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Sharon Liuzzo's...

Service For Life!®

"Insider Tips For Healthy, Wealthy & Happy Living..."

Go Ahead, Take Care Of Yourself

Often we're so busy taking care of everyone else in our lives that we forget to take care of ourselves. If this resonates with you, there's no time like the present to start. And the good news is, it's not an all-or-nothing approach, but one you can ease into to make sure your self-care fits your lifestyle.

One of the first things you can do to get started with self-care is identify what makes you happy and brings you joy. Maybe it's a favorite color or scent, a time of day or year, an activity or music. Once you've identified the things that brings you joy, determine how you can incorporate them into your life. You could paint your bathroom your favorite color, light a scented candle, adjust lighting to reflect your favorite season, or have your favorite music playing in the background. Inject a little bit of joy into every day with these small tweaks.

Another way to get started with self-care is by adding one or two things to your morning routine. Perhaps you'll want to begin the day with a brief yoga practice or stretching routine, or find a quiet spot to sip your morning cup of tea or coffee. Spending time with others can be a form of self-care, too. Making plans with friends, taking time out of the day to play with your four-legged family member, or even volunteering with others can boost your mood.

A digital detox can be a terrific form of self-care, too. Rather than scrolling or watching TV late into the night, turn off the phone or TV and grab a book to read, play a board game, listen to music, or have a chat with a friend. Try one new thing every day and see if joy grows!

DID YOU KNOW...

Unlike most real estate agents, I *DON'T* spend my time pestering people with phone calls or bothersome interruptions to find good clients. Instead, I dedicate 110% of my time and energies to providing such outstanding service, people naturally think of me when a friend or family member needs help buying or selling a home. THANKS for your referrals! 602-999-1468

See All Carriage Manor Listings on my website at www.SharonLiuzzo.com

Word of the Month...

Studies have shown your income and wealth are directly related to the size and depth of your vocabulary. Here is this month's word, so you can impress your friends (and maybe even fatten your wallet!)...

rapsallion rap-'skal-yən noun

Meaning: someone who causes trouble.

Sample Sentence: As soon as he turned two, his son turned into a rapsallion, leaving chaos in his wake.

Have A Laugh...

Where do you take someone who's been in a peek-a-boo accident?

The ICU.

How To Clean Your Dishwasher

It may seem silly, but did you know that you should clean your dishwasher periodically? Sure, it cleans your dishes and utensils, but it needs a cleaning once in a while, too.

- **Wipe down the exterior:** Use a soapy sponge and hot water for a plastic door, or a glass cleaner (without ammonia) for stainless steel, to wipe away dirt, fingerprints and smudges.
- **Clean the filter:** Newer dishwashers have manual-clean filters that need to be emptied every few months. Simply unscrew, rinse and replace.
- **Sanitize:** Use a citric-acid-based dishwasher cleaner once a month to remove any discoloration or odor.

Quotes To Live By...

"Never let success get to your head, never let failure get to your heart."

– Beyoncé, singer

"Someone is sitting in the shade because someone planted a tree a long time ago."

–Warren Buffett, investor and philanthropist

"Never bend your head. Always hold it high. Look the world straight in the eye."

–Helen Keller, author and activist

Making Tech Make Sense

We live in the computer age, and it's becoming more so every day, what with telehealth doctors' appointments, FaceTime calls with family and appointment scheduling on the computer or through an app on our smartphones. Even simple system updates on our smart phones can throw us off for a day or two as we adjust to the newness of it all.

For older adults who suffer from technophobia, or fear of new technology, living in this computer age with smart phones, lightning-fast computers and tablets can be more than overwhelming. But there are ways to ease the anxiety, starting with setting realistic goals. Rather than trying to learn everything all at once, it's a good idea to start with one device, or one task.

If Grandpa got a new tablet for his birthday, a good place to start is with an overview of the tablet and all it can do. Next, move onto a task, like composing an email or text, or making a video call.

Taking a class is a terrific way to become more familiar with technology. Many community centers offer senior programming, which may include tech familiarity classes. Aside from that, several tech-savvy organizations are working with older adults to help make them more comfortable with technology, and a lot of them are doing it for free.

