**LWQA episode 132**

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I'm your host. Dr. Katie lender. In this episode. I thought I would offer an official kitchen remodel update and debrief of what I am most thankful for throughout this entire process. And this is something that I mentioned kind of officially on the show a little while back when I was talking about dealing with disruption because this was something that was going on in my house for about a month four weeks time where we ended up ripping out pretty much our entire kitchen so cabinets counters and we had upper cabinets.

Gotten taken down and the flooring also got removed and we replaced the flooring the cabinet's the counters. We put up some open shelving. We put up a hood above our stove. We were placed our dishwasher. We got a new sink. So we really kind of. Totally changed the look and feel that part of our house and while we were doing that kitchen remodel, we also decided to basically redo our entire downstairs flooring the majority of it was already wood floor, but we wanted to extend it into the entryway of our house and also into the kitchen and so that necessitated kind of a pause in the middle of the kitchen remodel to do the flooring work and then to go back to the kitchen remodel.

So if you have been following me on Instagram and particularly on. Graham stories you have definitely seen me updating about this kitchen remodel in part because Instagram is such a great visual medium and this is definitely something that necessitates kind of before and after photos but to give you a little bit of a sense if you're not on there and you haven't seen images of this before I had a kitchen that was pretty dark the counters were black tile.

The sink was black. The flooring was kind of a black-and-white diner type flooring. All and I had like stainless steel appliances and it just felt very dark in the kitchen and the cabinets were kind of a darker wood or a medium tone. And this is a project that my partner and I have been planning for quite some time.

I have been wanting to do this pretty much ever since we moved into our house which was about three and a half years ago. And so we had been saving up for it and we hired a company that basically did all this Vision making for us. They have a designer and that was exactly what I wanted. I did not want to do any of this work ourselves.

We did not lift a paintbrush. We did not pretty much do anything for this entire project. We did have to live through it. And so it was something that was pretty disruptive and especially for my partner who works from home. I could at least leave during the day and go to work and come back and kind of have things magically, you know be progressing but he was here and dealing with construction noise and dust and things like that.

So I thought it would be useful to talk a little bit about kind of where we are now now that it's done and it is pretty much freshly done. The last piece of it was finished like yesterday and we have been kind of washing. Dishes putting everything back together into the kitchen and it's definitely been a process of trying to like figure out where everything goes what new systems do we want to put into place because certain things have kind of shifted in terms of like drawer Sighs and where we used to have a cabinet now, we have drawers we've put our microwave underneath the counter and so it's not hanging from the wall.

So there's just, you know, things are in different places. It's also been a really good opportunity for us to look at basically a. Thing we own that is stored in the kitchen and to decide if we still want to own it. And if it's something that we're still using and I mean, we have our original like wedding dishes from like 15 years ago and some things are needing to be replaced other things are perfectly fine.

So it's just a good opportunity to kind of refresh everything and see you know, what we like what we don't like. But I did want to talk a little bit about what I'm most thankful for during this process. First of all, the fact that we could do it at all. This is something that feels like a ginormous privilege.

I have never lived through a remodel ever. It's not something that ever happens when I was like a child growing up. It was not something that we could afford to do. And so it just feels kind of strange to go through something like this and to be the person who's like making the decisions about it.

It feels like a very. Range privilege of adulthood to do that. I'm also incredibly thankful for the company that we worked with for people who are local. This is called wood and hinge and this is a company that one of the things I just really appreciated about them is that they limit your options they have just a couple kinds of cabinets that they work with they have a couple kinds of countertops.

And so it doesn't allow you to go through like go down this Rabbit Hole of like a million options what you could do and I think that that was what was paralyzing us for a long time. We just weren't sure like there's so many options of the different materials. You could use the different color options when it comes to tile, you know, like if you've gone down this pathway at all, you know how crazy it can get and the cost fluctuates and I mean, there's just so many factors to consider and I definitely feel like my brain is already too full of other things that I have going on and I didn't want to have to take a huge amount of my cognitive load to figure out what was going on with this kitchen.

So to be able. Work with a company that just kind of walk you through a few simple options and said do you want a or b and based on that decision? Do you want C or D and really allowed us to kind of make really simple choices? The other thing that I was able to Outsource to the designer for this company, which I was so thankful for was a lot of the decision making around like the cabinet handles and the sink we were going to buy and the garbage disposal we needed to replace she went out and kind of sourced and purchased all of those things on our behalf.

