

Michael Toth — Unit Turn Tech

Carolyn Copeland — Lead Custodian WIII West Building

Angela Sciarrino — Custodian WII North Building

Laronte Treadwell — Custodian WI South Building

AFTER-HOURS URGENT MAINTENANCE REQUESTS ONLY 216-521-2141

This phone is not answered during business hours

BARTON CENTER SHOPS

The Library

Hours: Monday - Friday
9 a.m. - 8 p.m.
Key FOB Entry

Salon & Barber Shop

Temporarily closed due to
unforeseen circumstances.

Book Nook

Hours: Tuesdays & Thursdays
9:30 a.m. - 2:30 p.m.

Hodge Podge Resale Shop

Hours: Monday 5 p.m. - 7 p.m.,
Wednesday 9 a.m. - 2:30 p.m., &
Thursday 6 p.m. - 8 p.m.

The Corner Store

Hours: Monday 10 a.m. - 12 p.m.
Tuesday - Thursday 10 a.m. - 3 p.m.

\$7 Lunch Delivery by Barton Center

Residents are required to pre-pay for meals
by 12 p.m. noon on Tuesday each week.

Meals can be prepaid at The Corner Store.

November 6:

Veggie lasagna, salad, & cookie

November 20:

Beef and rice stuffed cabbage rolls, mashed
potatoes, brownie



November Movie Days

Popcorn is provided at each movie!

Soul Food

When: Monday, November 3

Time: 2 p.m. - 4 p.m.

Where: Faulhaber Auditorium

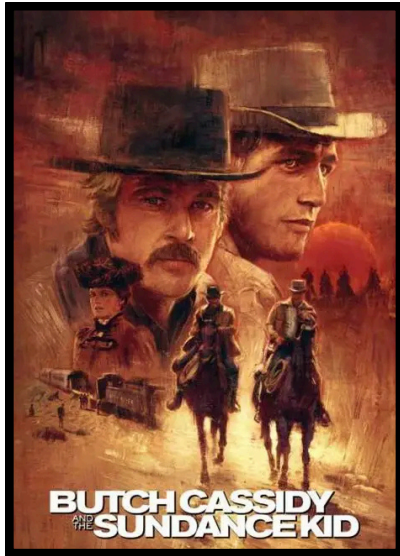


Butch Cassidy & The Sundance Kid

When: Monday, November 10

Time: 2 p.m. - 4 p.m.

Where: Faulhaber Auditorium



Grumpy Old Men

When: Monday, November 17

Time: 2 p.m. - 4 p.m.

Where: Faulhaber Auditorium

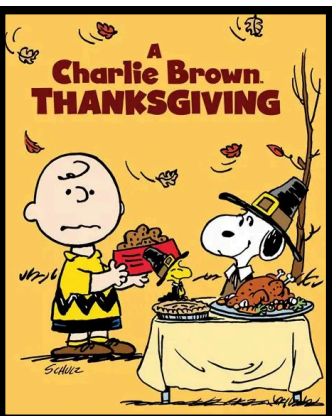


Charlie Brown Thanksgiving & Tower Heist

When: Monday, November 24

Time: 2 p.m. - 4 p.m.

Where: Faulhaber Auditorium



November Crafts

Glittery Leaf Book Pages

When: Thursday, November 6

Time: 1 p.m. - 3 p.m.

Where: Craft Room



Wood-Slice Turkeys

When: Thursday, November 13

Time: 1 p.m. - 3 p.m.

Where: Craft Room



Ceramic Pumpkins

When: Thursday, November 20

Time: 1 p.m. - 3 p.m.

