



NAPO Minnesota NEWSLETTER

EDUCATE • PROMOTE • SUPPORT

Official Publication of the National Association of Professional Organizers - Minnesota Chapter

At The Program

Jenelle Masterson, OriJenelle Organizing, Professional Development Director

Hoarding Movie Night: With A Psychological Perspective

Hoarders. Maybe you've had them as clients or maybe you've had to refer them to an NSGCD member. Maybe you know one personally or maybe you've just seen them on TV. Regardless of your background with Hoarders, you won't want to miss our April Program.

We'll be viewing the 2007 short Film "Stuffed" by film makers Arwen Curry and Cerissa Tanner. They journey into the crowded homes of three compulsive hoarders to hear their stories and examine the emerging science behind our attachment to our possessions. Visit .stuffedfilm.com for more information.

Following the film, Dr. Michelle Abbot, a clinical therapist at Bachamann & Associates, Inc. in Lake Elmo, will be speaking about the psychological side of hoarding, and her personal experience purchasing and fixing-up a "garbage house." She regularly works with individuals and couples around issues of depression and anxiety. Michelle considers it a privilege to walk along side her clients as they learn to unburden themselves during the therapy process.

Mark the date on your calendar, and feel free to invite any clients you feel may benefit as well!



Dr. Michelle Abbott
Clinical Therapist
Bachamann & Associates, Inc.

Program Recap

Ellen Berner, Professional Organizer - House & Home, Program Speaker Coordinator

Tax Questions? Answered!

TAX QUESTIONS...? ANSWERED! As we face the last grueling days of winter this month, we are reminded that April tax time is just around the corner.

To provide members with recent changes to tax law, possible changes for the future and good financial planning as it relates to taxes, Lynn Albert, CPA, gave us his time and expertise during our March meeting.

Is your business an S Corporation? a LLC?, or a Sole Proprietor? What are the benefits of each? Can I deduct 100% of my home office and equipment on my

taxes? What about mileage and volunteer activities? What can I (or my client) deduct for charitable giving? Lynn addressed our concerns about these questions and more, providing additional business strategies to make our tax filing and tax planning for the future less confusing to navigate.

To catch a glimpse of what Lynn presented, go to the NAPO-MN web site to review his power-point presentation.

And be sure to get those taxes done before the warm days of spring hit and the tax man cometh!

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Our Mission

The Minnesota Chapter of NAPOM works in a cooperative manner to: Educate the public about organizing as a profession; promote the benefits of organizing services; provide support, education and a networking forum for its members.

Board of Directors

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Nat'l Chapter Relations Committee	Lisa Wendt

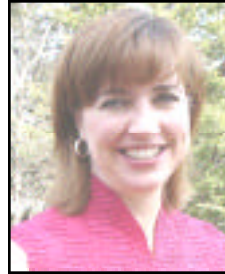
NAPOM - National:

4700 W. Lake Ave., Glenview, IL60025-1485
847.375.4746 (P)

President's Corner

Jeanne Loomis, *The Ordered Domain*®, President

Helping those who are hoarders



Fear is a condition common among those who struggle with hoarding, specifically the fear of lacking provision. There is often severe loss in their

background, and gathering an abundance of physical resources can be an attempt at providing safety and strength in the event of future loss. However, in their attempts to provide safety and strength, their hoarded resources end up causing the exact opposite: danger and weakness.

To effectively help those who hoard, we must first help alleviate their fears by building trust. A foundation of trust can be built by modeling confidence, consistency and compassion.

• **Confidence** is an assurance that one is able to do what they say. It is communicated in what we say and how we say it, as well as in what we do and how we do it. Confidence is grown over time through the application of knowledge that leads to positive results. If you are a new organizer, give yourself time to learn and grow before taking on more challenging client situations. When needed, bring in other authorities with the knowledge and experience to help, such

as more seasoned organizers or experts in related fields of service.

• **Consistency** involves steadiness and regularity in what one says and does, and it is most powerfully revealed in times of chaos. It is fairly easy to remain consistent in good times, but consistency in chaos reveals a strength of character that leads to trustworthiness.

• **Compassion** is the most important foundation of trust, for when someone knows you care for them and have their best interests in mind, their fears are calmed and they are able to give you their trust.