A few to check out are Cyber-Seniors.org, which offers daily webinars and connects high schoolers and college students with people 60-plus; Generationsonline.org, which helps with everything from basic Internet usage to texting and emailing, and making video calls; and SeniorPlanet.org from AARP which offers classes on smartphones and apps, social media and digital wellness.

Thank You! Thank You! Thank You! Thank You! Thank You!

I would like to take a moment to acknowledge and thank a few of the special people in my life who've helped build my business with their enduring support and referrals. I couldn't do it without you!

Lou Fohn, JoAnn Donnelly, Carson & Marilyn Aasen, Chuck & Nancy Conn, Lynn Scriven, Kenny Simonis, Gord & Maureen Weeks, John Schumacher, Debbie Tieri, John & Ann Anderson, John & Carol Leith, Rhonda Grist, Glen Grist, Dale & Julie Elgersma, Steve Hulsey, Bill & Teri Bordua and more!

Brain Teaser...

What has cities, but no houses; forests, but no trees; and water, but no fish?

(See page 4 for the answer.)

What's My Home Worth?

If you want to know your home's current value, I will gladly conduct a *Maximum Value Home Audit*. Request this "no charge" in-depth home value analysis by calling me at: **602-999-1468**.

Prevent Clutter At Home

It's easy to cast things aside when you get home, saying you'll put them away later. But when later never comes, suddenly you're faced with clutter. Here, tips to stop it before it starts.

- Sort through the mail, keeping what you need and recycling everything else.
- After you've enjoyed your leftovers, recycle to-go containers – they're more of a hassle than they're worth.
- Take a moment to clear off the coffee table, kitchen counters and your nightstand before bed so you awake to a decluttered house.

Did You Know?

Out of all the letters in the alphabet, did you know that "e" is the most commonly used letter in the English language? Its popularity is likely due to the fact that "e" is used in plurals that end in -es, commonly used pronouns (he, she, me, we, they) and, of course, the word "the." Speaking of "the," it is the most commonly-used word.

Crossword Puzzle Websites

Keep your mind sharp by completing a crossword a day. These websites make it easy, and free!

play.usatoday.com/crossword – Curated daily, each crossword is themed, like "Middle School," or "Prime Cuts."

www.dictionary.com/games/crossword – Learn new words and increase your vocabulary at the same time.

www.newyorker.com/puzzles-and-games-dept/crossword – Start with the Mini.

Keep Your Wallet Safe

There is nothing worse than losing your wallet, or having it 'disappear' when out in a crowded space. Not only will you need to replace your driver's license, but also call your bank and credit card companies to stop any new charges from popping up and request replacement cards.

Though it is a hassle to make all the replacement calls, you can do yourself a favor by leaving some things out of your wallet and safely at home. Here, a handful of what to leave behind, and why.

- **Spare key:** If you carry a spare house key in your wallet and it's lost or stolen, not only will whomever has it have your ID with your home address, but a key to get in.
- **Social security card:** If your full social security number falls into the wrong hands it can easily lead to identity theft. Instead, store your card in a safe place at home and take with you only when you need it.
- **Too many credit cards:** Think about if you really need to carry all your credit cards with you all the time. Can you leave that department store card at home until you need it?

Would You Like To Know How Much Your Neighbor's Home Listed Or Sold For?

Maybe you're just curious. Or maybe you want to know how much your home is worth. Either way, I can help...with no "sales pitches" or run-arounds. Call me at 602-999-1468 and I'll give you all the facts.

Like New Again

Rather than tossing out an old piece of furniture, why not give it a new lease on life with a fresh coat of paint? These tips for painting wood furniture will make your DIY project as easy as 1-2-3, not to mention pretty as can be.

- Assemble your tools and supplies. You will need: clean rags, microfiber cloths, sandpaper, primer, paint, paint tray and liners, sealer, paint brush, roller, drop cloth and a screwdriver.
- Remove hardware and clean the piece. Use a grease remover to get rid of any grime, rinse with fresh water and use a damp sponge for a final wipe down. Let dry thoroughly.
- Sanding the clean furniture will create a gritty surface for the new paint to adhere to, but don't remove the entirety of the current finish.
- It's time to prime! A primer covers stains and prevents mildew. Use a roller for larger surfaces, and a paint brush to cover tighter spaces.
- Follow with one or two coats of your favorite paint color. Once totally dry, finish with a sealer to lengthen the life of your DIY.

