

## What to Expect on Moving Day

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Everyone knows moving day can be a little stressful and chaotic. There are boxes all over the house, last-minute items to pack, and schedules to keep. But even though there are bound to be a few unexpected mishaps that pop up in the process of moving, there are a lot of things you can do in advance to make moving day less stressful. Keep reading to learn more about how you can prepare to make it through moving day without feeling overwhelmed.

Moving day can be challenging, but guess what? There are several ways to make moving day more exciting than stressful. It all comes down to planning. The more you can do in advance, the easier the actual day will be.

One big way to ease stress is to learn about what you might expect to happen on moving day. Every senior living community is different, so they may have their own process and procedures. Most places will give you a detailed run-down of what moving day will be like, but you can always call to ask specific questions or get more clarification if you need it.

### **The Community Move-In Process**

Here at MBK, your move will be coordinated and scheduled by our team at the community. You'll likely receive a timeframe to arrive in, which is an important piece of information to pass along to your moving team. Make sure you coordinate your move to fall within the designated time, so you don't have to wait for your apartment to be ready!

You will be greeted by a representative who will show you to your apartment. They will most likely take you to your new apartment and show you around, so you know where everything is located.

### **We'll Help You Get Settled In**

Our goal is to help you feel at ease on moving day and to help you get acclimated to your new home as quickly as possible. You will receive apartment keys and any wearable technology you need. Make sure to keep these in a safe place during the hustle and bustle of moving day!

You can also put in work requests to have maintenance help you get set up in your home. If you've never been handy with a hammer and nails, or you would just rather someone else handle the hassle, you can ask our community's maintenance team to hang up decor like picture frames and artwork.

## **Unpack Your Belongings**

This is where the fun really begins. Even if you don't unpack everything at once, make a point to add your personal touch on the first day. Set out pictures of your grandchildren or drape your favorite quilt over the bed. The sooner you add these treasured items to your space, the sooner it will feel like home.

To avoid feeling overwhelmed, it can help to have a to-do list that outlines what you will tackle over the next few days. Perhaps the first day, you'll focus on arranging furniture and setting up the bedroom. Then the next day you'll tackle minor touches like setting out mementos and shopping for food. However you choose to tackle the moving process, it's better not to stress about trying to get it done all at once.