Do you want to grow in the areas of confidence, consistency and compassion? Learning the facts is a good first step. Why not attend the April Chapter meeting, designed to educate on the issue of hoarding? By gaining knowledge and understanding, we also grow in our ability to provide our clients with confidence, consistency and compassion, the foundational aspects of trust. Let's go & grow!

National Study Group on Chronic Disorganization (NSGCD)

NSGCD-MN Members:

Stacey Brown, Kristin Dery, Kathy Franzen, Louise Kurzeka, Lisa Rasmussen, Jane Scheidnes, JoyGenea Schumer, Halina Stefans and Marilyn Tomfohrde

CD Resources: nsgcd.org, help4adhd.org, addwarehouse.com

NAPOM-MN Advertising Rates

(NM=Non-Members and M=Members)

1 Issue:

1/8 page: \$20NM/\$17M
1/4 page: \$40NM/\$34M
1/2 page: \$70NM/\$60M

5 Issues:

1/8 page: \$90NM/\$75M
1/4 page: \$175NM/\$145M
1/2 page: \$305NM/\$260M

10 Issue:s

1/8 page: \$150NM/\$125M
1/4 page: \$300NM/\$250M
1/2 page: \$525NM/\$435M

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Advertisers assume all liability for their products or services.

Advertising Deadline: 5th of each month

Advertising Inquires, please contact: Susan K. Streeeter Honerman, Editor at 952.894.1443 #2 or e-mail: editor@NAPOMinnesota.com

Article Deadline: 10th of each month

Article submissions are subject to technical review of materials and recommendations regarding: mechanical errors and inconsistencies; errors of grammar, usage, and syntax; and errors or inconsistencies in content - with the intention of putting you in your "best light."

From The Board:

Sheila Dingels, Successful Simplicity, LLC, Vice President

Step-up for future programs, step-down for past board



My goodness, how time flies! I never cease to be amazed at how quickly good things come around again. Your NAPO-MN Board is already planning for important upcoming events over the next 18 months, and is asking for your participation. We have three opportunities for you to get involved in the planning of exciting outreach events to the general public. These

are:

- **September 2008 Program:** National Preparedness Month
- **January 2009 Chapter Program:** GO Month
- **Fall 2009 Chapter Conference:** Format to be decided

Please contact Jane Scheidnes at Jane@ArtofOrganizing.com or Karen Law at klaw@containeddesign.com if you'd be interested in joining or steering a committee for any of these events. Thank you in advance for your willingness to step-up to the plate! Without member involvement, we won't be able to hold these programs.

At the March chapter meeting, the NAPO-MN Board conducted our annual elections. We're please to announce the following Board of Directors, elected by unanimous vote (asterisk indicates new board members):

President: Jeanne Loomis

Vice President: Sheila Dingels

Secretary: Lisa Rasmussen

Treasurer: Marilyn Tomfohrde *

Immediate Past President: Halina Stefans

Professional Development Director: Stephanie Rasley *

Communications and Technology Director: Nikki Havens *

Membership Director: Jane Scheidnes

Marketing Director: Karen Law

In the changing of the guard, I would like to recognize the outgoing board members who provided such a valuable service to our chapter. The first is Susi McCune, who was a founding member of our chapter, and has given of her time and wisdom for more years on the chapter board than any other member. The next is Daniela Hofer-Johnson, who stayed on as our treasurer much longer than she had wanted, to make sure that the board continued to efficiently manage the budget and accomplish our goals. The final outgoing member is Jenelle Masterson, who brought fresh ideas and energy to providing valuable education and enrichment opportunities for all our members. Please be sure to take a moment and thank these members for their contribution and service to NAPO-MN!



GO FOR THE GOLD!

NAPO Golden Circle was formed in 1990. This prestigious designation demonstrates to the general public worldwide that our industry recognizes its members who have attained an elevated level of experience. NAPO acknowledges the expertise of its members who have ben engaged in the business of organizing for not less than five years and have been a NAPO member in good standing for a minimum of one year.