That when the kitchen remodel actually started they had literally everything they needed to move forward and it was just sitting in our garage and the people who came in whether it was the people who were installing the cabinets or the counters or doing the demo everybody had what they needed and it was already kind of sitting there and having that process basically already decided for us.

They knew how this worked and they knew how to do it in the most efficient way was just incredible and it was really helpful to see. The other thing that I'm really really thankful for in this process is the contractor that was hired by this company to work with us had incredible attention to detail and.

It's one of the things that's kind of challenging about doing a remodel is like you might be in the middle and you might see something that looks kind of off and it's going to eventually get fixed but it's just not the time to fix it yet. And so you're kind of looking at it and kind of wondering like is that how it's supposed to be?

You know, like I'm not sure that's what I want it to look like and I felt like this contractor like. Anticipated that and so like I would kind of come into the kitchen. He's like, yep, we're going to be fixing this, you know later on if I ever had a question, you know, he knew exactly how to answer it and especially as we got toward the end of the process where we were really trying to Kind of Perfect things and make sure you know, you do the final walk through and make sure everything is how it's supposed to be he had such an attention to detail and wanting to make sure that things were really done right to the point where if he wasn't happy with the quality, you know, he would come back in and do it himself or he would bring someone.

Back to help to make sure that something was at the level he wanted it to be at and I'm just so thankful that in a process where I don't really understand all the work that needs to be done and I certainly can't do it myself which is a big reason why we hired other people to do it that we hired people who really cared about the quality and who were paying so much attention to the smallest detail to make sure that it was really going to function and kind of aesthetically be the way that it was supposed to be.

The other thing that I was so thankful for during this entire process was absolutely my partner because he was needing to deal with a lot of the details and make decisions and kind of be in our house. Interacting with all the people who were kind of doing all this work and organizing it and scheduling it and making sure that you know, the deliveries of certain things were happening at the right times in terms of like getting our new dishwasher and things like that and a lot of this also happened while I was traveling so of course while I'm traveling I'm wanting updates.

I'm wanting him to send me pictures. He was sending pictures to our family members so that they could see things. And he was just kind of in the middle of it all and stayed really calm. It's definitely not easy to have your life be disrupted like that and he just did such a good job of like hanging around making sure you know, everything was going the way that it should and also just like stepping back and letting everybody do their work and just kind of holding up in his office and.

Even if it was loud or there was construction dust dealing with it. And so he was just a champ throughout this entire process and I'm so glad that we could do it together and that I had someone who was kind of flexible enough with his schedule that he could be here answering questions, you know doing whatever he needed to do during the process.

So I feel like this however disruptive it may have been I don't know that this process could have gone any better. I am actually so glad that it went the way that it went. It took about four weeks total three of those weeks. We were without dishwasher and stove. So that was definitely a little bit challenging in terms of just what we were used to working.

But we had working sinks after about I think week one or two and then very quickly things kind of came together and everything was functional. We love the new kitchen. It just feels like such a better fit in terms of how we're using it already in terms of it's a much larger sink. It's a lot easier to keep it clean because of the way the counters are and the flooring.

It's so much easier and it just honestly a pleasure at this point, too. It and make sure that it's kind of staying at the standard of cleanliness that we want it to be and I'm also just feeling a lot better about getting back into a routine. It's helpful for me that the kitchen remodel is ending around the same time that my travel period is ending because I feel like I can actually come home and settle back in to a to a routine that I was not able to have because the kitchen but I also wasn't able to have because of the travel.

So it's a period of kind of craziness that is coming to a close and it's also really fun to kind of put a pin in that and say like this was a period of our life that was highly disruptive and we got through it and now it's done and we have this beautiful kitchen that we can enjoy. So I am happy to answer any questions that you have about this process.

I definitely think because of the way we did it. I don't know a lot of details about other ways. Like if you're trying to DIY this kind of thing, we definitely did not go that route and we did a little bit of like comparison of how to do this through like one of the big box stores versus using a smaller company and ended up just going with the smaller company in part because of the small amount of options that they had and they were helping us.

To not feel so overwhelmed, but it is definitely an investment in one that we saved for, but when that I feel really really good about so if you have questions, you can always email me a contacted Katie lender dot work. You can tweet to me at Katie double underscore lender. You can connect with me on Instagram @ KT underscore lender, or you can always write me a letter at Katie Linder PO Box 1621 in Albany, Oregon nine seven, three, two one.

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