

# ANNESTASIS

## PODCAST TRANSCRIPT

### **Annestasis Podcast Episode 10 – A Move, a Marriage & a New Life**

**Podcast Description:** Sharon makes a bold move to marry her best friend as her adult children find their life paths. A part of that beautiful new addition was a move to a new space, retiring from a stressful career and creating a new life. Sharon has a lot to teach us as she maximizes the mid-life years!

#### **Podcast Transcript:**

Stacey Sade: Hello, friends. This is Stacey Saed, and you are listening to the Annestasis podcast, where we talk about life transformations that happen after a relocation. And today I have the great pleasure of having a conversation, not even an interview, with someone that I get to work with all the time, which is great. And I want to introduce everybody to Sharon Johnson.

Sharon Johnson: Hello, everyone. This is Sharon.

Stacey Sade: Sharon is a good friend, but she's also, more than that. She's a team leader with the company Annestasis So it's a twofold kind of conversation. One is, I want to find out about Sharon's personal moves, different things, different ways her life has been transformed through a move. And the second thing I want to talk about is kind of what we see out in the field when we help people relocate. What is our experience? Kind of coming from the outside perspective, looking in. And so we want to talk about those things. We're going to take a break, for just a minute, and then we're going to come back and talk to Sharon Johnson, team leader with Annestasis retired, teacher extraordinaire. And we want to find out all about what's been going on in her life and her transformative moves.

Stacey Sade: Okay, we're back, and we're gonna be talking to Sharon Johnson. So, Sharon, this is what I want to do. I know that in my time that I've known you, you've moved a couple of times.

Sharon Johnson: Yes.

Stacey Sade: And they've had their own story. I'm gonna let you choose one or two and talk to me about the kind of a move that you've made that has transformed your life.

Sharon Johnson: Well, Stacey, I will. So let's talk about one. After I got married, we'll do that move. As you know. Well, before I got married, I was divorced, and I moved back home with my mom. And for the longest, I teased my mom. I was like, I am never leaving your side again. But of course, I ended up getting married, and we moved into a house, something different. I really wasn't expecting it. I mean, it was brand..it was like being brand new all over again. Buying furniture, cleaning it up, making it our space, and making it comfortable, making it feel like a home. One of the things I can definitely say about this transition, and I'm going to kind of tie it in together, working with Anestasis is I have found myself thinking more about the future of the home. I don't expect this home to, you know, well, go to my children. I don't expect them wanting the house because I know my children have their own lives, their own growing families, and they're going to do their own thing. the space, I decided that is small enough, but yet it's big enough for the two of us. And of course we have the dogs. The backyard is large enough for the dogs.

Stacey Sade: Absolutely. The fur babies.

Sharon Johnson: Yes, the fur babies. But, I'm enjoying it. I find myself kind of decorating now because I told you in the beginning, I am not a decorator.

Stacey Sade: I heard you say that. I do remember you saying that.

Sharon Johnson: And I find myself maximizing my space. And when I start doing that, I think about a lot of the clients that we've had, how they downsize. And it's like having to relearn, you know, how to use the space that you have, what's been given to you. And I'm

appreciating it. I realized I don't have to have this gigantic home, 5000, 4000 square foot home, to make it actually feel like I'm at home, to make it feel like, when you come in that you're loved, appreciated. I mean, I am just taking it all in. I look at the clients and I think of what is my future going to be like? Because I wonder sometimes, did they, once they move into that home, did they want to think about their future, what it would really be like.

Sharon Johnson: And that's what I find myself doing as well. Thinking about what is the future going to be like for me and my husband and the dogs in this home, in this space.

Stacey Sade: That is so interesting. So to give some historical kind of, you know, background and let you know kind of where Sharon is. Sharon and I both have adult, almost adult, young adult children. And so they really are making their way toward a new life. And this is the midpoint move for you. And what I hear you saying is that you guys are looking at it with a different set of eyes. So instead of filling it with everything that you love.

Stacey Sade: And thinking not much further past ten, maybe 20 years, you just want to make it great. What you're saying, or to hear you saying, is that you're actually looking at it not only for today, but what it will look like when you don't want it.