NAPO-MN Golden Circle Members: Stacey Brown, Kristin Dery, Kathy Franzen, Pamela Grover, Elizabeth Hagen, Louise Kurzeka, Susi McCune, Kim Pastor, Sara Pedersen, Lisa Rasmussen, Cheryl Ross, Lorene Roste, Jane Schidnes, Jean Schmidt, JoyGenea Schumer, Sharon Sorenson, Halina Stefans, Candyce Stout, Audrey Thomas, Marilyn Tomfohrde and Lisa Wendt

Susi McCune, Golden Circle Liaison, Susi@MessDistress.com

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Advice From The Pros

Lybi Ma, Hoarding: The Clean Sweep

Hoarding: Tips to pass on to your clients, keeping their home, office, head organized

Thor Spangler, of Albuquerque, paid a visit to his aging mom, but found it hard to get through the front door. At well over six feet he scrapes the top of many doorways, but that wasn't the problem. It's just that his mother holds onto old newspaper clippings, Snapple bottle caps, junk mail and just about anything else you could name. There they sit, in stacks throughout the house. Each pile taller than Thor himself.

His mom is not unusual, just turn on the TV. Shows like Clean Sweep and How Clean Is Your House? reveal exactly what's inside America's closets. The answer: Lots and lots of junk. We are becoming a nation of hoarders.

What drives a person to hoard perfectly useless objects like bottle caps? The urge to collect may derive from the need to store supplies such as food—a drive so basic it originates in the subcortical and limbic portions of the brain. But it doesn't end there. We use the prefrontal cortex, a brain region involved in decision-making, information processing and behavioral organization, to determine just what "supplies" are worth hoarding. In a small percentage of cases, hoarding may be the result of damage, such as a stroke, to the prefrontal cortex.

For most, however, hoarding is the reflection of anxiety, sometimes raised to the Nth degree of obsession and compulsion. In such instances, it vastly, pathologically, overcapitalizes on the virtue of saving.

True hoarders may have habits of the extreme, but we all know someone who holds onto items of little to no utility. In fact, we all do it to some degree. You never know when you'll need that ab crunch, though you never used it before and you never learned how. And what about that box of old magazines? There might be a story you'll want to read—someday.

How can we clean up the mess and live reasonably orderly lives without drowning in stuff? Here are a few tips to pass on to your clients and keep their home, office and head organized:

- **Let go of nostalgia.** Okay, you wore that old sweater when you dated your first boyfriend 20 years ago, and you really know you'll never wear it again. But still...it's time to give it away. Ask yourself whether you use the item in question and whether it has been sitting idle for years. Some people impose a two-year rule. If they haven't touched an item in two years, out it goes.

- **Share the wealth.** Donating your things contributes to society, and altruism makes you feel good.

- **Uncover the real problem.** Do you make new purchases and then hoard them to relieve the anxiety of spending money? Don't hide your real issues behind wayward acquisitions. If you have a problem, seek professional help.

- **Adopt the in-out rule.** What comes in must go out. If you buy a

new item, make sure you throw out, sell or donate one you don't use (don't worry you'll find one).

- **Avoid the "I'll fix it someday" trap.** If the toaster is broken and can't be repaired, why is it still in your possession? Let it go, let it go.


- **Similarly, avoid the "I'll use it someday" rationalization.** Don't buy more than you need now. You might not even use it; your needs, or your taste, may change.

- **Streamline your space.** You've been searching for that important bank document for three days, but it's nowhere to be found. Once you start organizing your space with shelving and filing cabinets, you'll waste less time looking.

- **Make a priority list.** Jot down what you plan to keep, and what you plan to toss. And don't forget to stick to the list.

- **Contact or Visit.** National Study Group on Chronic Disorganization, NSGCD at nsgcd.org, and additional CD Resources: help4adhd.org, addwarehouse.com. Please refer to page 2 for the NSGCD-MN members.

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Tami Gallagher,
NAPO® in the Schools Liason

NAPO® in the Schools is a nationwide community outreach program that brings professional organizers into the schools to teach students the benefits of being organized and basic organizing principles in a totally interactive classroom presentation!
napointheschools@napo.net



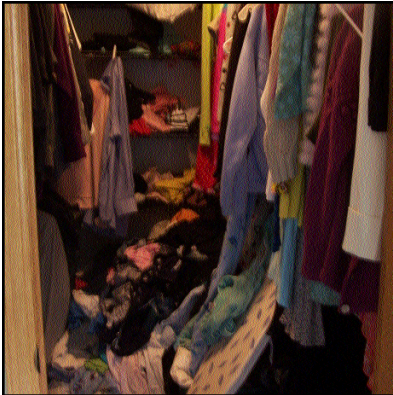
We'd love to see you at
our informative meetings and events!