Where: Craft Room



**Residents MUST pre-register for ALL crafts on the Craft Room door.
See Barton Staff with questions!**

November Activities

Food Box Distribution -

Cleveland Food Bank

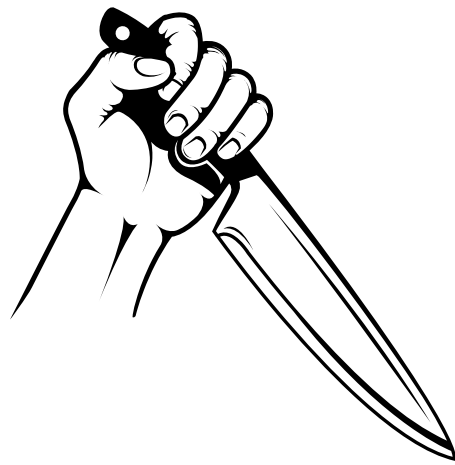
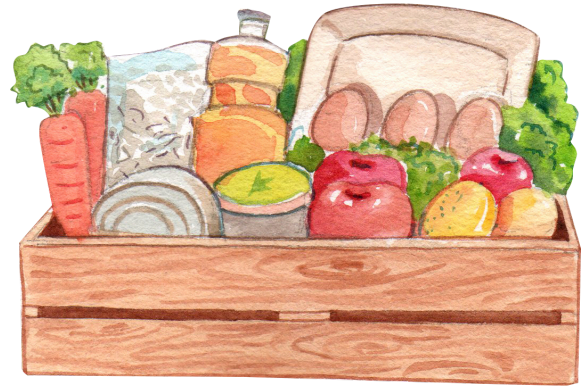
When: Friday, November 7

Time: 10 a.m. - 2 p.m.

Where: Cafe

You must pre-register.

Contact: Christina at (216) 221-3400 ext. 2



The Torso Murders of Kingsbury Run Presentation

When: Wednesday, November 12

Time: 2:30 p.m. - 3:30 p.m.

Where: Cafe

Join us for a presentation on the true crime case of the torso murders of Kingsbury Run.

Trigger Warning: many graphic images of dismembered bodies will be shown.

Immune Boosters & Busters Presentation

When: Thursday, November 13

Time: 1:30 p.m. - 2:30 p.m.

Where: Cafe

Join us for a presentation by the Cleveland Food Bank on immune boosters and busters.

Must sign-up with Barton staff.



November Birthdays

When: Friday, November 14

Time: 2:30 p.m. - 3:30 p.m.

Where: Cafe

Join us for cake and a fun game to celebrate all November birthdays!



November Activities

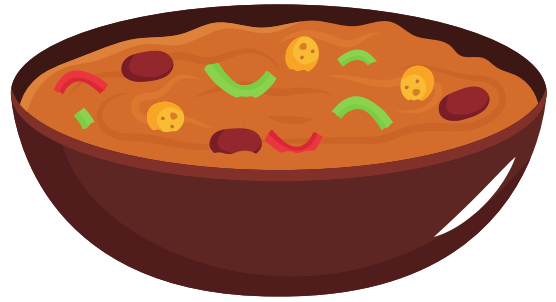
3rd Annual Chili Cookoff

When: Monday, November 17

Time: 12 p.m. - 1 p.m.

Where: Cafe

Join us for our 3rd Annual Chili Cookoff! Come to the Cafe to sample chilis made by staff. All are welcome!



Gratitude Party

When: Tuesday, November 25

Time: 12 p.m. - 2 p.m.

Where: Cafe

Join us for our gratitude party! We're going to have food, games, trivia and celebrate the season of giving.

Must pre-register with Barton Staff.

Prize Bingo

When: Wednesdays, November 5 & 19

Time: 4 p.m. - 5 p.m.

Where: Cafe

Come join friends and win fun prizes!



M2B2 Band Rehearsals

When: Thursdays, November 6 & 20

Time: 7 p.m. - 9 p.m.

Where: Faulhaber Auditorium

All are welcome!



Volunteers Needed!

Interested in volunteering with Barton? Check out the below chances to get involved!

Christmas Decorating

Help Karen W. decorate the Westerly and Barton Center for the holidays. Decorating will begin on Sunday, November 30 or Monday, December 1. See Karen W. for more details!

Light-Up Lakewood Parade

Join us in walking in the Light-Up Lakewood Parade on Saturday, December 6 at 5 p.m.. The route is from Belle Ave to Lakewood Library. Sign-up with Barton staff!

Book Nook Help

Help Karen W. as Betty takes time away. Only needed for a couple of hours a week and MUST like books.

See Barton staff or Karen W. to sign-up.



On Tuesday, November 4, any resident who would like a ride to the polls to vote will be free.

We encourage you to sign up for a ride prior to your departure as the car fills up quick.

Questions? See Barton Staff.

Thank you!



Barton Center Arts & Crafts Show

Join us for a craft show of items
made by our senior residents!
All are welcome!

