I don’t know about you, but I’m thrilled that Spring is finally here! While I’m not as happy about the thought of spring cleaning, these books might help with making that process easier. Hopefully they can help you too!

The Life-Changing Magic of Tidying Up by Marie Kondo

Japanese cleaning consultant Marie Kondo takes tidying to a whole new level, promising that if you properly simplify and organize your home once, you’ll never have to do it again. Most methods advocate a room-by-room or little-by-little approach, which dooms you to pick away at your piles of stuff forever. The KonMari Method, with its revolutionary category-by-category system, leads to lasting results. In fact, none of Kondo’s clients have relapsed (and she still has a three-month waiting list). With detailed guidance for determining which items in your house “spark joy” (and which don’t), this international bestseller featuring Tokyo’s newest lifestyle phenomenon will help you clear your clutter and enjoy the unique magic of a tidy home - and the calm, motivated mindset it can inspire.

Decluttering at the Speed of Life by Dana K. White

While the world seems to be in love with the idea of tiny houses and minimalism, many of us simply can’t purge it all and start from nothing. Yet a home with too much stuff is a home that is difficult to maintain, so where do we begin? Add in paralyzing emotional attachments and constant life challenges, and it can feel almost impossible to make real decluttering progress.

In Decluttering at the Speed of Life, decluttering expert and author Dana White identifies the mind-sets and emotional challenges that make it difficult to declutter. Then, in her signature humorous approach, she provides workable solutions to break through these struggles and get clutter out - for good! But more than simply offering strategies, Dana dives deep into how to implement them, no matter the reader’s clutter level or emotional resistance to decluttering. She helps identify procrasticlutter - the stuff that will get done eventually so it doesn’t seem urgent - as well as how to make progress when there’s no time to declutter.

Green Clean by Jill Potvin Schoff

Why go green? Author Jill Potvin Schoff’s search for a cure for her infant son’s eczema resulted in her embracing the green cleaning lifestyle. This practical handbook explains how to eliminate toxic chemical household cleaning agents from your life and replace them with natural, homemade solutions!

Inspired by the author’s experience as the mother of an allergic child, Green Clean provides practical, comprehensive advice for every household cleaning need from kitchen, bathroom, and laundry to windows, floors, grills, decks, and cars. Jill Potvin Schoff shows you how to green up your chores and reduce your family’s exposure to hazardous chemicals in every part of your home. Using safe, effective, and inexpensive ingredients and recipes, she offers simple cleaning methods and smart tips that will keep both you and the environment healthy.

The CHAOS Cure by Marla Cilley

Are you suffering from CHAOS, otherwise known as Can’t Have Anyone Over Syndrome? If your house is a jumble of dirty dishes, piles of paper, and never-ending laundry, you are probably afflicted. But don’t give up hope, because now there’s an antidote: The CHAOS Cure.

In her eagerly anticipated new book, Marla Cilley – aka “The FlyLady” to the hundreds of thousands who visit her website for daily domestic inspiration – reaches into our homes to help make housecleaning more meaningful and life less messy. With a little bit of armchair therapy and plenty of practical, tactical tips - such as “On the Fly!” quick fixes and genius uses for sticky notes - she’ll help us get our houses in shipshape order before we can break a sweat. Along the way, the FlyLady teaches us to embrace household maintenance as an act of self-care, and to enjoy the soothing satisfaction of an orderly habitat.

Outer Order, Inner Calm by Gretchen Rubin

For most of us, outer order contributes to inner calm. And for most of us, a rigid, one-size-fits-all solution doesn’t work. The fact is, when we tailor our approach to suit our own particular challenges and habits, we’re then able to create the order that will make our lives happier, healthier, more productive, and more creative.

Gretchen Rubin has found that getting control of our stuff makes us feel more in control of our lives. By getting rid of things we don’t use, don’t need, or don’t love, we free our minds (and our shelves) for what we truly value. With a sense of fun, and a clear idea of what’s realistic for most people, Gretchen Rubin suggests dozens of manageable steps for creating a more serene, orderly environment—one that helps us to create the lives we want.

