

# Life Stuff

News To Help You Save Time And Money

May 2023

## Oakley, The Oak Tree

Oakley, an old oak tree, stood in a field surrounded by young saplings. Although proud of its tall stature and deep roots, Oakley often felt envious of the saplings' youthful beauty.

One day, a strong storm hit the field and the saplings bent and swayed, unable to withstand the winds. Yet Oakley stood tall, rooted deeply in the ground. The young saplings were in awe of Oakley's strength and wisdom, but also felt a tinge of jealousy for their own vulnerability.

As the years passed, the saplings grew tall and strong, but Oakley remained steadfast. During the scorching summer days, the young trees would seek refuge under Oakley's shade, grateful for its presence and the lessons it had taught them. However, Oakley struggled with a newfound sense of purpose and meaning, as it watched the young trees surpass it in height and beauty. A wise sage visited the field and sat beneath Oakley. The sage listened to Oakley's worries and then said:

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"Dear Oakley, your beauty lies not in your height or strength, but in the lessons you have learned and the wisdom you have gained throughout the years. You have a special role to play in this world, and the young saplings will always seek your guidance and wisdom."

Oakley was filled with a sense of purpose and joy. It realized that growing older was a blessing, not a curse. With each passing year, it became more beautiful and wiser and had learned to appreciate the journey of aging. It embraced its role as a mentor and guide for the young saplings and stood tall and proud, basking in the sunshine.

*A great story about learning from  
our wiser elders!* Dan

## Benefits of Brain Games

Playing brain games during your older (and younger!) years has numerous benefits that can help maintain cognitive health and improve overall well-being. Some of these benefits include:

**Improved memory:** Engaging in brain games can help improve memory, especially short-term memory, by strengthening the neural connections between brain cells.

**Enhanced concentration:** Harness the power of brain games to keep your mind sharp! They can help improve focus and concentration, especially in older adults who experience age-related declines in these areas.

**Better problem-solving skills:** Give your brain a workout with some challenging logic and critical thinking games. They can be an effective way to boost your problem-solving prowess, so you're ready for whatever comes next!

**Stress reduction:** Brain games provide a distraction from everyday worries by focusing on something enjoyable, thereby reducing stress levels.

**Slower cognitive decline:** Combat cognitive decline as you age by taking part in stimulating activities that keep your brain working hard! From playing crosswords to Sudoku or joining a book club—all these tasks can help maintain mental acuity and vitality.

## Mother's Day Poem

A mother's love is like a warm embrace, Comforting  
and nurturing, full of grace.  
She lifts you up when you are feeling low,  
And helps you grow with every step you go.

A mother's wisdom guides you on your way,  
Her gentle touch and words of hope each day. She's  
always there, through thick and thin,  
Her love and care, a treasure within.

So on this day, we celebrate her might,  
The mother who holds our hearts so tight. Her  
sacrifice, her endless love and care,  
A mother's gift, beyond compare.

## May Quiz Question

**Q:** *Where is the only place in the country where mail is delivered by mule?*

Everyone who emails or calls in the correct answer by May 25<sup>th</sup> will be entered into a drawing for two free Harkin's movie tickets. (current winner eligible after 2 months)

(480) 390-5380  
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## April Quiz Answer

**Q:** *What is the most expensive spice in the world?*

**A:** *Saffron*

**Congratulations to Amy Bryant.** Her name was drawn out of all of the correct quiz entrees, and she won 2 free Harkin's movie tickets!



**Mother's Day – May 14**

## UP CLOSE AND PERSONAL

There's one thing in life that is certain, and that is change. My real estate office was recently sold to a new owner. I was with the same owner/broker for 14 years who was top notch, but now that things were changing, I wanted to look at all of my options. After looking around at different offices, I decided to make a move to West USA Realty in Chandler (Cooper and the 202). What does this mean for my clients? Nothing really. My contact information is the same with the exception of my office name and address. In 2021, Real Trends named West USA Realty the Largest Regional Brand in the Southwest and the #1 independently owned Brokerage in Arizona. West USA Realty is a family-owned business and not a franchise. We have 16 offices across Arizona and West USA Realty been around since 1986. I have access to use any office in the valley to either work or meet clients anytime. When I started in the business in 1994, I would see many West USA offices and many West USA for-sale signs. I have had many transactions with West USA agents over the years. I like that they have a great reputation and have been around for a few decades and am excited to a part of their team.

P.S. Keep in mind I can still refer a reliable real estate agent to anyone you might know out of state that needs help with selling or buying a home. It's nice to have a trustworthy referral if someone needs this service and does not know anyone that can help.