When: Saturday, November 8
Time: 10 a.m. - 2 p.m.
Where: Barton Center Cafe
14300 Detroit Avenue

AEROBIC LINE DANCE



HOSTED BY

Connect NGA



BEGINNERS & ADVANCED

DATE: Friday, November 21

TIME: 2 p.m. - 3 p.m.

WHERE: Cafe



We Can Help



You MUST sign up in advanced. See Barton Staff to sign up for a 15-minute slot.

Sign Up to receive Free One-on-One Tech Support with IConnect

**Date: Tuesday, November 25
Time: 2 p.m. - 4 p.m.
Where: Cafe**

- ❑ Questions on your new device?
- ❑ Need help downloading games or apps?
- ❑ Want to know how to check or send email?
- ❑ Want to watch a movie on your tablet?
- ❑ Questions on saving pictures?
- ❑ Trouble with storage?



Center Member Group Activities



Coffee With Friends

When: Every Saturday

Time: 9 a.m. - 12 p.m.

Where: Cafe

Wednesday Morning Coffee

When: Every Wednesday

Time: 8:45 a.m. - 10:30 a.m.

Where: Cafe



Open Craft Room Hours

When: Every Monday

Time: 9 a.m. - 12 p.m.

Where: Craft Room

Come hang out and work on
your crafts!



Book Club

When: Wednesday, November 19

Time: 1 p.m. - 2 p.m.

Where: Craft Room

We are discussing *You Like it Darker: Stories* and will be given *The Borrowed Life of Frederick Fife* for next month.



Lakewood Public Library: Homebound Service



When: Every Tuesday

Call LPL Customer Service Desk by 6 p.m. the Saturday before your delivery date at: (216) 226-8275 ext. 110.

Library representative available to receive books to be returned at this time in the Cafe area.



Beginner's Spanish Class



When: Every Tuesday

Time: 3 p.m. - 4 p.m.

Where: Cafe

Join Irene & Esteban to learn beginner's Spanish! It is recommended that you attend weekly and bring a notebook and writing utensil to this class.



Stories On Paper

When: Wednesdays,
November 12 & 26

Time: 10 a.m. - 12 p.m.

Where: Faulhaber Auditorium

Participants are given a creative prompt to write a short story on their own time that can be shared with the group at the next class. Come get creative with us!

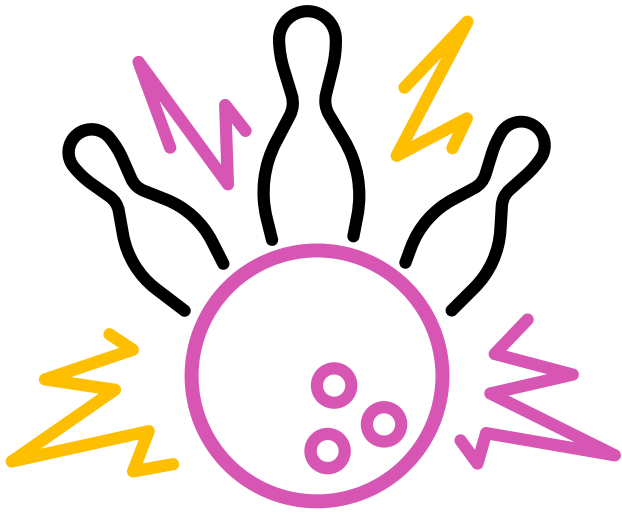


Tabletop Bowling

When: Wednesdays,
November 12 & 26

Time: 1 p.m. - 2 p.m.

Where: Cafe

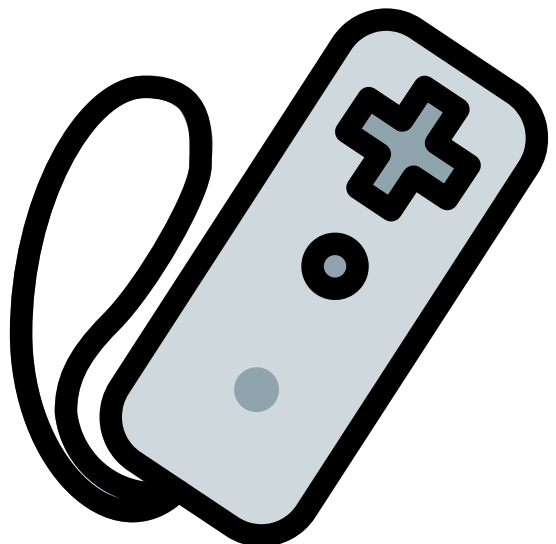


Wii Bowling

When: Wednesdays,
November 5 & 19

Time: 2 p.m. - 3 p.m.