Sharon Johnson: Exactly.

Stacey Sade: Yes. Being able to maximize that space. That is so interesting. And talk to me because you've had bows with the move to your mother's house. when you love to joke about that and this house, your life has changed. And those are the stories we love to capture, is the transformation stories. Talk to me about what above and beyond decorating the house, what is it produced as far as life is concerned? What's been reborn in you?

Sharon Johnson: Oh, my gosh. What's been reborn in me? Colors.

Sharon Johnson: I have always, and my sister. Oh, my gosh. My sister has always gotten on me about this. I have always been that person, to go with, like, a tan, something very neutral. And that would be it.

Stacey Sade: Yes. Very safe.

Sharon Johnson: Yes, safe, safe colors. And she'd be like, there are other colors in the crayon box. So I am learning to appreciate colors although my walls are still kind of bland, but I'm not a big fan of red. But I am taking in different colors and learning how to use it, make it look nice, warm, which I really like. That feeling, that warm, fuzzy feeling in the home. So I am trying not to be afraid of colors anymore.

Stacey Sade: That's exciting. So it's kind of re. It's reinvigorating, kind of an artistic flair.

Sharon Johnson: Yes, yes, yes, yes. Because to tie in with the clients, I see their homes, and I'm like, I can do something like this. And I never really thought about doing it because I wanted to be in that safe space.

Sharon Johnson: Yeah. But now I'm like, I'm letting my hair down, Stacy.

Stacey Sade: Well, I love that. I love that. What about as far as career? I know that you had a couple of different career changes based after moves. What did that look like?

Sharon Johnson: Let's see. Well, you know, I was teaching.

Stacey Sade: Yes. And you went back to school to do that, correct?

Sharon Johnson: Yes, I went back to school to wrap up the master's degree.

Sharon Johnson: teaching was not something I thought I would actually get into.

Sharon Johnson: But once I got into it, gosh, I. It. Well, to me, teaching was very challenging.

Stacey Sade: Yes. What did it. Did it feel that way when you were going to school? Did you feel that it was going to be the same?

Sharon Johnson: To me, well, when it comes to school, I absolutely adore. I love education. I really do. I've always, even from a little girl preschool, I have always enjoyed going to school. But when it comes to teaching, the part that I loved about it was when I was doing

special education. And that is the part that really touched my heart. I mean, you have to have a big, compassionate heart. and it's kind of like working for Annestasis. You have to have a whole lot of compassion, not just for yourself, before everyone else that you're around. And that is one of the things that I can definitely say teaching has instilled in me. You have to listen, to people's stories so you can see how did they get to where they are now and that, I mean, even with the students, the students have stories to tell. And when you sit back and you listen to them, it builds rapport with them, it builds trust, and it builds friendship. And that is one of the things that I can say. I can kind of tie in also with working with Annestasis. The clients have stories to tell, and some of them can really be mind blowing. Some of them are so heartfelt, and it's like, I understand. I really do understand how you got here, why you feel the way that you do now. but teaching, yeah, it helped with what I'm doing now. As a matter of fact, when I was on the way here, driving my way on here, over here, I was thinking, wow, I'm no longer, you know, trying to school someone from a book. I actually feel like I'm the student when it comes to working with Annestasis, because the clients can tell us things that we didn't know, or they can, or they are giving us more information on top of things that we already know.

Sharon Johnson: And I take that to heart. So I feel like I'm in a space in my life now where I am, actually helping people help themselves.

Stacey Sade: I love that. Do you think that you would have, let's say you stayed in the original house where you were and nothing changed? M do you think that the life that you have, the finishing the masters, the skills that you got in the teaching field, the skills that you're getting working with, people, downsizing senior adults, things like that. Do you think that those things would have happened in that same space where you were?

Sharon Johnson: probably not, Stacey.

Sharon Johnson: Probably not. Because I tell people all the time, pay attention to the events happening in your life. Everything connects. Everything connects. So had I stayed still in that spot, definitely not.

