

Westporter takes on organizing and the airwaves

What do you do when you work and have four children, two homes and two big dogs?

You become very, very organized over the years. "That is what I do best" says Amy van Arsdale, a professional home stager and organizer. Amy has taken her ideas and suggestions to Newstalk WSTC 1400/WNLK 1350 AM every Friday night from 8-10 p.m.

"Commitment, that is a tough one" she comments. Follow through is the main reason people do not stay organized. They finally get to that attic or home office cleaned out, yet things seem to creep back in and stay. Commitment to keeping it clutter free is about maintenance. If we maintain our spaces then we do not have as much emotion attached to it."

Her show is called Simply Organize It. It is a live show that takes listeners' emails and calls about organization dilemmas within their homes and lives. In today's fast paced world, people are juggling more than ever before.



Contributed photo

Amy van Arsdale

In fact, some are just spinning out of control. Between kids' schedules, housekeeping, meal preparation, work and socializing with friends, people are just plain too busy and disorganized. With a heavy duty list like this, it is no wonder the clutter is bogging us down mentally and physically.

Amy says, "that organization in your life really just comes down to 2 things":

1. Decision Making
2. Commitment

"Decision making can be hard," she says. "We all put off making decisions in our lives. When you hire a professional home organizer, be ready to make decisions about personal objects and how they make you feel. We push you in order to get the organization process flowing.

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People's emotions vary from guilt to fear when it comes to getting rid of items in the home. Many times items are handed down by family members or given as gifts by friends. Some people feel that they have to possess them forever. Not the case, when something has been given to you as a gift or you took it because no one else wanted it, it does not mean you have to hold on to it forever. A gift is something you own and have the right to do what you want with it.

Deceased parents' furniture and accessories are not your responsibility, especially if you are just storing them because of guilt.

In most cases, parents would be saddened to see that a child has held on to old clothes/blankets and items that really did not have much value to them.

Amy's show is designed to help people realize that it is ok to clear the clutter. It also emphasizes how good it feels to donate. We all have so much, especially here in Fairfield County.

With the way our economy is and the destruction in the environment, we owe it to ourselves, our children and mother earth to simplify.

Amy is no stranger to radio. She has worked in radio throughout the Northeast for 15 years before moving to Westport over a decade ago. She is a certified home stager and organizer.

To contact Amy for more information about her show or business "Simply Organize It"; please send your e-mails to amy@simplyorganizeit.net.C