

# Springs woman makes moving easier for seniors

By COREY SIGGINS  
FORUM STAFF WRITER

Moving from one place to another can be a stress-

ful time for many seniors. Besides the thought of leaving a residence where they have spent several years of their lives, seniors

have to contend with hours of sorting and packing their belongings. Address change notifications, disposing of unwanted items and organizing the new home are other details that require careful attention.

Coral Springs resident Sharon Cofar, whose business, A Move Made Easy, is designed to relieve the anxiety of seniors during the relocation process, says she has the answer.

The company takes care of all of the elements of moving — everything from the packing of boxes and cleaning out the old house to plugging in telephones and hanging up guest towels at the new residence.

"A lot of seniors find it very difficult to deal with such an event like this. They can feel pretty overwhelmed and confused," Cofar said. "What A Move Made Easy does is to help with all the details, so that a successful transition can take place."

The process first involves Cofar being contacted by another move manager based locally, informing her that a client needs to move.

Cofar and her volunteer staff then swing into action, beginning with thoroughly cleaning the old house and getting it ready for sale.

The volunteers also pack items that will be going with the senior and dispose of unwanted items by selling them or by making donations to charity. Turning off the telephone and cable, along with forwarding mail, is also part of the service.

At the new house, the volunteers will unpack items and put them in their proper places. In addition,

## NEWS

### MOVE

CONTINUED FROM PAGE 6

they will make the beds, plug in telephones, set the clocks and even install new blinds for the residence.

"One thing we like to do is to ensure that the seniors have a fully stocked refrigerator when they arrive at the new house," Cofar said. "We'll speak to the move manager and get a list of

food items, and then set up

the refrigerator with those items."

She added that the company handles both permanent relocations and temporary moves by residents living up north who come down south for the winter.

"In the case of snowbirds, we clean the house they live in down here and make it look presentable to them in every way possible," Cofar said.

A former teacher and project management pro-

fessional, Cofar got the idea for A Move Made Easy through her years of involvement with community service activities for the elderly.

Thinking that such a company would be ideal for seniors in need, Cofar corresponded with move managers across the country for help in creating the business. She then began operating the business six months ago.

Cofar credits her late mother, who was diagnosed with multiple sclerosis when Cofar was very young, as the catalyst for wanting to make a difference in the lives of others.

"Having a sick parent, you develop a heightened sense of concern, compassion and sensitivity for those in need. I love helping people," Cofar said. "Since I never had any grandparents, I especially enjoy working with the elderly."

A Move Made Easy has received much acclaim since its inception, particularly from children of seniors making the move.

One individual, identified as Judy D. from Forest Hills, N.Y., praised the efforts of Cofar and her staff in recently moving her mother, Nancy, from Delray to New York.

"I was looking at what to me was an incredibly difficult task, since I was in New York and my mom was in Florida. You literally saved my life," Judy wrote to Cofar. "My mom bonded with you and trusted you — a not so small feat — and everything was accomplished smoothly."

"Doing this is such a high for me every time," Cofar said. "I want to assist as many people as possible in having a successful, stress-free move, and to make them smile afterwards."



**ON THE MOVE:** Coral Springs resident Sharon Cofar, center, recently started A Move Made Easy to make the moving process as pain-free as possible for seniors. Submitted photo

Coral Springs Forum

November 27, 2003