

An Anthology of  
Timely Tidbits and Fascinating Factoids for  
**Savvy Jersey Seniors**



Advice, Humor, and Miscellaneous Words of "Wisdom"  
For & About Seniors

Volume 2, Number 6 • June 2021

**Welcome!**

In this edition, we take a look at everything from how to take advantage of auctions (in person and online/buying and selling), including first hand reports from auction experts Antoinette Maciolek (in person) and Jared Willmann (online).

Plus, we get a sneak preview report on next month's key topic, flea markets and what to look for if you're a buyer—from a veteran jewelry maker and flea marketer.

And don't forget that we welcome your ideas for topics that you'd like to see us tackle. Just drop us a note at [savvyjerseyseniors@gmail.com](mailto:savvyjerseyseniors@gmail.com).



**Auctions—Part I: In Person**

We asked *SJS* contributor Antoinette Maciolek, who has worked auctions from the inside for many years, what a newcomer should keep in mind. After consulting with her colleague Jamie Shearer, VP, Appraiser/Auctioneer at Pook and Pook in Downingtown, PA, here's what she had to say:

"First, why are you interested? Have you been avoiding the long-ignored task of cleaning out the attic? When was the last time you looked at great-grandma's china, silver or furniture and wondered if you have anything of value (in the antique sense).

"And, most important are you wondering what you should do with all the "stuff," that your family members don't want when you're downsizing, or just curious about how to maximize the value of those special "treasured pieces"?"

"Before you bring them to a donation center, it may be worth taking a look to make sure you are not sitting on a piece of valuable furniture or a genuine Chinese export vase.

“Second, a helpful hint for evaluating your pieces—know and appreciate the difference between vintage (40+ years) and antique (100+ years). Then, if you think (or hope) you have something of value and want to sell it, start by contacting an auction house and send photos. Appraisers can usually tell if an item has value from a photo.

“On the other hand, if you’re in the market to buy rather than to sell...or if you like to collect...or if you just follow auctions online or in person as a spectator sport, here are a few more tips from the pros at Pooka and Pook:

- View auction lots in person when possible
  - Arrive early to preview
  - Sort through boxes (if permitted)
  - Ask for conditions report
  - Do your homework—buyer’s premium, shipping, etc.”
- [For more information go to [pookandpook.com](http://pookandpook.com)]*



### **Auctions—Part II: Online**

Senior downsizing specialist Jared Willmann told us how his firm, South Jersey-based Byron Home, is using online auctions on behalf of his organization’s clients.



“In today’s market, it can be very difficult to find willing buyers for the remaining contents of your home (after you’re given away whatever your family and friends would like to have). Years ago, estate liquidators and buyout companies would often be interested in many of the items that a home had to offer. ‘Brown’ Furniture, Lladro collections and other tchotchkes had willing buyers. Unfortunately, those same companies are either no longer in business, or are only interested in a few items from the home.

“But what if you have an entire home to liquidate? Or you’re downsizing and only bringing half of the home’s contents? What about all that extra stuff?

“That’s where online auctions can be very useful. They leverage the internet’s ability to reach a wide audience and sell almost everything that’s left in a home, from the furniture, to the cutlery, to the dishes, to the tools in the garage, to clothes in the closet.

"If it's salable, online auctions are great at finding a willing buyer. And, because items are listed and sold en masse, you don't have to worry about coordinating the sale and pick-up with individual buyers like you would when selling on Facebook Marketplace or Craigslist."  
[For more information, go to [byronhome.com](http://byronhome.com)]



### **Forty Percent of Older Americans Live In a Home With a Gun**

Forty percent of older Americans live in a home with a gun, according to Laura Prater of Harborview Injury Prevention and Research Center at the University of Washington in Seattle.

The concern, she said, is that a significant number of those seniors have or will develop dementia or major depression. If they have easy access to a firearm, they could harm themselves, accidentally or intentionally.

No one wants to wrest firearms from the hands of older adults who can use them safely, Prater said.

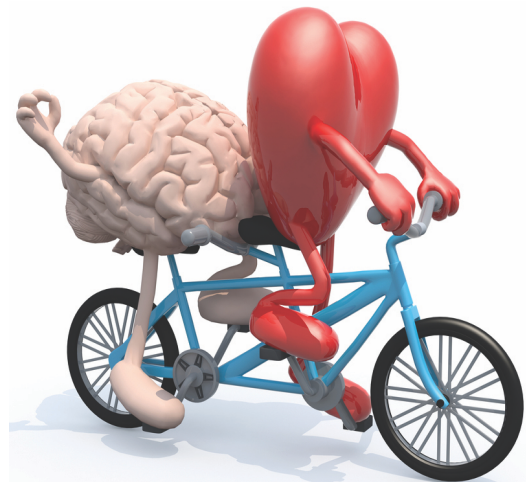
The point, she stressed, is that gun owners, family members and health care providers should talk about the future—including what should happen with household firearms once a person's health makes access a hazard.