Where: Cafe



Karaoke

When: Saturdays, November 1 & 15

Time: 6:30 p.m. - 8 p.m.

Where: Cafe
with Ron & Lilie Walden



Health & Wellness Activities

Balance Class

When: Every Monday

Time: 11 a.m. - 11:45 a.m.

Where: Community Room

This class is designed to improve balance and lower body strength for older adults through chair exercise. **We will focus on stability and strength exercises as well as fall prevention techniques.**



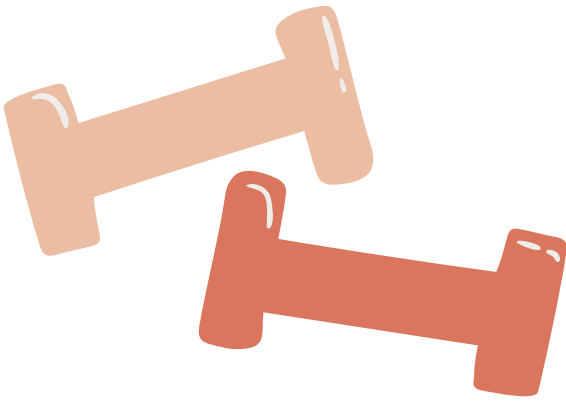
Movement & Lightweights Class

When: Every Tuesday

Time: 11 a.m. - 11:30 a.m.

Where: Community Room

Participants will be given 1 lb or 2 lb weights
in this seated class.

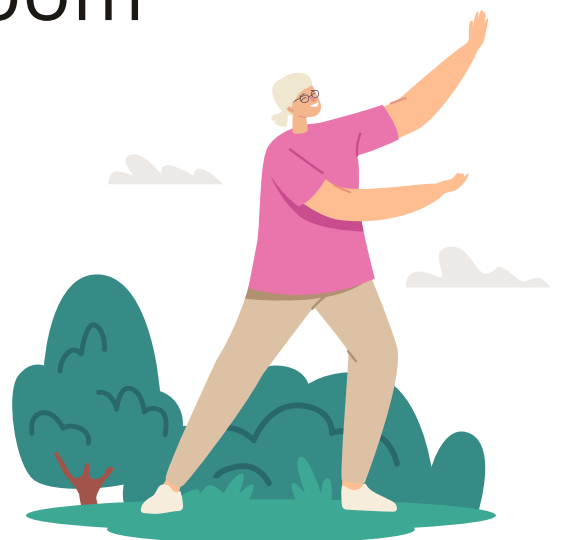


Tai Chi w/ Jan

When: Every Thursday

Time: 11 a.m. - 11:45 a.m.

Where: Community Room



Creative Therapy Activities

Art Therapy

When: Every Tuesday

Time: 4 p.m. - 5:30 p.m.

Where: Craft Room
with Jocelynn



Music & Memories Class

When: Every Thursday

Time: 2:30 p.m. - 3:30 p.m.

Where: Community Room
with Gavin



Religion & Worship

Activities



Rosary Services

When: Every Tuesday

Time: 7 p.m. - 8 p.m.

Where: Community Room
with Ms. Tyburski

Bible Study

When: Wednesdays, November 12 & 26

Time: 11 a.m. - 12:30 p.m.

Where: Community Room
with Ron & Lilie Walden



Barton Center

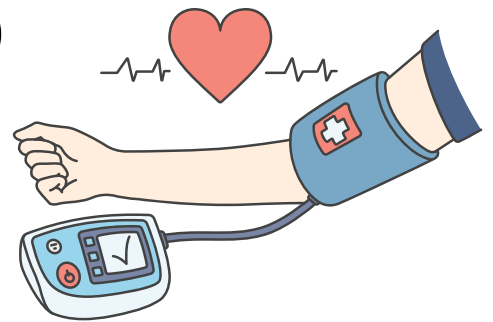
Wellness Corner

Neighborhood Paramedic Blood Pressure and Glucose Checks with Oliver Harper

When: Thursday, November 20

Time: 10:30 a.m. - 11:30 a.m.

