



UNITED TRIBES
TECHNICAL COLLEGE
LAND GRANT EXTENSION

UTTC LAND GRANT EXTENSION

UTTC Lifeskills Lessons – Managing Home & Self

Lesson 32: Moving - Home versus House

LS00032

CHEROKEE PRAYER BLESSING

“May the warm winds of Heaven blow softly upon your house? May the Great Spirit bless all who enter there?”

May your moccasins make happy tracks in many snows and may the rainbow always touch your shoulder.”

Cherokee Prayer Blessing



RESOURCES

- <http://www.realtor.com/advice/move/>
- <http://thoughtcatalog.com/meg-k-rauch/2014/01/the-5-stages-of-grief-as-applied-to-a-cross-country-move/>
- <http://www.apartmenttherapy.com/setting-up-home-tips-for-unpac-153091>
- <http://www.thekitchn.com/a-shopping-list-for-your-first-week-in-your-new-kitchen-222920>
- <http://www.hgtv.com/design/decorating/clean-and-organize/9-ideas-for-welcoming-new-neighbors>

HOUSE OR HOME?

UTTC Extension’s Lifeskills Lesson #25 states, “There is no place like it. As we journey through life it is comforting to know that a bed, loving smiles and arms, and perhaps even a young one or two await, just across the threshold.” This quote helps identify the difference between the wood and shingles that builds a house and the love and emotion that builds a home.

Moving from one house to another house is hard and if the house is a true home it is hard emotionally, as well as, physically and financially. What should you consider to make the best of the experience?

Moving requires us to:

- grieve the loss of the old home and get acquainted with a new home.
- rest from the sheer exhaustion of sorting, packing, saying good-bye, lifting, hauling, and unpacking.
- budget money to cover the cost of making deposits on new living sites, and maybe even buying curtains, replacing items that did not fit into the moving vehicle and paying for installations such as deposits, electricity hook-ups and even communication connections, etc.

TIME TO GRIEVE

Let’s consider the “time to grieve” bullet from above using the “Five Stages of Grieving” as they relate to moving

1. **Denial:** “I’ll be back in two years.”, “I’m not going to stay there forever.”, “I’ll keep in touch. I promise”, and “I’ll call you.” are all statements we might make to deny that the move is permanent. Are the statements lies? Not at the time. We honestly and wholeheartedly believe these things. If denial was a river, the future could drown in it. Time generally moves us to.....
2. **Anger:** Moving can forever alter who you are, whether you are an adult or a child. You should face and deal with the anger. Anger exists for both the person moving away and the people left behind. In order to keep family and friend relationships alive, we move to ...
3. **Bargaining:** “I can come see you the fourth weekend of February for half of that Saturday.” This bargaining process is not intentional, but as you grieve it happens and you lose contact with people you leave behind. It’s life. This is part of the bargaining. Moving can make you isolated and lonely, which can lead to...
4. **Depression:** Moving to a place where you don’t know a soul can be one of the loneliest experiences in life. Be ready to feel scared and sad. This is depression. Anyone familiar with the “Footprints Prayer” would recall that at the end, God tells the man that when there was only one set of footprints in the sand, we are carried through the difficult times in our life. Meeting new people and dealing with depression leads to....
5. **Acceptance:** Life will never be the same after the move from house to house and community to community. “Moving” through the grieving process allows us to have new friends, new learning opportunities and experiences, and a new house that will become a new home. You need to know you did not replace where you left, you only expanded your life memories and moved forward.

WHERE WE STAND IS THE HOMELAND

Turning a new house (rent or own) into a new home can be over-whelming. We suggest starting with the rooms used for sleeping and eating. When leaving one home it is a good idea to bring some familiar items (clothing, sheets, pillows, blankets, towels and some basic kitchen supplies) along to the new home. If there was not room to bring things along, most new communities have numerous thrift shop options to replace items inexpensively. Ideas for needed foods and cooking equipment are listed below! These basics will get you started, save you money, and help you eat healthfully during a physically, emotionally, and financially stressful time.

STARTER KITCHEN FOOD NEEDS

Grains

- **Rice** – whole grain, white
- **Pasta** – macaroni, spaghetti, noodles (any width)
- **Cereal** – oatmeal, dry-unsweetened (i.e. corn flakes, cheerios)
- **Bread** – Loaf
- **Other** - Bread Crumbs

Vegetables & Fruit

- **Raw, good keepers** – potatoes, onions, carrots, apples
- **Canned** – corn, tomatoes, tomato paste, tomato sauce, potatoes, carrots, beans, peas, peaches, plums, pineapple, fruit cocktail
- **Soups** – tomato, vegetable, mushroom, celery
- **Compliments** – raisins, spaghetti sauce, pizza sauce

Meat & Protein Alternatives

- **Beans, canned** – kidney, garbanzo, chick peas, black, northern
- **Lentils, Dried** – split pea, navy beans
- **Nuts and nut Products** – peanut butter, walnuts, peanuts
- **Meat/fish, canned** – salmon, tuna, chicken

