

Our Team

We are a team of dedicated professionals from diverse service backgrounds committed to develop strategies in assisting our customers in moving to their new perfect right size space.



Helen Rankin (CEO)

Helen's love for seniors prompted her to leave the software world and commit to utilizing her gerontology training in providing services to seniors and their families. As a former director of an adult daycare center, Helen became very sensitive to the

challenges and obstacles when having to move seniors because of health and other age related issues.

Vicky Constantinidis (COO)

Vicky has vast management experience as an executive VP, including at USPS. After leaving the corporate world to become a full time care giver for her mother, Vicky understands the challenges faced by the elderly and their families and how to strategically disseminate through the red tape of outside vendors, government agencies, hospitals and care facilities.



Peter Gardikes (CFO)

Peter is both a residential and commercial real estate agent, was President of a mortgage financing company, worked 17 years as a real estate appraiser, and has a vast knowledge regarding valuation of real estate and items owned, and how to sell them for top dollar. Peter has an excellent

eye for staging, photography, negotiating with contractors, other agents, marketing, and consistently works to help others achieve their goals.



Transition Specialists

Helen Rankin
CEO

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Vicky Constantinidis
COO

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Peter Gardikes
CFO

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At Rightsize Strategies Inc, we are dedicated to help others and serve our community in all aspects of how we work. By committing a portion of all sales earned to local charities, charity of choice or faith centers, we honor the name of our family customer or departed loved one.

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CareMovers Program



Save Money
Reduce Anxiety
Maximize Time and Energy

Contact: 614.778.3219



Transition Move:

For Seniors who are transitioning from one local nursing or assisted living facility to another local location.

Benefits: Provides Seniors a stress free, one-stop-shop, low cost, smooth move between facilities.



In-House Move:

For Seniors who require an internal room relocation within an assisted living or nursing home facility.

Benefits: Empowers Seniors, who live in facilities that do not staff for internal moves, with the ability to relocate within.



Program Offerings

	Transition Move	In-House Move	Bereavement Move
Consultation	✓	✓	✓
Organization	✓	✓	✓
Plan Creation	✓	✓	✓
Measurements	✓	✓	✓
Floor Plan Arrangement	✓	✓	✓
Packing	✓	✓	✓
Moving	✓	✓	✓
Delivery	✓	✓	✓
Unpacking	Opt	Opt	
Settling In / Organizing	Opt	Opt	
Computer Backup	\$	\$	\$
Computer Setup	\$	\$	\$
Electronics Setup	\$	\$	\$
From Facility To Facility	✓		
From Room To Room		✓	
From Facility To Local:			
Family Member(s)			✓
Charity(s)			✓
Auction Facility(s)			✓
Non-Local Location			\$

Opt - Optional Offerings

\$ - Potential 3rd Party Fees Apply



Bereavement Move:

For Family members whose loved one recently passed, who are required to empty items from the care facility, possibly before penalties and fees occur.

Benefits: Alleviates the stress of having to deal with a loved ones possessions at a care facility during a time of grief. Avoids facilities penalties and additional fees.

Timeline:

- Call Us for a Free Consultation
- Develop a Schedule for Services
- Measurements
- Floor Plan Arrangement
- Downsizing and / or Sorting
- Move Coordination:
 - Packing, Loading and Delivery
- Unpacking
- Settling In / Organizing
- Optional Computer / Electronic Setup