Sharon Johnson: Yeah. Yeah. Cause I just still be there. There's no growth.

Stacey Sade: Yes. Nothing would have changed. Safe colors, safe life, safe everything. That is so fascinating. And see, that's really what the Annestasis podcast is all about. It's just like, what was it about? A move or a relocation, that transformed your life and put you on a trajectory where you're helping people using some of the same skills that you actually were learning as you were finishing your masters in an unexpected way. Getting, more bold with your artistic expression. What was it about the moves that or was it the moves that kind of opened that up for you? Lighten that up for you?

Sharon Johnson: I think it just helps you to. Well, it helps me to put fear on a back burner. M I, no longer have to be afraid.

Stacey Sade: That's powerful.

Sharon Johnson: Have that faith to. That I can do this and to have the ability to ask for help.

Sharon Johnson: I don't have to do this alone anymore.

Stacey Sade: Yes.

Sharon Johnson: So that's my take on that one, Stacy.

Stacey Sade: Well, that is definitely powerful stuff. When we come back, I would love to talk to you some more about what we see in the field as far as people that we help and what their life looks like when we have the pleasure of circling back and seeing what they're doing now. And we'll talk about those things in just a minute. When you come back to the Annestasis podcast, we will continue our conversation with Sharon Johnson, team leader of Annestasis. Back in a minute. This is a journey.

Sharon Johnson: Let me take you on a journey. There will still be the journey when you leave this planet. Leave it in a better shape than you found it, right? And that's kind of how we live. Watch the journey on the Kazukian network. M.

Stacey Sade: Okay, everybody, we are still having a chat with our good friend Sharon Johnson. And what the direction. Sharon, you've been so transparent as far as your own personal moves. So let's talk about, from your perspective, what we're seeing out as we help people transform their lives and downsize, what do you see as far as you know? We'll follow the same, template. What are the events that you observe most of the time that proceed? These, them picking up the phone and saying, hey, we need help from Annestasis. What type of life events? like, health. Their health has changed. Their children are asking them, things like that.

Sharon Johnson: I definitely see their health changing, especially this one particular couple. and their lives changing. as far as a spouse passing away, and children have moved away as well, and they are here alone. I am seeing quite a bit of that.

Stacey Sade: Gotcha.

Sharon Johnson: I know one couple. I was speaking with a wife, and I asked her, I said, was it your dream that someday your children, or at least one of your children, would want this house to keep it in the family? And she was like, yeah, that's what I thought But they aren't living in Memphis, they're not living in Tennessee.

Stacey Sade: Right, right.

Sharon Johnson: The grandchildren aren't here.

Stacey Sade: Exactly.

Sharon Johnson: And they had to change plans. The whole trajectory of their lives changed.

Stacey Sade: Interesting. So those are some of the events that we definitely see where their health is changing or, a life circumstance, the death of a spouse, and the reality that kids are no longer even in the city. And so here we are with the same space that we've had for, gosh, 50 years. Plus, I mean, really, truly plus, at the absolute minimum, 20. I mean, you know, at the minimum. And, yeah, that is definitely what we're seeing. And what I love is

that, again, just like you were talking about, asking for help doing it together. What has been your experience about when they pick up and call our company? What are the things, some of the things that we're doing with and for them that you feel like are really beneficial?

Sharon Johnson: The decluttering part, I feel is extremely beneficial. One of the things I've definitely seen is that a lot of the items that we helped them declutter, a lot of those things had gotten buried into the homes and it was things that they weren't using anymore, things that they hadn't seen in a while. But once we began to declutter, it triggers some memories in them. But some of those memories aren't even worth keeping. And they're like, I don't need that anymore.

Sharon Johnson: And that's a freeing experience. It really is. And that's the part I like, I really do, that they're able to let go of some things that they know. This isn't that important to me anymore.

Sharon Johnson: And I feel like, just as adults ourselves, there's some things we need to let go like that as well. But, I love the decluttering part. Especially when they're able to do it on their own.