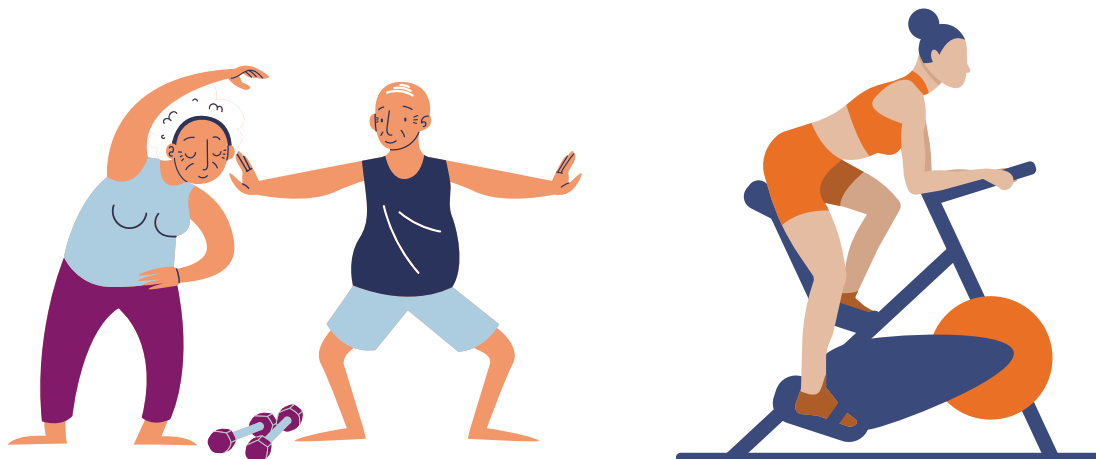
Where: Cafe



Fitness Center

OPEN 24 HOURS

Please see the Westerly Office, room 110, to sign a waiver and activate your fob. **A waiver must be completed prior to using the Fitness Center.**



**Dr. Mark Massie
Podiatrist**

When: Thursdays

Time: 9 a.m. - 3 p.m.

By appointment ONLY
216-402-4233



**Anthony Lima
Licensed Massage Therapist**

When: Tuesdays and
Saturdays
By appointment ONLY

Call or Text:
216-704-0794

Email:
GITmassage@hotmail.com



**Free Hearing &
Hearing Aid Checks**

When: Monday, November 3

Time: 10 a.m. - 4 p.m.

Where: Wellness Center

Call now to schedule your appointment!

Earl Gentile - 440-333-3271



Barton Center
Transportation Services
Must book in ADVANCE



(216) 221-4282

COST: \$2 one-way \$4 roundtrip

Monday - Friday 9 a.m. - 11:15 a.m.

1 p.m. - 3:15 p.m.

Westgate Trip:
Wednesday, November 12

Must be able to get in and out of the car independently. The Barton Center is not responsible for any **lost, stolen or damaged items.**

You must be on time for your ride, or the car will leave without you!!

Barton transportation reserves the right to refuse rides based on resident behavior.

A Word from the Property Manager

Dear Residents of the Westerly Apartments,

Thank you to those who attended our recent meetings. I noticed that we had the same residents participating in both sessions, which indicates a strong commitment to our community discussions. Moving forward, we will consolidate our efforts to hold just one town hall meeting each month for efficiency and to enhance participation.

Please find the notes from both meetings attached for your reference.

Let's also take a moment to congratulate Brenda on her well-deserved promotion to Occupancy Specialist! I'm excited to welcome Grace and Gina to our team as well. Grace will be stepping in at the front desk, and Gina will take over Arianna's role as our new Assistant Property Manager. We're thrilled to have such talented individuals on board.

If you have any questions or would like to discuss anything further in a one-on-one setting, feel free to reach out to me directly.

Let's continue to strengthen our community together!

Thank you!

**Warm regards,
Meg**



Things You Should Know

Several of the reminders listed below were discussed at the recent town hall meeting:

- Cardboard boxes cannot be placed down the trash chute, as it will clog. Residents should break down the boxes and place them in either the laundry room (W2 and W3) or the recycling room (W1).
 - We will continue to research our options to bring recycling back to the property.
- Residents are responsible for cleaning out the laundry equipment (both washer and dryer) after each use.
- The lobbies in Westerly 1, 2, and 3 are for short-term visiting only.
- The Barton Center café is a shared space for the residents to utilize to visit friends, family, and neighbors. We need to be mindful and respect each other while utilizing this space.
- If you see something, say something. As we are not here during evening or weekend hours, it is helpful for residents to report matters to the office to address any concerns or issues promptly.
- When you are using the cafeteria, please be mindful and cleanup after yourselves if a mess is made.
- If someone is calling you through the callbox, stay on the phone and dial 9 to let them in the building. Hanging up and then pressing 9 does not work.
- **Reminder: Daylight Savings Time is ending, and time is falling back an hour on Sunday, November 2.**



Town Hall Meeting Notes

Two Town Hall meetings were held at 10 a.m. and 1 p.m. on Tuesday, October 21. Both the Westerly and Barton Center staff members were in attendance to share information and address resident concerns.

