

# *YOUR MEANINGFUL SPACE*

Official newsletter of A Meaningful Space, LLC



## *50 YEARS OF EARTH DAY*

*Wednesday April 22, 2020 will mark the 50th anniversary of Earth Day. This year's theme is climate action. There are many ways that we can make an impact this Earth Day. Consider improving the energy efficiency of your home or perhaps think about how you can consume less and waste less. For more info on how what you can do visit [www.earthday.org](http://www.earthday.org)*



## *Get Organized During Quarantine/Stay Home Order*

Take advantage of some of this time by tackling a few of your own organizing projects. My best suggestions are to set a time frame for yourself and a goal. Start by taking on small projects like a single drawer or a small section of a closet.

Check out my "Organizing Bingo" card on the last page!

EMAIL or TEXT photos of your completed Bingo organizing projects to be featured in the next issue of Your Meaningful Space. I can't wait to see what you have accomplished in your home!  
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## *Welcome Collaborators*

Recently, I met with some unbelievably talented and amazing women who are also running their own businesses. These hard-working women are inspirational and talented beyond belief. I am grateful to have met them, and I'm very excited to announce that they both have agreed to contribute their knowledge for the newsletter. In addition to organizing tips, our readers will be able to learn about interior design, ideas for finding affordable decor, and how to re-invent home furniture.



## *Chef Michael's Spring Recipe: Beet Toast*

My favorite chef in the world and also my favorite brother has found a great recipe to keep that spring fever going. Michael Hawk is currently the Executive Sous Chef at the largest iconic resort in Miami, The Fontainebleau.

### Beet Toast

Farmers Bread 2 pc  
Farmers Cheese 4 oz  
Beets, Pre-cooked and peeled. Multi-color if desired.  
Arugula 2 oz  
Balsamic Reduction 1 oz  
Walnuts, toasted, crushed 1 oz

- 1) Warm beets. Season with thyme, garlic, and salt. Shallots optional.
- 2) Toast bread and spread cheese on
- 3) Arrange beets, alternating colors
- 4) Top with arugula, walnuts, and balsamic.

#### Farmer's Cheese (For Beet Toast)

Goat Cheese 1 lb.  
Sour Cream 1 Cup  
Garlic Confit, puree 1/4 Cup  
Salt 1 TBSP  
Black Pepper 1/4 tsp

- 1) Combine all ingredients and store in refrigerator until ready to use.

## *What is Virtual Organizing?*

Our world has drastically changed over the last few weeks. We have found our way of life and our normal day to day activities disrupted. For home organizers, our business is built on being in peoples' homes and businesses to guide them on organizing techniques and routines. As a country and a world we have had to adapt and do life differently.

Thank goodness for technology! The ability to connect with each other is easier than ever through the power of video and the internet. This tool has also enabled home organizers to continue working with clients in their homes in a remote way.

With virtual organizing we use a tool such as Zoom, Skype, or Facetime or another video platform in order to connect with clients. A Meaningful Space is offering all current clients the ability continue sessions virtually and free of charge while we are required to remain at home.

This is how virtual organizing works:

The process starts with a 30-minute consultation by video so I can see the space. Together, the client and I talk about goals for the space. After the call, the client then receives a detailed plan with the goals and action items on how to achieve them. Clients are also provided a list of suggested organizing products based on measurements they take of the space. We set a project deadline within 60 days. During that time frame I continue to provide support with bi-weekly 15-minute phone or video calls and unlimited access to me by email or text.



## *Interior Design and How It Relates To You*

*Hi I'm Nicole Bates, Owner of Nicole Marie Home Designs. I have been designing in the Kitchen, Bath and Interior Design world for over a decade.*

*I specialize in solving design problems and bringing beauty into every space. As a creative, I use my years of experience and expertise to guide clients through the process of all transformations. Working with my guidance creates a sense of ease and enjoyment to every project, big or small.*



I'd like to demystify the world of Interior Design. There is this notion that working with an Interior Designer is only for the elite and rich. Well, I'm here to tell you different! I believe that Interior Design can be for everyone. I am a practical designer who loves to create beautiful livable spaces within a budget. Not many of us have the luxury of an unlimited budget when wanting to update or remodel a space. That is OK and totally normal.