Sharon Johnson: Yeah. To me, that's a grown up move right there. It truly is. You have figured out that life is important, but there are some tangible things that just aren't that important that you can live without memories. You can definitely hold on to your memories. No one's going to take that from you. So I think, the clients learning how to declutter, especially on their own, is a huge step forward into their new lives.

Stacey Sade: Yes, absolutely. And you know what I found? I was just at somebody's house, this just tripped off memory, over the weekend. So it's somebody that was 1015 years younger than I am and was redoing just a closet. I mean, you know, a sizable closet, a walk in closet, a lot of fantastic clothes and things like that. And this is what she said, and I think it's 100% true. She said she could not declutter without me being there. And it's not that I'm magical, it's the fact that there was another person that gave her the encouragement.



Stacey Sade: And the, ability to make choices. She said, if you weren't here, I wouldn't be doing this. And I get that. I really do. I get that. It's almost as if, And that's why I told her we were never made to do this alone. We weren't made that way.

Sharon Johnson: Right, right. I tell people if we were meant to do life alone, we would all be living inside our own individual bubbles.

Sharon Johnson: We wouldn't need anybody.

Stacey Sade: Yeah, absolutely. So to call, a company like ours, and there's great ones around the country and things like that, but to call in some help and say, this is going to be difficult and I could use an extra set of hands, but also a presence and maybe some decision making, especially on that declutter piece, I think that is so solid. And then, we also are meeting people when, let's say they've done that but they want us to pack.

Sharon Johnson: Yes.

Stacey Sade: What are your, takeaways on that? What is that looking like as far as people are concerned?

Sharon Johnson: The packing part, is pretty interesting. Now, it's pretty simple. When the client isn't there and they have already shown us what they need packed, we're able to do that, you know, swiftly, quickly. However, when the client is there in the presence, while we're packing, some of them, you can actually see it on their faces. they, you can see the sadness. gosh. And that part kind of hurts. And you try to, even in the process of us packing, we try to uplift them. Absolutely. We really do. Because we see, we hear, and even when they're not saying actual words, we still hear it.

Stacey Sade: Yeah.

Sharon Johnson: So that packing portion is. Oh my gosh, that's a double sided portion right there of what we're doing.

Stacey Sade: I think we really offer a lot of value helping somebody do that. Because when, you see the sadness, it's usually because that's difficult.

Stacey Sade: And it's real. Once the boxes are pulled out, the process becomes very real. Oh my gosh, we really are moving. Oh my gosh, we really are going there.

Sharon Johnson: Yes. M and then to actually, it's kind of like, I don't know if this is, I don't know if this is right to say, but it's kind of like a live death.

Sharon Johnson: And they see us packing it. They see, they hear, the boxes being folded and they hear the tape being ripped and stripped. They hear all of that and it packs them. However, on the other side of it now, a lot of them may not be at their new homes when we're unpacking, but once they get to their new home and they see what we've done, that's where that rebirth comes in.

Stacey Sade: Absolutely. Absolutely.

Sharon Johnson: Yeah.

Stacey Sade: So after we help declutter and pack and get the logistics of it, all together, you know, and they don't, they would rather, the stress of it is enough for us to be able to take a, a few of the mundane items off their list, I think is so helpful. So I've certainly seen it. I would love your take on it. What does it look on the other side when we've run back into people that we have helped? What are you seeing?

Sharon Johnson: They are so grateful.

Speaker C: Mm Mm

Sharon Johnson: And to see the smiles on their faces and is like, a child on Christmas day. They are so grateful for what we have done for them, moving into their new space. Initially, they could not fathom it, but once it's done, they're like, thank you. And you can feel that. You hear it, you see it. Their eyes just light up. I like that part.

Stacey Sade: Yes. Well, that's.

Sharon Johnson: Yeah. They didn't think it was going to be possible. And you hear a lot of that too. Oh, I didn't know you could do that. It's like, we did that for you.

Stacey Sade: Yeah. And they did it. It's huge. I think it's, I agree with you. Seeing them, on that first reveal, I think is huge. I love to go back. And sometimes we have the luxury of family calling us back or we're going back. And I'm doing it actually this week where somebody said, just a few more things, let's do a few more things. And what I is them living a more energized life.