### **Healthier Heart...Healthier Brain**

Existing evidence suggests that having heart disease raises one's risk of dementia, and vice versa. A team of researchers based in London wanted to find out if this connection could be seen in a healthier population.

For the study, nearly 30,000 mostly healthy adults had MRI scans to assess their heart health. The participants also completed cognitive tests, measuring their ability to solve logic and reason-based problems, and showing how fast the brain processes information. Performing well on these tests is associated with better brain function.

The results revealed that those who excelled on the cognitive tests were more likely to have a healthier heart than those who tested poorly, said study co-author Nicholas Harvey, a professor of rheumatology and clinical epidemiology at the University of Southampton in the United Kingdom.



### **Motivation To Overcome Depression**

Depression is one of the most common mental health conditions and affects people of every age, gender, and ethnicity. It is also widespread among seniors. According to Mental Health America more than 2 million out of 34 million Americans 65 and older suffer from depression

brought on by either an existing health condition or negative life circumstances.

Depression has many symptoms depending on the form, but the most common involve apathy and helplessness.

And while the treatment for depression requires medicinal support and therapy, seniors can alleviate these symptoms by boosting their motivation. What are the most optimal ways for seniors to induce motivation? Here are a few useful suggestions.

- *Commit to exercises but don't overdo it:* There have been numerous research studies proving the positive effects of exercise on motivation for people who suffer from anxiety and depression.



- *Start learning a foreign language with a native speaker:* Mental activity is another way to boost motivation. It helps distract you from negative thoughts, self-reproach, the feeling of helplessness, and apathy. And one of the best mental activities you can do on an ongoing basis is learning a foreign language.

- *Do gardening activities to unwind:* Last, you can try gardening as a daily motivation booster. It can be any gardening activity—from a couple of plants in your apartment to an entire backyard full of fruit trees and vegetables.

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### **Sun Safety and Skin Cancer**

A new survey reveals that one-third of Americans lack a basic understanding of sun safety and skin cancer, according to an American Academy of Dermatology (AAD) survey of 1,000 U.S. adults.

Fifty-three percent of respondents didn't realize shade offers protection from the sun's ultraviolet (UV) rays, and 47% incorrectly said a base tan would prevent sunburns or were unsure. Thirty-five percent said tanning is safe as long as you don't burn or were unsure, and 31% were unaware that tanning causes skin cancer.



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### **Tips For A Safe And Fun Road Trip**

If you're looking to make a road trip during the summer months, you can set up your vehicle for safety, comfort, and fun. Your car will work harder during the higher summer temps.

Therefore, before you take to the open road, make sure your vehicle is in top working condition. And that may include having your car serviced.

Before you hit the road:

- Check your car's fluids
- Inspect tires
- Test your car's air conditioning
- Update your emergency kit
- Load your smartphone with your favorite music, podcasts, and audiobooks.



### **Poor Mental Health and Heart Attacks**

Poor mental health after a heart attack may increase young and middle-aged adults' risk of another heart attack or death a few years later, a new study suggests.

The study included 283 heart attack survivors, 18 to 61 with an average age of 51. Participants completed questionnaires that assessed depression, anxiety, anger, stress and post-traumatic stress disorder (PTSD) within six months of their heart attack.

Based on this information, the researchers ranked the study participants as having mild, moderate or high mental distress.

Within five years after their heart attack, 80 of the 283 patients had another heart attack or a stroke, were hospitalized for heart failure or died from heart-related causes. Rates of such outcomes were 47% for patients with high distress, compared to 22% for those with mild distress.

### **Parkour For Seniors**

To help avoid dangerous injuries, seniors have been participating in a modified version of a sport popularized by YouTube videos and more commonly linked to extreme athletes with off-the-wall abilities. Parkour is the practice of using body movements to efficiently and creatively overcome obstacles in the environment.

Devotees consider parkour as much a mindset as a physical exercise; their surroundings are big playgrounds with hurdles to move on, through, over and around, using a mixture of running, jumping, climbing and rolling.