Resident comments and concerns that were addressed:

- **Staff Roles**

Some of our staff members have shifted into new positions. Brenda Colbert at the front desk has been promoted to Occupancy Specialist, and she is now in the leasing office. Grace Steiner is the new Front Desk Coordinator. You can dial extension 0 at any time to reach Grace at the front desk.

- **Bed bugs**

Residents share general concern regarding the presence of bed bugs throughout our campus. We want to remind everyone to keep their apartments as clean and clutter-free as possible, and to regularly dispose of items that are no longer needed. A tidy space not only helps pest control treat your apartment more effectively if needed but also reduces the chance of future pest issues. When returning home from public places and utilizing transportation such as rideshare services, buses, or paratransit, check your clothing and consider placing worn items in a sealed plastic bin for 24 hours to monitor for any signs of bed bugs. Remember, anyone can be affected by bed bugs — it is not a reflection of cleanliness. Our pest control team comes twice every week and performs regular inspections and treatments to eradicate this problem.

- **Community Care**

At the Westerly, we all share the goal of maintaining a safe, clean, and welcoming environment for everyone. While our housekeeping staff helps care for the building, it's important that all residents do their part by cleaning up after themselves in shared spaces such as hallways, elevators, and common areas. Being mindful of the messes we leave behind helps keep our community respectful, comfortable, and safe for everyone.

Town Hall Meeting Notes

- **Trash Chute/ Removal & Large Items**

Please help us to keep the garbage rooms clean by using appropriately sized garbage bags and refraining from putting large items down the trash chute- this causes the trash chutes to clog and back up, the trash room to fill up with garbage bags, bad odors, and messes for staff to clean up. Please do not shove things down the trash chutes. If you have cardboard that you need to dispose of, please break it down and leave it stacked in the laundry room, and maintenance will remove it. Please do not drag your trash bags down the hall to the chute. If needed, bring your trash can with you to the trash room and then pull your trash out once you get to the trash chute.

- **Furniture Removal**

If you have larger items or furniture that you need to dispose of, the Westerly has removal services that come on the first and third Wednesday of every month. Maintenance staff are unable to assist with bringing these items down. Your service coordinator can connect you with resources to help you bring larger items or furniture down to dispose of it. The next furniture removal date is November 5. Please bring items to the North building between 12-2 p.m. so that they can be picked up.

- **Recycling**

Efforts are being made to bring recycling back to the Westerly. It is likely that a survey will be sent out in January to opt-in to a new recycling program. Please stay tuned for updates.

- **Food**

The Greater Cleveland Food Bank comes on the first Friday of each month. You can sign up with the Barton Center staff if you are interested. If there are items in the food delivery that you do not want, there is the free table in Brosky Commons (Rotunda) where you can put items you'd like to pass on.

Town Hall Meeting Notes

- **Smoking**

We have been receiving complaints from the West building that there is smoking occurring inside the building. Please remember that there is NO smoking under any circumstances inside the building, and that we have designated smoking areas on campus. This rule applies year long, even as it begins to get cold. No one is permitted to smoke indoors in our facility.

- **Security**

Please do not open the door for anyone who isn't here to see you, regardless of if you know the individual. If someone has business here, they will be able to get into the building on their own. Delivery people also have ways of contacting the person they are delivering to and should not be let into the building by residents. When coming into a building, please clear the doorway so that the doors close behind you. If you notice anybody that seems that they shouldn't be here, do not hesitate to call for police intervention.

- **Package Delivery**

Please leave detailed instructions when ordering packages that will be delivered to the Westerly. Delivery workers will usually leave packages in the lobby if there are no instructions provided, even if you include your apartment number. Please include delivery instructions so that your packages have a higher chance of making it directly to your door.