The Minimalist Home by Joshua Becker

One of today’s most influential minimalist advocates takes us on a decluttering tour of our own houses and apartments, showing us how to decide what to get rid of and what to keep. He both offers practical guidelines for simplifying our lifestyle at home and addresses underlying issues that contribute to over-accumulation in the first place. The purpose is not just to create a more inviting living space. It’s also to turn our life’s HQ - our home - into a launching pad for a more fulfilling and productive life in the world.
The Martha Manual by Martha Stewart

Martha Stewart is America’s go-to source for the best answers to nearly every question. As an authority on the many worlds upon which she's built her domestic empire, she can advise on everything from creating a cutting garden and setting the table to playing classic lawn games or building a campfire. Whether it’s organizing, celebrating, cleaning, decorating, or any number of other life skills, these are the time-tested, Martha-approved strategies for frequent challenges and basic how-to knowledge that everyone should have at the ready. Also included are plenty of solutions for the not-so-common conundrums, such as how to transport a decorated cake, bathe a cat, or fold an American flag. With hundreds of expert tips and useful insights in an easy-to-follow format, this is the manual you need to learn how to do everything—the Martha way.

Simply Clean by Becky Rapinchuk

From the cleaning and homekeeping expert and creator of the wildly popular Clean Mama blog comes a simple and accessible cleaning guide with a proven step-by-step schedule for tidying a home in just ten minutes a day. Becky Rapinchuk, the “Clean Mama,” understands that many people don’t have the time, organizational skills, or homemaking habits to maintain a constantly clean and decluttered living space. In Simply Clean, Becky will help you effortlessly keep a tidy house and build habits to become a neat person—no matter how messy you may naturally be! Simply Clean features:
- A 7-Day Simply Clean Kick Start and the 28-Day Simply Clean Challenge, to turn cleaning from a chore into an effortless habit
- A designated catch-up day, so you’ll never have to worry or stress when life gets in the way of cleaning
- Step-by-step tutorials for speed cleaning hard-to-clean spaces
- Dozens of recipes for organic, environmentally conscious cleaning supplies
- And many of Becky’s famous checklists, schedules, and habit trackers

Helpful Links for Seniors

National Library Service (for the blind and physically handicapped)
https://www.loc.gov/nls/

Peoria Public Radio Information Service
http://peoriaareaseniornet.org/

Peoria City/County Health Department
http://pcchd.org/

Vision Aware

The VisionAware website, http://www.visionaware.org/info/for-seniors/1, provides information about living with vision loss, including home adaptations, products, blogs and connections to local services. VisionConnect is a mobile app which provides a searchable directory of services available in the U.S. and Canada for children and adults who are blind or visually impaired. You can use the app to find local and national services, as well as help for living with vision loss, such as low vision services, computer and technology training, daily living skills training, dog guide training, employment services, braille and reading instruction and more. For further information visit http://www.afb.org/info/living-with-vision-loss/using-technology/download-aafs-apps/visionconnecttm-app/1235

Kanopy

Discover thought-provoking and enriching entertainment on one convenient streaming platform—brought to you for free by your library. Kanopy makes it easy to find and stream meaningful films. Our catalog of thousands of titles includes festival favorites and popular picks chosen for their insight into other cultures, perspectives, and beliefs. There’s always something new to discover with titles added every month, as well as staff picks and tailored recommendations to help find the films that speak to you.

Kanopy also offers children’s programming with Kanopy Kids. Parents can browse educational and engaging videos for children of all ages that promote positive social and emotional development and inspire creativity in young minds. We have partnered with Common Sense Media™ to provide developmentally appropriate age ratings for videos on Kanopy Kids.

As a member of a partner library, Kanopy is free for you—no fees, no commercials. Sign up with your library card and start watching thoughtful entertainment today! Visit https://www.kanopy.com to sign up today!