Visit our web site at www.minnesotacoaches.org!

Before & After

Carol Eliason, *Shape Up! Your Home*, *Future Editor*, *Quantum Leap* & *NAPO in the Schools Committee Volunteer*

Out of control shopping – put into its place!



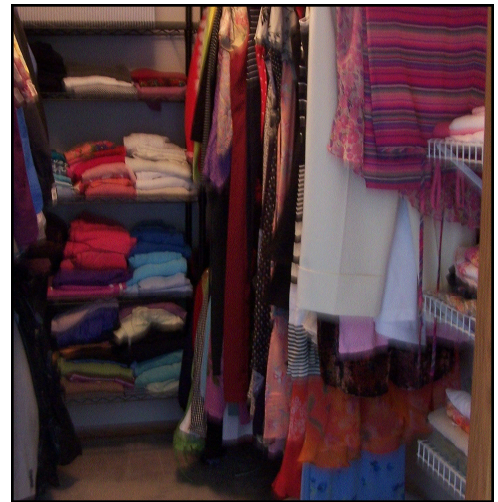
Not too long ago I received a phone call from a woman who needed to organize her closet. She mentioned on the phone that she loved to shop and needed some sort of plan to make it all work. She asked if I'd come over to help.

We sorted through all of the clothes. She certainly was an avid shopper, but we discussed options for storing this seasons clothes on shelves and hanging rods within easy reach. We would rotate the off season clothes, storing them in labeled bins on high shelving she would need a step stool to access. Lastly, we would move the full-length evening gowns to the extra bedroom closet.

Most of the clients clothing consisted of dresses, so we used the single hanging rod that she could easily reach. We separated these dresses for work, play and going out. At the end of the

closet was a moveable shelf unit where we stored dozens of T-shirts and sweat outfits. There was a smaller built in shelf unit where we placed summer tank tops, skirts, and shorts. This area would be rotated to hold winter sweaters when it turned cold. The off-season clothes were placed neatly in bins, labeled, and placed on the high shelves.

The client was happily surprised to find that everything did fit once it all had a home. She felt like she knew where to put each type of clothing as it came into her closet and she promised to consider taking an item out when a new item came in.



Business Builder

Marilyn Tomfohrde, *New Life Organizing*, *Future Treasurer*

Cohnirc Diosanriaginat. Hoarding.

Did the headline confuse you? That's how you'll feel when entering the home of a Chronically Disorganized client.

Common characteristics of a CD client include cluttered living areas, accumulating large numbers of objects, storage areas completely filled, inability to find things, difficulty making decisions, having a strong emotional attachment to items, having many interests, incomplete projects, needing visual reminders to accomplish tasks, being easily distracted, and poor time management skills.

Working with chronically-disorganized clients can be extremely challenging. Patience and good communication are important. Listen without judgment. Give them your complete attention when they are speaking. Focus on their good qualities. Help the person remain focused. Help the client make decisions

but do not make decisions for them. Do not touch their belongings without their permission. Recognize that progress tends to be slow. Celebrate the progress made.

Using a team approach to help the client is very important. When a psychologist/psychiatrist/counselor is helping the client with the mental/emotional components and a professional organizer is helping with the physical challenges, true progress can be made.

The National Study Group on Chronic Disorganization (NSGCD) provides a wealth of information in working with chronically-disorganized clients. Their web site, www.nsgcd.org, offers the Clutter Hoarding Scale, a tool for evaluating home situations. It is especially useful when working in a team approach with their psychologist/counselor.

The Board of Certification for Professional Organizers (BCPO) and its sister organization, the National Association of Professional Organizers (NAPO)

Honors seven NAPO-MN Chapter Members with the Certified Professional Organizer® (CPO®) designation:

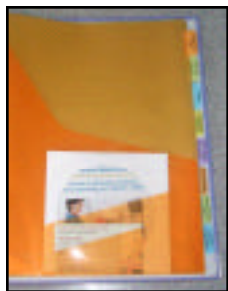
- Bill Bliseth, CPO
- Elizabeth Hagen, CPO
- Kathy Franzen, CPO
- Kim Pastor, CPO
- Halina Stefans, CPO
- Audrey Thomas, CPO
- Lisa Wendt, CPO

The Reviews Are In: Product Review

Sheila Dingles, Successful Simplicity, LLC

Mealtimes Made Simple = Success!