What is great, is that working with an Interior Designer can save you time and money. Your designer will give you expert guidance on all things related to the project you'd like to complete. It is all of our tendencies, these days, to ask Google first and that is definitely a great place to start, but research can also be overwhelming and still leave you not knowing what step to take. Your next step should be to set up a consultation with an Interior designer.

A consultation is the first step to getting a clearer idea of what it is like to work with an Interior Designer. During this talk, you will want to share what it is you are trying to accomplish, the budget you are trying to work within and the timeframe you'd like to have it completed within. It might be a living room that desperately needs a refresh, a kitchen that needs to be gutted and redone, or an addition you're thinking about adding onto your home. An interior designer will give you all the steps you need to take to make any of these projects happen!



# *Making Your Office Functional and Appealing*

TEXT AND PHOTOS BY JANELLE AZAR

Working from home is a new normal for many of us. A home office may actually serve several other purpose too. Maybe it is a shared space with a spouse working from home, or perhaps also a space for the kids to do projects and schoolwork. With all of these different activities, having some routines and systems in place can make this transition a little easier.

Here are some quick tips for how to keep your office space functional:

1. Keep flat surfaces clear from clutter.

Clutter in the office can come in many forms. Almost always there is paper, which we will get to in a moment. Consider the other items that may cover your desk. Evaluate what is necessary. Too many visual distractions in your home office can keep you from being productive.

Use desk drawers with bin dividers for smaller items like writing utensils, post-its, and other office items. Keep like items together! If drawer space is an issue try going vertical on walls or using compartments that can sit on the desk itself.

Centralize paperwork using a bin that collects all mail and paper during the week. Keeping up with paper each day is exhausting. Dedicate a day each week to go through the mail bin and then sort and file what you need to keep.

2. Choose a few decorative or essential items to display on your desk. This keeps your space appealing and encourages you to keep it clean. You want your office to be a place where you want to spend time.

3. Let there be light in your space! Natural sunlight gives us a boost in our mood. If you don't have a window in your space, add a lamp.

4. Keep a dedicated space for each kind of work that is happening in the room. If kids are working on homework here, incorporate a table or maybe a craft cart or box with school supplies.

5. Cord management for technology items helps maintain the appearance of your space. Get creative with this by using what you have: clips, twist ties, rubber bands, clamps. Label each cord according to what device it belongs to for easy identification.



**A home office is more important than ever these days. Having a clean work space helps you stay focused on your work and not be overwhelmed by your stuff."**



# ORGANIZING BINGO

CHOOSE 10 CLOTHING ITEMS TO DONATE

ORGANIZE THE JUNK DRAWER

REMOVE ALL EXPIRED FOOD FROM THE PANTRY AND ROTATE OLDER ITEMS TO THE FRONT

FIND 10 ITEMS IN YOUR KITCHEN TO DONATE

MEAL PLAN FOR 1 WEEK

DELETE OBSOLETE PHOTOS FROM YOUR PHONE

REVIEW COOKBOOKS AND DONATE WHAT YOU DON'T WANT OR USE

ORGANIZE UNDER THE KITCHEN SINK

CHECK CONDIMENTS IN THE FRIDGE FOR EXPIRATION.

ORGANIZE GAMES AND PUZZLES

GO THROUGH WINTER COATS. DONATE OR RECYCLE WHAT YOU DON'T WEAR

CHECK FOR EXPIRED SPICES

FREE

EDIT YOUR SHOES. WHAT DO YOU WEAR? DONATE WHAT YOU DON'T USE

GO THROUGH AND EDIT DOWN BOOKS AND MAGAZINES

CHECK FOR EXPIRED MEDICATIONS

ORGANIZE YOUR LINENS

CATEGORIZE OR ALPHABETIZE YOUR DVDS

CREATE A DONATION BOX OR DONATION ZONE IN YOUR HOME

DISCARD ANY OLD OR MISMATCHED FOOD STORAGE CONTAINERS

LADIES: CLEAN OUT YOUR HANDBAG  
MEN: CLEAN OUT YOUR WALLET

GO THROUGH RECEIPTS THAT HAVE BEEN PILING UP. FILE OR SHRED THEM

GO THROUGH ANY TRAVEL SIZE TOILETRIES. STORE THEM IN LUGGAGE OR IN A GUEST BATHROOM

CLEAN OUT YOUR CAR, INCLUDING THE TRUNK

SHRED OLD DOCUMENTS