**Services**

* Property Caretaking

(Tailor-made for your needs including; general security, stock your fridge, water plants)

* Vacation/Rental property checks

 (Tailor-made, including; walk the grounds, general security checks)

* Prepare for guests (stock fridge, flower arrangement, inventory check)
* Wait for contractors and service deliveries
* Gift baskets. Let us help you put together the perfect gifts. We can even pack them up and mail, or do local delivery.
* Stock your kitchen. Grocery shopping and delivery to you.
* Pharmacy pick-up
* Post office, UPS, FedEx errands.
* Gift cards and presents. We can buy, wrap and send.
* Fitness planning. NASM certified personal trainer to help you come up with a plan to feel great. Certified in Senior Fitness as well.
* Social media set up. Would you like to set up a FB, Instagram, Twitter or LinkedIn account? We can get you started.
* Need a website? If you like what you see here, we can help you with a site like this one.
* Special events. Let us be an extra set of hands to help you get ready for an event. Running errands, organizing the event and coming up with a plan, to help you so you can focus on the event is rewarding for us.
* Online research. Whether it is for work or finding the best products/services for your needs, we can save you time by doing some of the legwork for you.
* Phone calls and e-mail. Let us return those phone calls and e-mails for you.
* Unexpected life events support. When life throws you a curve ball, we can be on hand to run errands, offer support, greet guests, pick up food and other tasks that take some of the pressure off of you.
* Do you need a service that isn’t listed? We may be able to help you, and if we cannot, we will try to direct you to someone who can. We have a lot of experience in many different arenas, so please reach out and we will do our best.

We do not sell your information and value being friendly, professional and trustworthy.

Comfortable with NDA requests (non-disclosure agreements)

We are located in Lincoln, VT (Addison County).

**Areas serviced: All of Addison County, Vermont\***

**Burlington, South Burlington, Winooski, Williston, Huntington, Charlotte, Shelburne, Hinesburg, Waitsfield**.

**\*Additional charge for travel beyond 30 minutes drive from Lincoln**.

Contact us if you don’t see your town, we may be able to help.