Calcium Foods

- **Milk** – Powdered-dry milk, evaporated or UV

Fats & Oils

- **Margarine** - tub
- **Oil** – Canola, olive, vegetable

Cooking and Baking Supplies

- **Flour** – whole wheat, all-purpose
- **Sugar** – white, brown, powdered
- **Other** – baking powder, baking soda, cornstarch, vanilla

Seasoning

- **Spices** – cinnamon, chili powder, dry basil or dill weed
- **Seasoning** – salt, pepper, garlic powder, bouillon cubes (chicken, beef), soy sauce, vinegar, ketchup, mustard, Worcestershire or Soy Sauce

STARTER KITCHEN EQUIPMENT NEEDS

(These items do not need to be new. Thrift shops, rummage sales, and discount stores will fill the need.)

- Clothes for wiping and drying or clean rags
- Cutting Board – 8" X 10", plastic
- Knives – cooking knives (large and medium), paring knife
- Hand Can Opener
- Mixing Bowls (3) – variety of stainless steel, plastic or glass 1 to 3 quart
- Measuring Cup (for liquid) – 2 to 4 cup with pour spout & graduated measure on side
- Measuring Cups (dry) – ¼, ½, 1 cup
- Measuring Spoons – ¼, ½, 1 tsp. and 1 Tbsp.
- Colander or Strainer
- Rubber Spatula
- Wooden Spoon
- Fry Pan – 8" and/or 10", cast iron or non-stick with a lid
- Saucepans or Kettles – 1 quart and/or 3 quart
- Pots – 8 quart and/or 12 to 16 quart
- Casserole Dish – 2 quart, covered (glass)
- Egg Turner, Ladle and/or Long-Handled Metal Spoon
- Baking Pan – 9" X 13" (cake pan) and/or 15" X 10"
- Loaf Pan – 9" X 5" X 3"
- Plate, bowl, small glass, mug, fork, butter knife and spoon for each person in the house





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MOVING - HOME VERSUS HOUSE

OBJECTIVES:

1. To introduce the idea that moving has costs – emotionally, physically and financially.
2. To discuss the hidden financial costs of moving.
3. To recognize the emotional cost of moving and the normal grieving process.
4. To address the importance of building a kitchen and sleep area as part of the early moving process.

PROCEDURE:

1. Write objectives on the board.
2. Distribute Lesson 32 Talking Sheet: Moving Home Versus House
3. Ask for a volunteer to open the session with a prayer, ask the Creator to protect all families moving from house to house, or begin the session with a minute of silence.
4. Introduce the costs of moving including emotional, physical and financial
5. Have participants take turns to read aloud the “5 stages of grieving” as they relate to moving and facilitate discussion on each of the stages.
6. Options might include using the website resources below to address the financial cost or calculating potential cost of moving.
7. Show the United Van Lines video as an option to create ideas or memories. Ask participants to share experiences.
8. Review the kitchen food and equipment lists. Ask for questions
9. Distribute and collect the evaluation

RESOURCES FOR INSTRUCTION SUPPORT:

1. Local moving companies
2. Local Welcome Wagon Organization or other community/church organization welcoming new comers
3. <http://money.usnews.com/money/personal-finance/articles/2014/04/30/the-hidden-costs-of-moving>
4. <http://www.moving.com/movers/moving-cost-calculator.asp> (Calculate the cost of moving)
5. <http://www.realtor.com/advice/move/>
6. <http://thoughtcatalog.com/meg-k-rauch/2014/01/the-5-stages-of-grief-as-applied-to-a-cross-country-move/>
7. <http://www.apartmenttherapy.com/setting-up-home-tips-for-unpac-153091>
8. <http://www.thekitchn.com/a-shopping-list-for-your-first-week-in-your-new-kitchen-222920>
9. <http://www.hgtv.com/design/decorating/clean-and-organize/9-ideas-for-welcoming-new-neighbors>
10. <https://search.yahoo.com/yhs/search?p=utube+about+stress+of+moving&ei=UTF-8RESOURCES&hspart=mozilla&hsimp=yhs-002> – 2.14 minutes (Moving Day Stress Tips)
11. <https://www.youtube.com/watch?v=dwIUlcX06MU> – 5 minutes (United Van Lines Moving Tips)

TIME:

50 minutes



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EVALUATION

On a scale of 1 to 5, with 1 being least confident and 5 being most confident, please circle one per question.

Not Confident

Very Confident

Please rate your increase in knowledge relating to the costs of moving

1 2 3 4 5

Please rate how comfortable you are in estimating the financial cost in moving.

1 2 3 4 5

Please rate if this session gave you an understanding of the grieving process required when you move to a new home community

1 2 3 4 5

Please rate how confident you are identifying food and equipment needed to set up a new kitchen

1 2 3 4 5

New things I learned or understand better because of the lesson

Comments