Have an awesome month *Dan*

## Becoming More Engaged

Just a quick note to let you know how I can help you or anyone you might refer to me.

Patrick and Lindsey were referred to Dan by their cousins, David and Tiffany. They were selling their home in Detroit and moving to the Phoenix area where Patrick would soon be starting a new job. Patrick and Lindsey were engaged a few years ago while hiking in Phoenix and were excited to return to make it their permanent home. They were not able to take time away to come to Phoenix in person to house hunt, so Dan, David, and Tiffany went to view the homes, sending pictures and video tours to Patrick and Lindsey. After seeing many homes, Patrick and Lindsey found their dream home. It was a unique home in a gated community with a private courtyard entrance. The large living and kitchen area had a wall of sliding glass doors leading into the private courtyard. Perfect for entertaining! And, there was a separate casita entrance with its own bath for guests which could be accessed from the courtyard. The home reminded Lindsey of her childhood home that she grew up in. When they finally arrived to see their home in person (after being the new owners), it was just as they were expecting it to be. They were now ready to make some minor changes to make the home even more perfect than they had been dreaming about. And, they would no longer have to shovel snow. They'll have plenty of no-snow days to enjoy the Phoenix weather relaxing in their private courtyard. They will also be able to hike the Arizona trails throughout the year as they settle into their new life in Phoenix.

If you know someone who would like to find the perfect home, just have them call me at 480-390-5380. I would be happy to help them just like I helped Patrick and Lindsey.

## Does Everything Have To Be Organic?

When buying produce, some fruits and vegetables are more important to buy organic than others, based on the levels of pesticides they contain.

Produce you should buy organic:

Apples, peaches, nectarines, strawberries, grapes, cherries, pears, bell and hot peppers, spinach, blueberries, green beans, and kale/collards/mustard greens.

Produce you don't need to buy organic:

Avocados, pineapples, mangoes, kiwis, papayas, sweet corn, sweet peas (frozen), onions, asparagus, honeydew melon, cabbage, mushrooms, sweet potatoes, watermelon, and carrots.

Although this is a general guideline, it is an individual's preference whether to buy organic produce. Additionally, factors such as cost, availability, and personal values (for example, environmental sustainability) can influence a person's choice to buy organic produce.

Keep in mind that even conventionally grown produce can still be a healthy part of your diet. The most important thing is to eat a variety of fruits and vegetables, whether or not they are organic.

## Tai Chi Helps Balance

In some patients suffering from dizziness and balance disorders, tai chi exercise works when medications don't, according to one study. It is estimated that about half of Americans experience balance difficulties with everyday tasks and have a fear of falling.

### The Kid Scoop

Brandon (20) is done with his finals at ASU and has just one more semester left to graduate early. Woohoo!

Tai chi is characterized by coordination and relaxation of the joints rather than muscular tension. It has been used for centuries to promote health and well-being. A study by the New York Eye and Ear Infirmary of Mount Sinai showed that after an eight-week course of tai chi, 45 minutes per week, patients who suffered from imbalance, dizziness and vertigo showed marked improvement as measured on the Activities-Specific Balance Confidence Scale.

### See An Interesting Home?

No need to wonder about the price or call a high-pressure sales agent who will make you feel obligated. I can send you the information quickly and easily for any house, listed or sold, anywhere in town.

**Just ask me! It's all part of my free, no-obligation HomeFinder Service.**

Email me or leave the address on my voicemail, anytime, 24 hours a day, and I'll mail or email all the information on that listing within 24 hours.

**(480) 390-5380**  
**[danazhomes4sale@hotmail.com](mailto:danazhomes4sale@hotmail.com)**

## Dig In and Get Fit with Gardening

There's nothing like digging, hoeing and planting to build muscle and lower blood pressure. If you think gardening is for weaklings, try moving those big bags of mulch!

While spending a couple of hours in the gym can quickly become tedious, the same time spent in the garden will keep you entirely entertained and burn about 340 calories an hour in the process (based on a 150-pound person). That's almost as many calories as an aerobics class. Gardening helps your heart, makes stress fly away and connects you with the earth.

Apartment dwellers and people without yards can still enjoy the creative benefits of working with the soil. A 16-inch-deep container will hold a cherry tomato plant and some leaf lettuces. Balcony gardens can be as elaborate as you want, and a sunny window is a great place for herbs such as rosemary and basil or a bright geranium.

### The Dog Scoop

Buckley is now ten and still keeps up (four the most part) on his three or four mile walk each day. Time to bring the water so he (we) can make it through the summer.