Service Coordinators' Corner

Monthly Food Delivery:

The November food delivery from Lakewood Community Services Center (LCSC) will be on Friday, November 21, (the 3rd. Friday of the month) from approximately 3:30-5:00pm. You must be in your apartment to receive the delivery. If you will not be available on that day and time, or you need to cancel or sign up, please notify your Service Coordinator.

Home Energy Assistance Program (HEAP):

The current season to apply for the benefits of this program (a one-time check from the government towards your heating costs) is July 2025 through May 31, 2026. If you haven't already applied and need assistance with the application, contact your Service Coordinator. Recipients of a subsidy program are not eligible.

Medicare Open Enrollment: October 15-December 7

If you have questions about your current health plan or not sure if switching to a different plan is your best option, contact your Service Coordinator to sign up for a consultation time slot with Michelle Waldron, Independent Insurance Broker.

Marc's Lakewood Pharmacy is closing....

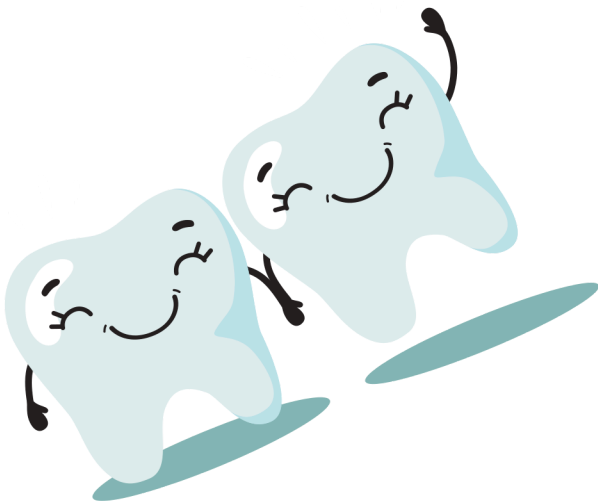
Effective September 25, 2025, Marc's Lakewood Pharmacy will be permanently closing. All prescriptions will be transferred to the Lakewood Giant Eagle. If you would still like a pharmacist to deliver straight to your door, you have the option of contacting Marc's Kamm's Corner who will deliver the medications in Lakewood. You may reach that pharmacy at 216-252-4747. If you have any questions on other pharmacies that deliver, please contact your Service Coordinator.

Service Coordinators' Corner



CASE WESTERN RESERVE
UNIVERSITY
School of Dental Medicine

Geriatrics Dental Outreach



**Friday, November 7
from 10:30 am to 12:30 pm In the Dining
room**

Aeysha, a dental assistant from Case Western Reserve University, will be visiting the Westerly to promote the new dental clinic. During her visit, she will provide detailed information about the clinic's services and assist you in determining your eligibility for an appointment. Additionally, there will be giveaways available for attendees. Don't miss this opportunity to learn more about the clinic and its offerings!

Service Coordinators' Corner



Emily Murphy, Paralegal
II Legal Aid Society of
Cleveland

Legal Aid 101:

Please join us as a representative from Legal Aid informs us about the legal processes that they do, especially for low-income seniors.

Date: Friday, November 14

Time: 1:30 pm-2:30 pm

Location: Cafe

(Giant Eagle gift card raffle included)



Service Coordinators' Corner

RTA PRESENTATION

- WHEN:** Thursday, November 20
- WHERE:** Barton Center Café
- TIME:** 1:30 p.m. - 2:30 p.m.
- SPEAKER:** Joseph Clark
Community Engagement Specialist RTA
- TOPIC:** Service, Fares, Discounts, Funding, and Paratransit



(Raffle for Giant Eagle
included)

Service Coordinators' Corner

Case Western Reserve University Dental Clinic at Westerly Apartments

Community Dental Health Services

We will be seeing patients on the
following days in November. If you
would like to make an appointment,
please call 216-368-6840



**Tuesday
November
11th**

**Starting at
10:30 am**

See You Soon



**Wednesday
November
19th**

**Starting at
10:30 am**

Service Coordinators' Corner

Dangers of Hoarding Behavior Become More Severe with Age

Anne-Marie Botek (www.agingcare.com/topics)

Research has indicated that hoarding, a relatively common disorder among the elderly, gets progressively worse as a person gets older. A study conducted by researchers at Johns Hopkins University School of Medicine found that the overall prevalence of hoarding behavior is around four percent, but this number increases to 6.2 percent for those age 55 and older.