Today, many cities have parkour meetups, and there's a push to make the sport more available to people of all ages and abilities.

But what's perhaps most surprising is the growth of parkour programming for people 50 and older. The message for seniors is that falls don't happen when you're doing something drastic.

They happen during daily activities, so it's important to practice fall prevention and mitigation. And parkour may be the way to go.

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### **Tooth Loss Can Impact Everyday Tasks**

Older adults with more natural teeth are better able to perform everyday tasks such as cooking a meal, making a telephone call or going shopping, according to researchers from UCLA and the Tokyo Medical and Dental University.



The study published in the *Journal of American Geriatrics Society*, analyzed data from 5,631 adults, 50 to 70.

Previous studies have shown the link between tooth loss and reduced functional capacity but did not establish a causal link. In this study the research team wanted to investigate the causal effect of tooth loss on someone's ability to carry out daily activities. After considering factors such as participants' socioeconomic status and poor general health,

they still found there was an independent link between tooth loss and the ability to carry out everyday tasks.

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### **Feeling Younger Can Be a Buffer Against Stress**

People who feel younger have a greater sense of well-being, better cognitive functioning, less inflammation, lower risk of hospitalization, and even live longer than their older-feeling

peers. A study published by the American Psychological Association suggests one potential reason for the link between subjective age and health: Feeling younger could help buffer middle-aged and older adults against the damaging effects of stress.



The survey included questions about the amount of perceived stress in peoples' lives and their functional health--how much they were limited in daily activities such as walking, dressing and bathing.

Participants indicated their subjective age by answering the question, "How old do you feel?"

The researchers found, on average, participants who reported more stress in their lives experienced a steeper decline in functional health over three years. That link between stress and functional health decline was stronger for chronologically older participants.

However, subjective age seemed to provide a protective buffer. Among people who felt younger than their chronological age, the link between stress and declines in functional health was weaker. That protective effect was strongest among the oldest participants.

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### **Simple Ways To Add More Fruits And Vegetables**

Seniors are better than younger people at making their servings of fruits and vegetables part of their diet, but that's still not saying much.

According to a review, only 21 to 37 percent of men and 29 to 45 percent of women 65 and older eat five or more daily servings of fruits and vegetables, which is the minimum amount recommended for good nutrition.

Eating plenty of fruits and vegetables is especially important as you get older, because the nutrients and fiber in these foods can help reduce high blood pressure, lower your risk of heart disease, stroke, and certain cancers, stave off eye and digestive problems-- and simply satisfy your hunger.



Follow these simple tips for increasing the amount of fruit and vegetables you eat each day:

- *Add fruits and vegetables to your favorite dishes:* Find ways to incorporate fruits and vegetables into foods you already eat. For example, stir fruit into your cereal or yogurt, add

strawberries or blueberries to your pancakes or stuff your omelet with extra vegetables.

- *Display your produce:* Put your fruits and vegetables out on the counter or in a prominent position in the refrigerator, so that you'll be more likely to eat them.
- *Try new things:* The next time you go to the grocery store, pick out a new fruit or vegetable to try.
- *Cook vegetarian:* At least once every week, skip the meat and try a new vegetarian recipe for lunch or dinner.
- *Snack away:* Try snacking on fresh or dried fruit, carrot and bell pepper strips with a low-fat dip, or baked chips with fresh salsa.

### **July Feature Preview: Flea Markets**

Here are a few "Do's" to whet your appetite for our July feature on the many "Do's" and "Don'ts" of successful flea market shopping:

- Do go early on the first day of the flea market for the best selection. Stop by again at the end of the last day to get the biggest discounts.
- Do get a map of the flea market if there's one available. As you shop, mark the booths where you left paid purchases for later pickup as well as those you'd like to visit again in the day.



- Do figure out the flea market's layout, assuming it's not random.

At some fleas, the permanent indoor booths have closeouts and cheap imports. At others, the sellers with the fine antiques are the ones sheltered inside.

Some flea markets even place vendors according to their merchandise type. Find out, and then start with the good stuff.

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### **The People Who Are Helping Make SJS Happen**

Our contributors now include (in alphabetical order) Daryl Albury, Karen Berg, Lou Ciavolella, Courtney Colletti, Antoinette Maciolek, Barry Sparks, Phyllis Weber, and Jared Willmann.

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### **Contact Us**

If you have story ideas, comment, kudos, or criticisms, you can e-mail us at [savvyjerseyseniors.com](mailto:savvyjerseyseniors.com).



