



**Arlaine Thomas**

- Teacher of Interior Decorating and Home Staging courses at the Ottawa-Carleton Board of Education
- Graduate of the Sheffield School of Design
- Accredited member of the Canadian Decorating Association (CDECA)
- Registered nurse and graduate of the University of Ottawa BSc.N program (major in gerontology)
- Former professor in Health Sciences at Algonquin College in Ottawa and St. Lawrence College in Brockville

## ***Smooth Transitions Inc.***

***Backed by a reliable team of contractors, suppliers & installers, Smooth Transitions offers a full range of interior decorating, relocation, home staging & consulting services.***

### ***Interior decorating***

- ***Furniture layouts***
- ***Color coordination***
- ***Window treatments***
- ***Lighting updates***
- ***Kitchen & bathroom renovations***

### ***Relocation services***

- ***Retirement residence choices***
- ***Community & health care links***
- ***Downsizing decisions***
- ***Disbursement of household items***
- ***Packing & moving services***

## ***Home staging***

### ***Package #1***

- ***Walk-through assessment & recommendations***

### ***Package #2***

- ***Assessment with room layouts & decluttering***
- ***Integration of existing furniture & decorative elements***
- ***Staging with elements from our inventory of rental items***

At Smooth Transitions, we work hard to satisfy the needs of our clients. Here's what just few of them have to say:

*“My mother decided to sell her house and move into a retirement residence. Arlaine rescued us when we were struggling with where to begin. Her vast knowledge, experience, and list of contacts were invaluable to us. I believe her efforts contributed to the quick sale of the house. She then planned the move and settled my mother beautifully into her new home.*

**A.S., British Columbia**

## Comments from our other clients:

*“My home now flows. Although each room has its individualistic flair, they all flow together in harmony. Arlaine’s creativity and sensitivity has brought a new dimension of living into my home.”*

**C.M., Ottawa**

*“Arlaine’s help and assistance were invaluable. She saved us hours traveling from store to store. My living room and dining room are beautiful, and I am now proud to entertain guests. Her suggestions and support gave us the courage to be more daring, and we’re thrilled with the outcome.”* **S.L., Kanata**

*“Arlaine did a wonderful job of putting the finishing touches on our home. The colors and patterns were very suitable, and there was no attempt to talk us into something we didn’t like. We’ll be using her expertise again whenever needed.”*

**C.&J. L – Kanata**

*“Arlaine helped me adapt and redecorate my bungalow from the basement up to fit my lifestyle and health needs. I found Arlaine to be professional, trustworthy, and reliable.”* **S.A., Nepean**

Smooth Transitions has delivered proven results to clients for more than 12 years, and can help you make decisions that will save you time, energy, and money.

At Smooth Transitions, we provide professional services with a personal touch – whether it’s easing the stress of relocating to a new residence, staging your home for a quick and profitable sale, or designing a welcoming home environment that reflects your own style, tastes, and individual needs.

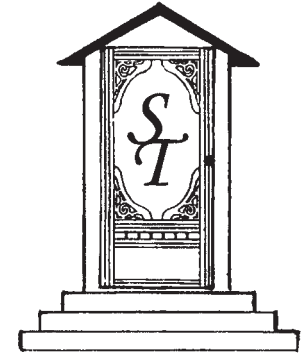
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***Smooth  
Transitions  
Inc.***



**Complete  
Interior Decorating  
Relocation Services  
and Home Staging**

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