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Thanks For Thinking of Me!

Did you know I can help you or any of your friends or family save time and money when buying or selling a home? Thanks for keeping me in mind with your referrals...and spreading the word about my services.

Brain Teaser Answer:

A map.

Take A Walk

Going for a walk isn't only a great way to get steps in during your day, it can be good for your overall health, too.

Research shows that walking at least 20 minutes a day, five days a week, can boost our immune systems, which is even more important during cold and flu seasons. Lacing up our shoes and hitting the pavement can also curb a sweet tooth, regulate our blood sugar and boost our moods. Whether you go with a friend, leash up your dog, or listen to a podcast, go ahead – take a walk!

Switch It Out

Did you know that you're supposed to change your toothbrush every three to four months? You'll want to replace it after you've been sick with a cold, the flu, or strep throat, too, so you don't get sick again.

THANK YOU for reading my Service For Life[®] personal newsletter. I wanted to produce a newsletter that has great content and is fun and valuable to you. Your constructive feedback is always welcome.

AND... whether you're thinking of buying, selling or financing real estate, or just want to stop by and say "Hi," I'd love to hear from you...

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Disclaimer: The information contained in this letter is intended for informational purposes. It should not substitute as legal, accounting, investment, medical or other professional services advice. Always seek a competent professional for answers to your specific questions. This letter is not intended to solicit real estate properties currently for sale.

“Who Else Wants To Win A \$50.00 Visa Gift Card?”

Guess who won last month's Trivia Question? I'm pleased to announce the lucky winner of last month's quiz. And the winner is ...drum roll please: Bob McEwen, Edmonton/Mesa. Congrats!

What was released in July of 2007, and called a “gamechanger?”

a) Bluetooth b) Macbook c) WiFi d) iPhone

The answer is d) iPhone. Apple CEO Steve Jobs introduced the first iPhone, OS 1, at Macworld in San Francisco on January 9, 2007; it hit the market on June 29, 2007. With advancements in technology, Apple has developed 16 additional series; iPhone 18 is expected to be released in Spring 2026.

What country has a mythical creature as the national animal?

a) Rwanda b) Scotland c) Ireland d) Thailand

**Call Me At 602-999-1468 OR Email Me At SharonLiuzzo@aol.com
And You Could Be One Of My Next Winners!**

Real Estate Corner...

VACANT LOTS:

#477 - \$95,500 – **Reduced! Great Lot!** East Facing, High Awning, Storage Shed, Full Slab!

PARK MODELS:

#23 - \$106,900 – **Reduced! Luxury Vinyl Flooring, Quarts Counters, Newer Roof, Shed!**

PARK MODELS WITH AZ ROOMS:

#911 - \$215,000 – **Great Location!** Beautifully Updated, Large Eat-In Kitchen, Extra Bonus

#149 - \$134,900 – **Reduced!** Newer Roof, Nice Deck, Extra ½ Bath, Carpet Allowance, As-Is

#348 - \$124,900 – **Sale Pending** Awesome Value, 1.5 Baths, Open Kitchen, Newer HVAC, Roof!

#677 - \$168,900 – **Sold!** Large Tile Deck, 1.5 Baths, Hard floors Throughout, Shed!

#776 - \$242,500 – **Beautiful!** Great Location, 2013 with Hardy Board, 2 Baths, 2023 HVAC

#269 - \$139,900 – **Reduced!** East Facing Corner Lot, Big Deck, 1.5 Baths,

#197 - \$229,500 – **New Listing!** 2012 Modular with AZRM Tag, 1.5 Baths, Hard floors, Deck!

HERE IS WHAT SOLD IN THE NEIGHBORHOOD SINCE MY LAST NEWSLETTER:

3/27 Lot 684 \$96,500 3/27 Lot 677 \$160,000



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