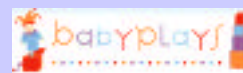
Quick, scribble out a grocery list and try not to forget anything! Now, dash through the store, rush home to throw everything together and try not to forget anything! Then, stash that recipe away somewhere and try not to forget where you put it! Stop! This is crazy! Successfully Simple's Sheila Dingles has come up with a better way. Successfully Simple Mealtimes is a guide that combines all the components needed to assist you in planning, preparing, and organizing your family's meals. This complete system comes in a beautifully designed 3-ring binder with 8 tabbed divider pockets. This clever system has sections for recipes you'd like to try and sections for organizing the



recipes for family favorites. The included CD-Rom is packed with the essentials for making the Mealtimes system successful. On it you'll find 65 printable recipes chosen to be successfully simple in 30 minutes or less, a recipe management system, including 8 1/2 x 11 and 5 x 7 page sleeves for storing your recipes, a meal planning guide, including an index page with recipes listed by themes to help you plan your menus, and a master shopping list with every ingredient needed to prepare all the recipes and a step-by-step kitchen organizing plan to help you create a space that's streamlined and efficient. The Mealtimes system makes it so simple to be successful!

Web Site Review

Susan K. Streeter Honerman
Fashionably Functional



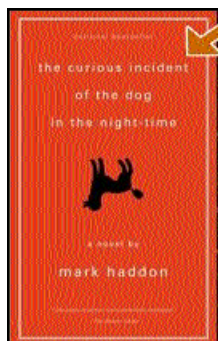
BabyPlays works similar to Netflix – only your renting toys! Choose a membership plan that fits your lifestyle, build your wish list, refresh your toys and never get charged late fees or pay shipping! BabyPlays Toy Rental Program provides quality playtime from birth to 5 years old, ranging from Silver (\$36.99 month) to Platinum (\$64.99 month) membership plans. BabyPlays is excellent way to “test before you invest,” avoid the garage sale step, reduce clutter and for parents with only's (no need to reuse), as well as Grandparents. BabyPlays offers a 3-12 month trial period, cancel on-line option and a satisfaction guaranteed. Please visit babyplays.com to learn more and don't forget to tell your family, friends and clients!

Book Review:

Katherine "KTG" (Philadelphia)

Understanding your special clients

I was deeply touched by this tragic-heroic story of a young boy's discovery of a greater truth about his own life while searching for the simple truth of the curious death of his neighbor's dog in *The Curious Incident of the Dog in the Night-Time*, by Mark Haddon. The main character, Christopher, is autistic and thus perceives the world in his own logical way, using numbers, routines, and specific colors in order to make sense of his daily life. This book reminded me of a memoir I read about a boy named Bryan, who grew up with undiagnosed ADD, and processed the world in his own way as a child in order to make



sense of the world around him. He, like Christopher, had social developmental delays, and missed certain social cues from others, making it difficult for him to connect emotionally with others...especially his parents. In the end they are both connected with their parents unconditionally and with unfaltering love. If you enjoyed Mark Haddon's, *Curious Incident...*, you are sure to love, Bryan Hutchinson's memoir, *One Boy's Struggle: A Memoir: Surviving Life with Undiagnosed ADD*. *This book is recommended by the NSGCD, to help understand your "special" clients organizational issues.*

Library Deb
F.Y.I. Oppel,
Librarian

F.Y.I. Did you know our library has more than 150 resources to let you “test before you invest” for your personal business library? NAPO Member Resources Library offers its members materials for \$1 per item/per month. Donations and loans of books, CD's, DVD's are accepted. Please visit our web site for a complete listing and availability or contact Deb for more details.

New Member Profile

Carol Eliason, *Shape Up! Your Home*, Future Editor, *Quantum Leap & NAPO in the Schools* Committee Volunteer

Top 10 Reasons to Shape Up! Your Home



Top 10 Reasons I became a Professional Organizer
#10. Can't leave home without straightening the knick-knacks on my dresser.
#9. Spent too much time as a child cleaning my mother's

"junk drawer."

#8. Favorite part of camping is making the list of things to pack.

#7. First "wife duty" task was to color coordinate husband's socks.

#6. Offer un-solicited advice to friends on how to fix their organizing dilemmas.

#5. Favorite back to school memory is buying a Trapper Keeper.

