

**LifeBridge Solutions** was conceived to help people cope with the disruptions and suffering caused by life-changing events. These passages will only become more prevalent as the baby boomer generation ages. **LifeBridge Solutions** offers compassionate guidance for individuals and families who are navigating challenging transitions.

Sheri Samotin, a Certified Professional Coach, founded **LifeBridge Solutions** after watching friends and family members struggle. Through a determined and steady progression and career path, Sheri has developed the skills and expertise that enable her to assist and guide her clients in a caring and knowledgeable manner.



Sheri brings more than 25 years of business and management experience to **LifeBridge Solutions**. In addition to her coaching certification, Sheri is a graduate of Wesleyan University in

Connecticut where she studied economics, and holds a master of business administration (MBA) from the prestigious Amos Tuck School of Business at Dartmouth College in Hanover, New Hampshire.

Sheri is a member of the International Coach Federation, the InterAgency Council of Naples, the American Association of Daily Money Managers, the National Association of Senior Move Managers, and the Greater Naples Chamber of Commerce.

**LifeBridge Solutions** helps individuals and families prepare for the turbulent times in their lives by providing solutions for simplifying life's passages. As our clients' needs evolve, so does our approach. Our services range from assessment of your present situation to the creation of a sound strategy for the future through family transition coaching. And we don't stop there!

**LifeBridge Solutions** is your one stop shop for the services your family needs to manage the business of life, providing daily money management, household transition services, and estate administration support.

When necessary and at no charge, we provide professional referrals for other services your family might require, such as geriatric care management, homecare, legal, accounting, insurance, real estate, and financial management services.

*For your protection and peace of mind, **LifeBridge Solutions** is licensed, bonded, and insured.*

P: 239.325.1880

F: 239.261.0991

999 Vanderbilt Beach Road, Suite 200

Naples, FL 34108

E-mail: [info@LifeBridgeSolutions.com](mailto:info@LifeBridgeSolutions.com)

[www.LifeBridgeSolutions.com](http://www.LifeBridgeSolutions.com)



Family Transition Services  
... for **Baby Boomers** and  
their aging parents



Do you have a family transition plan?

Are your family's affairs in order?

Have **you** prepared for the future?



## Family Transition Coaching

Because most of us avoid preparing for life transitions in advance, we often find ourselves overwhelmed as life happens.

A **family transition coach** can be helpful whether you and your family are planning in advance or, as is so often the case, dealing with a transition as it is unfolding. As an **objective third party**, your coach can help **provide focus** and will have **experience with others** who have gone through similar transitions so that you don't have to start from scratch. Your family transition coach will be **knowledgeable about the many resources** that are available to you. When necessary, your coach can **serve as a resource** to family members and **facilitate necessary but difficult conversations and decisions**.

**LifeBridge Solutions** provides Family Transition Coaching in-person and by telephone. **The first session is complimentary** and will help you evaluate whether coaching is right for you and whether we are a good match.



## Who Benefits from LifeBridge Solutions?

Children of aging parents

Seniors

Widows and widowers

Aging parents of disabled children

The newly divorced

Personal representatives/executors

Anyone with significant medical bills

Those suffering from a serious medical condition or disability

We know we **should** prepare, and we know we **can** prepare, but we tend to procrastinate and **avoid** preparing. **LifeBridge Solutions** provides the necessary expertise and skills to help people easily navigate life's transitions by helping them safely cross from one side of the bridge to the other. We encourage you to prepare, but we help when you haven't.



## Family Services

Whether you engage us for coaching or not, **LifeBridge Solutions** offers:

- **Daily Money Management** - personal business and social support assistance to clients who have difficulty in managing their personal monetary affairs. The services meet a continuum of needs — organizing and keeping track of financial and medical insurance papers, assisting with check writing and maintaining bank accounts, advocating for payment of medical, disability, and long term care claims
- **Household Transition Services** - help individuals and families prepare for household transitions, whether moving across town or across the country — determining the appropriate living situation and the best alternative for you, coordinating the move itself, and getting rid of the things you don't need
- **Estate Administration Support** - assist executors/personal representatives with the many tasks associated with settling an estate