## Helpful Tips to Alleviate Spring Allergies

Spring is a wonderful time of year with warmer weather and blooming flowers. However, for many people, it's also allergy season. Sneezing, runny nose, and itchy eyes are just a few of the symptoms that can ruin this time of year. If you suffer from spring allergies, here are five tips that can help alleviate your symptoms and make the most of this beautiful season.

**Keep windows closed:** During allergy season, make sure to keep your windows and doors firmly shut. This simple step can help reduce the pesky allergens that enter your living space.

**Wear a mask:** Keep the sneezes and sniffles away with a simple mask! Masks act as an effective barrier by keeping pesky pollen particles from invading your nostrils.

**Take allergy medication:** Over-the-counter or prescription allergy medications - such as antihistamines, decongestants, and nasal corticosteroids - can help relieve allergy symptoms.

**Shower after being outside:** After a day in nature, take a long shower to wash away pollen and other allergens that might have clung to you!

**Avoid outdoor activities during peak pollen hours:** The highest levels of pollen are usually in the morning, so try to avoid outdoor activities during these times. You can also check local pollen counts to help you plan your day.

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*Mother's Day is Sunday May 14<sup>th</sup>. A big THANK YOU to all of the Moms!*

## Free Reports

- ❑ How to beat other buyers to the best listings
- ❑ Five powerful buying strategies
- ❑ Seven different reasons to own your own home
- ❑ Ten simple steps to ensure your home sells at top dollar
- ❑ The nine most deadly mistakes you can make when selling your home
- ❑ How sellers price their homes
- ❑ Making the move easy on the kids
- ❑ Protect your home from burglars
- ❑ How to show your home
- ❑ Things you should know about moving
- ❑ How to stop spending money on rent and own a home instead

### How to Order:

- ❑ Call/Text Dan at 480-390-5380
- ❑ Go to Dan's website at [www.PlanYourArizonaMove.com](http://www.PlanYourArizonaMove.com)
- ❑ E-mail Dan at [danazhomes4sale@hotmail.com](mailto:danazhomes4sale@hotmail.com)

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**Go Green: Recycle This Newsletter!**

*After you've enjoyed my newsletter, please recycle it by  
Passing it along to a family member, friend, neighbor, or coworker*

# The Global Hobby with Millions of Fans

They look exotic, like butterflies and ballerinas. They have faces like monkeys, or figures like humans, or long trails of petals like hair.

They smell like nothing, or they smell of chocolate, vanilla, mint, pepper and roses. To a bee, they smell like a bee.

They are orchids and their fans are legion.

Orchid cultivation, one of the world's most widespread hobbies, is surprisingly social. In every state and every country, orchid enthusiasts meet regularly to exchange tips and tricks for growing this flower that attracts every type of person—from farmers to attorneys. In fact, you can travel along “orchid trails” to visit the greenhouses of growers in every state. Travel destinations from California to Malaysia attract enthusiasts worldwide to see some of the 28,000 accepted species. In fact, more orchid species exist than species of birds and mammals. Only the number of species of bony fish comes close to the number of orchids.

Because of their historical link with wealth and style, growing orchids is sometimes said to be expensive and difficult, but it really is neither. You can buy a stem for about \$20 at a grocery store. The flowers are best grown in pots because the microscopic seeds require specialized conditions to grow. Orchids mostly require bright light, but not direct sunlight. They do require the grower's attention because they need water and airflow, but not too much, and some might need mist, but only at certain times.

## Just For Laughs

Why did the tomato turn red?  
*Because it saw the salad dressing!*

Why did the hipster burn his tongue?  
*He drank his coffee before it was cool!*

Why did the scarecrow win an award?  
*Because he was outstanding in his field!*

Why did the tree go to the barber?  
*To get a trim!*

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That Give Outstanding Customer Service?**

Call me anytime for a referral to these services and/or any other you may need:

Handyman  
Sprinkler Repair  
Garage Door  
Painter

Drywall  
Pest Control  
Probate/Estate Planning Attorney  
Sunscreens

Pool Service  
Air Conditioning  
Roofer  
Locksmith



Ronny and Monika say...

*"Dan is a wonderful man who is always thinking of others. He goes above and beyond what is required from a Realtor. He is a friend. Dan will do whatever it takes to get his homes sold. Whether you are buying or selling, he always gets the job done! Dan is truly a wonderful person and an awesome Realtor! We have and would choose Dan again when buying or selling. Thanks Dan! You are truly appreciated!"*

See over 100 more rave reviews from actual clients at [www.PlanYourArizonaMove.com](http://www.PlanYourArizonaMove.com). Just click the "True Stories" link at the top of the page. You can call Dan directly at 480-390-5380 or email at [danazhomes4sale@hotmail.com](mailto:danazhomes4sale@hotmail.com)

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