



FirstLight Home Care in Needham to host decluttering seminar

Posted Dec 4, 2018 at 9:00 AM

A free seminar providing tips for downsizing and decluttering will be held from 6 to 7:30 p.m. Dec. 12 at the education and training center of FirstLight Home Care of West Suburban Boston, 109 – 123 Highland Ave., Suite 301, Needham.

Topics will include how to get started and create decluttering momentum, what to gift to friends and family, how to separate the throw or go piles, options for selling unwanted items and alternatives for donating to nonprofit organizations.

Attendees are encouraged to bring their organizing questions and challenges.

The workshop will be led by Anne Sharp, a professional organizer and owner of A sharp space, based in Winchester.

Sharp is in her third year of business. She has spent the last two years learning about organizational products and closet design. She has a background in change management consulting and recently completed Life Transitions Certification through the National Association of Productivity & Organizing Professionals. She works with professionals, seniors and families to help them make the best use of the space they have.

The session will also feature Wendy Adlerstein, LSW, who has more than 20 years of experience working with seniors. She holds a Bachelor of Arts in psychology from Clark University with a concentration in sociology and human services. Adlerstein also holds a certificate in gerontology from the Worcester Consortium Gerontology Program.

She is a member of the Aging Life Care Association and a Certified Dementia Practitioner in good standing from the National Council of Certified Dementia Practitioners.

There is free parking both in the front and rear of the office building.
Complimentary refreshments will be served.