#4. Knew there was a problem when inspired to label refrigerator shelves.

#3. Deciding factor for purchasing a new vehicle was the under-floor lazy susan.

#2. When my children can't find some-

thing, they know I have sorted and purged again!

#1. Couldn't resist all the cute office products I would be able to use!

I created 'Shape Up! Your Home' professional organizing services January 2007. I work with residential clients with an emphasis in Senior Downsizing and Relocations. The thing I find most enjoyable about this field is the wonderful people I meet and work with!

I enjoy the challenge of working with clients that have to make do with spaces that don't quite fit their needs. I find ways to repurpose preconceived areas into spaces that work better for their families. I enjoy organizing projects that have small budgets. That may sound surprising, but I love to "shop" their homes and use items they already own in new and creative ways to help them get organized. And finally, the aspect of organizing I feel most blessed by is hearing my clients' stories. Learning why their minds make their hearts feel for particular possessions interest me and inspires me to do my best for each client.

Chapter Capture

Chapter Information

www.NAPOminnesota.com

Program Location

Park Plaza Hotel
Bloomington, 952.831.3131

Affiliates

National Study Group on Chronic Disorganization (NSGCD)
Professional Organizers in Canada (POC)

Annual Conferences

National Conference & Organizing Expo
Fall Conference & Expo

Annual Events

Get Organized Month
National Preparedness Month

Associate Members

Minnesota Coaches Association
Smead Manufacturing

Community Outreach Programs

Quantum Leap
NAPO in the Schools

Special Recognition

Golden Circle
Certified Professional Organizers, CPO

Member Spotlight!

- In addition to the Chapter-sponsored event, several of our NAPO MN members were involved in individual endeavors as part of GO Month. To highlight a few:
- An interview with Audrey Thomas of Organized Audrey, LLC, was published in the local Angie's List "Pssst!" January short report.
- Louise Kurzeka of Everything's Together®, appeared on a local television station's news segment to share helpful organizing tips.
- The expertise of Audrey Thomas (Organized Audrey, LLC) and Karen Law (Contained Design, LLC) was included in a St. Paul Pioneer Press article on making organizing resolutions in the New Year.
- Jean Schmidt (Harmony Thru Organization, LLC) was the featured speaker at the Women's Way Center in New Prague, MN. Her topic was "It's January - Now what in the world do I do with all of this holiday mess?" She focused on practical ideas using items already in your home.

Quantum Leap

Quantum Leap Task Force is a NAPO service project. It provides organizing training to people who are welfare-vulnerable or in a welfare-to-work transition. Our task force members work through local agencies and offer skill-building sessions on paper, time and money management.

Kathy Franzen,
Quantum Leap Chair

National NAPO P.O. Classes

PO-001T: Introduction to Professional Organizing

(teleclass) Course Dates and Online Registration \$29 members/\$39 non-members. (add \$10 if register less than 10 days prior to first class)

PO-101T: Starting an Organizing Business

(teleclass) Course Dates and Online Registration \$179 members/\$279 non-members. (add \$20)

PO-102T: Fundamental Organizing Principles

(Preconference Session) Course Dates and Online Registration \$299 members/\$349 non-members. (add \$75 if register after April 3, 2007)

PO-103T: Starting out as a Residential Organizer

(teleclass) Course Dates and Online Registration \$99 members/\$199 non-members. (add \$20)

PO-104T: Starting out as a Business Organizer

(teleclass) Course Dates and Online Registration \$99 members/\$199 non-members. (add \$20)

PO-203T: Time Management

(teleclass) Course Dates and Online Registration \$179 members/\$279 non-members. (add \$20s)

PO-403T: Chronic Disorganization: Understanding Emotional Challenges with the CD Client

(teleclass) Course Dates and Online Registration \$69 members/\$89 non-members (add \$20)



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Success Group Calendar

2nd Quarter

April - Carol Eliason
May - Shauna Crowe
June - Susi Mc Cune

Times and Dates: via e-mail!

Monica Delius, Success Group Chair

3rd Quarter

July - Chapter Social
August - Stephanie Rasley
September - Dawnee Dorholt

4th Quarter

October - Jane Scheidenes
November - Open
December - Chapter Social

Thanks to: 1st Quarter Hosts

January - Karen Baumgardner
February - Jean Schmidt
March - Sara Pedersen

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