Sharon Johnson: Yes.

Stacey Sade: We forget how draining it is to be over resourced. It is energy draining to have more than we need, more than we use. And it gives, it's life giving to have less and to be in that space. I told, I'm pretty sure I told my mother this story. I can't. I think it was, but, what I said was, is that why is it that we enjoy staying in hotels so much? Because our things aren't there.

Sharon Johnson: Aren't there.

Stacey Sade: We've got just enough that we need for whatever the amount of time that we're going to be there. And we have got energy to tour and to see and to go. And do you know why? Because when we get back home, there's not that long list of things to do. There's not that closet to open that we just.

Stacey Sade: You know, there's not the memory of that attic that needs so much done. There's so many demands from a home that has got over resourced. And I see people just. Free. Yeah, free. Free to live. Free to do new things.

Sharon Johnson: Yes, yes, yes. And free to do new things. That is one of the things I am, seeing with an the clients, when they are in their new communities, they can make new friends. they can do new activities, attend new events that had they still been in their home, their original home, they probably wouldn't not have ever done taken part of.

Stacey Sade: yeah, no, because I mean, it's a big thing to sign up for a class at even the community center and then think about the logistics of getting there. Frankly, I do that. I'll sign up for something at the library that I really want to go to. But when it comes down to the day and the time, and I can think of 15 excuses why not to go.

Sharon Johnson: Exactly. You know, I mean, they can walk out of their door and take a walk. A nice brisk walk around their new community. A safe walk at that.

Stacey Sade: Yeah. 100%. And you know, you again, back to your story. You're living the same story.

Stacey Sade: You started exploring colors. You've started decorating with new vim and vigor. You're creating a new life. And that all happens because we do. We're living somewhere new and it's got a fresh perspective.

Sharon Johnson: Yes, it does.

Stacey Sade: I, love that. Well, we have been amazingly blessed with some lovely people that are living just, really good lives on the other side of a painful process of moving. There's no getting around it. we do everything we can to make it as cheerful and positive as possible, but there's no getting around the fact that it's hard work.

Stacey Sade: And it's draining work. And it's a thing. But on the other side of it, gosh, it gets so good. And I love to see the smiles on people that we've helped before. Yes, I know. It's also worth it.

Sharon Johnson: Yes, it is.

Stacey Sade: Well, Sharon, I know that your children are so grateful about this new season of life that you're living.

Stacey Sade: I know that they're so grateful that you're thinking about them now for what will occur 20 years from now. I mean, you've got a mother that is, in poor health and, you know, at the moment.

Stacey Sade: And an absolute powerhouse of a human being on her normal day. But you're experiencing firsthand what it looks like to be the child.

Stacey Sade: And I see you thinking about your children with a fresh set of eyes of you, probably. This is not homestead. This is not the house that we're going to be passing down from one generation to the next. Then how can I have fun with it and create a warm atmosphere and then be ready to let it go when the time is right?

Sharon Johnson: Yes.

Stacey Sade: Yeah.

Sharon Johnson: And not having, you know, to leave a lot behind.

Sharon Johnson: I feel like the space I'm in now, I don't have to have much, but the few items that I do have, they, Do. I mean, it do mean a little something to me, but it's not something that I'm so attached to that I can't let it go when the time comes.

Stacey Sade: Yeah. I think that that's just a great life lesson.

Stacey Sade: To have a little bit of distance between us and our things so that we're not so attached to them that we can't let them go when the time is right.

Sharon Johnson: Yes.

Stacey Sade: Well, Sharon, I appreciate your working with us at Annestasis. I appreciate your time and your story and, all the light and the love that you share with us and the people that we help.

Sharon Johnson: Stacey, thank you so much. I mean, you know, I would not be here had you not asked me.

Stacey Sade: Well, I'm, so grateful. Thank you for spending your day with us and telling your stories and about the people that we help and for the listeners. Thank you, friends, for joining us today to listening to more stories about how relocation can create life

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