Dealing with an elder's hoarding is not something that many family caregivers anticipate. Extreme clutter and unsafe and unsanitary conditions hinder common senior goals like remaining independent and aging in place. Achieving a better understanding of why hoarders hoard and learning productive steps you can take to address this behavior will help you minimize hazards in your loved one's home.

Why Does Hoarding Get Worse with Age?

As we age, many people face a dramatic decline in the quality and frequency of their social interactions. This often leaves seniors feeling lonely and separated from the outside world. Consequently, they may begin to engage in behaviors that seem to help them cope with isolation and depression. In some cases, these behaviors revolve around the accumulation of “things”—everything from clothes and knickknacks to food and even living, breathing animals.

Service Coordinators' Corner

Researchers at the University of California, San Francisco (UCSF) conducted a study that found 13 percent of older adults experiencing late life depression report severe compulsive hoarding. Hoarding and depression are similar in that they are what the researchers at UCSF refer to as “frontally mediated.” This essentially means that both disorders impact the frontal lobes of the brain. This area of the brain is responsible for skills and behaviors like organizing and arranging. People with hoarding disorder are also likely to experience other mental health conditions, such as depression, anxiety, personality disorders like obsessive-compulsive disorder (OCD), alcohol dependence and attention deficit hyperactivity disorder (ADHD).

The Dangers of Hoarding Behavior in the Elderly

Out of control collecting creates hazards for hoarders of all ages, but seniors are particularly vulnerable. For example, age-related mobility issues compound the dangers of hoarding. Together, hoarding and limited mobility dramatically increase an elder's risk of falling and fall-related injuries. When conducting a home safety assessment for an older adult, one of the first recommendations is to inspect walking paths and hallways throughout the house and remove all clutter to prevent falls.

Ultimately, a hoarder's household can become a hazardous environment very quickly. Not only does this jeopardize a senior's health, safety and independence, but it also prevents them from getting the assistance they may need to age in place.

Service Coordinators' Corner

Family caregivers and professional caregivers from in-home care agencies can't provide adequate support to elders who live in cramped, unsafe and unsanitary homes. Older adults who hoard are often the targets of adult protective services (APS) investigations because of the dangers their hoards present to themselves and others.

5 Steps to Help a Senior Who Hoards

1. Find Support

Supporting an elderly hoarder is a huge undertaking and you will need support of your own. Hoarders become very anxious and are often angered by the thought of parting with or disposing of their collections; you may become the target of that anger. It's important that you have a safe place to vent and talk through the difficult emotions that can arise throughout this process.

2. Establish Trust

Trust does not always extend to family and close friends when one's hoard is at stake. This is especially true if you have "helped" this person in the past by disposing of their possessions without asking permission or heeding their objections. Start slow and be patient. Verbalize your commitment to respecting your loved one's decisions regarding the cleaning process and demonstrate this in your actions.

3. Seek a Medical Evaluation

Although hoarding was once classified as part of the diagnostic criteria for obsessive compulsive disorder, it is now recognized as a distinct issue with unknown causation. Many factors may play a role, including personality traits and stressful life events. It is important to rule out dementia, depression and other mental health conditions that may be contributing to their hoarding behaviors.

Service Coordinators' Corner

4. Set Realistic Goals

A hoarder's collection often overtakes a substantial amount of their house and may even overflow outside as well. Helping an extreme hoarder clean and organize their home is a herculean task and efforts to take on the whole project will be overwhelming. Be sure to set realistic goals that factor in the pace at which your loved one is able to work through their hoard. Breaking the project into small, attainable objectives will keep a hoarder from feeling rushed or pressured and hopefully give them a sense of accomplishment as they are completed.

5. Celebrate Success

Even a small milestone like recycling stacks of old newspapers should be celebrated! Once a hoarder sets a comfortable goal and achieves it, they are more likely to realize that the parting process isn't as distressing as they once thought. Positive reinforcement will build your loved one's confidence and encourage them to continue strengthening their decision-making and organizing skills. Although it will be a long process, it is possible to help an elderly hoarder reclaim their home and make it a safe and healthy place to live.

Extra Thoughts to Take Along... "What decluttering teaches you is to let go of fear and uncertainty about how much stuff you actually need in your life." - Joshua Becker