



Contact: Lakiesha McGhee,
Communications Manager
Phone: (925) 456- 0100
Email: lmcghee@pakmailus.com
Website: www.pakmailus.com

Pak Mail Celebrates National Senior Move Managers Week: May 8 – 11, 2011

The National Association of Senior Move Managers (NASMM) has declared May 8-14, 2011, National Senior Move Managers Week. The theme of this 5th annual celebration is “More Than Just a Move.” During this recognition week, NASMM members around the country are promoting the value of senior move management and senior move managers’ commitment to assisting older adults and their families, not only the actual moving experience, but with the emotional and physical aspects of sorting through and downsizing a lifetime of memories in the relocation process.

“Making a move at any age can be difficult and stressful,” said Cyndi McGhee, Owner of Pak Mail in Livermore, CA. “This transition can be more of a hassle for older adults who have not moved in 30, 40, or 50 years and who need to downsize considerably.”

As a certified industry partner with the NASMM, Pak Mail works with their older adult clients and families to reduce the stress and trauma that can accompany this type of move. The need for senior move management services continues to expand for numerous reasons, according to NASMM’s Executive Director, Mary Kay Buysse.

“Adults aged 85 and above are the fastest growing segment of the US population,” Buysse said. “At the same time, social changes such as more women working full-time have made it increasingly difficult for family caregivers to provide all of the support needed for these transitions.” Also, the barriers may be geographic for family members living far away.

Increasingly, many seniors have no surviving children, or their children are older adults themselves. If illness or death precipitates the move, the family is likely already drained both emotionally and physically. Senior move management has emerged to fill these gaps and to facilitate the transition for everyone involved, According to Buysse.

For more than 25 years, Pak Mail has provided packing, shipping and move coordination services with compassion and integrity. For more information about Senior Move Management Services call (925) 456-0100 or email service@pakmailus.com.