



Renate Meyer's...

Service For Life!®

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

Buying A Home Soon? Get my Free Consumer Guide, "8 Secrets For Saving Thousands When Buying Your Home." Call me right now at 708-217-2271 for details...

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Combat Digital Addiction

Texting with friends, scrolling through social media feeds, and checking our email just one more time: Every day we become a little more reliant on digital technology to do our work, stay informed, and remain connected with friends and family. The more we lean into technology, the harder it can be to get away from it.

Having a digital addiction means having the inability to control our use of technology — an affliction that approximately two-thirds of the population appears to have to some extent, according to Trend Hunter. Break the habit (or avoid it!) with these four tips.

- 1. Track tech habits.** Measuring and acknowledging how much time you spend on technology puts the problem into perspective. This information alone may be incentive to cut back. Apps like Moment (**InTheMoment.io**) and QualityTime (**QualityTimeApp.com**) help you track and manage time spent on technology.
- 2. Don't trust yourself.** We may think we can just kick the digital habit at any time, but that's the problem with a habit. Avoid temptation by removing digital devices from reach. Lock them up or give them to someone else to hold on to for a certain amount of time or at certain times of the day. Also, keep them out of the bedroom at night.
- 3. Turn off notifications.** Every time you're notified about a new email, message, or news update, there's a compelling reason to drop what you're doing and check in with your tech. Disable all but the most urgent notifications from your web and mobile apps.
- 4. Ease into a digital detox.** It's healthy to take a break from technology, but like any addiction, start small. Have a meal without your smartphone at your side. Then go for a shopping trip without it. You don't need to quit using technology altogether; instead, focus on easing up on your dependency.

Learn How To Maximize The Value Of Your Home

Did you know there's a free consumer report showing what to fix to net the most value for your home? It's called "**Make Your Home Show Like A Model Without Breaking The Bank**" and it's an essential guide to homeowner profits. You can get a free copy by calling me at 708-217-2271.

Get Free money-saving home tips at my web site: RenateForRealEstate.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!)

Nomophobia (no-mo-fo-bee-ah) noun

Meaning: The fear of being without a mobile device. The word is derived from no-mobile-phone-phobia.

Sample Sentence: Because of her nomophobia, she chose not to go on a long day hike that would have taken her out of cell phone range.

Estate Planning: Digital Assets

Beyond homes, cars, and other tangible items, you likely have digital assets and information someone else will need to access after you've passed away. Get your digital details in order now:

- ✓ Inventory all your digital items, including cloud storage, email, social media, and phone.
- ✓ Designate contacts for those services that have built-in features that make it easy to pass data to surviving family members. For example, Google has an Inactive Account Manager feature and Facebook has a Legacy Contact feature.
- ✓ Set up your password manager program (like Dashlane [Dashlane.com] or LastPass [LastPass.com]) with an emergency access user.

Quotes To Live By...

"Never, ever underestimate the importance of having fun."

—Randy Pausch, educator

"A crown is merely a hat that lets the rain in."

—Frederick the Great

"Success isn't about how much money you make. It's about the difference you make in people's lives."

—Michelle Obama

Extend Your Engine's Life

Replacing a vehicle's engine is costly and inconvenient. Keep yours running as long as possible with a few key good habits.

- **Avoid quick acceleration.** Don't race a car's engine when you start it up, especially in cold weather. Accelerate slowly when you begin driving, and don't drive at high speeds or accelerate quickly when it's very hot or cold outside.
- **Avoid idling.** It's common to let a car "warm up" by letting it idle before driving, but this results in soot deposits on cylinder walls, oil contamination, and other conditions that can have a long-term, negative impact. *Note:* if it's very cold out, you should warm the engine up before driving to allow oil and other fluids to circulate.
- **Combine errands.** Driving for a longer period of time during low-traffic hours is easier on your engine and better for the environment.
- **Maintain wheel-well splash guards.** These help keep water, slush, and salt from splashing into the engine compartment, which can cause damage.

FREE Consumer Help Is Just A Phone Call Away

Learn valuable secrets for saving thousands and avoiding costly mistakes when buying, selling or refinancing a home. Best of all, it's FREE. Ask about my "Insider's Free Resources" by calling me at: 708-217-2271

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!

Easy Rental Upgrades

Renting a home is temporary, but the upgrades you make don't need to be. Update your rental home with these ideas ... and then take them with you when you move.

On the walls: Add removable wallpaper and framed art. Use creative shelving units to hide awkward outlets. Choose new curtains.

In the bathroom: Upgrade the showerhead. Choose a new shower curtain.

Upgrade electricals: Install your own light fixtures throughout the home. Swap standard light switches with dimmer switches. Add a smart thermostat and wireless speakers.

Add personality: Add color with furniture covers and throw pillows. Use removable wash tape or stainless-steel contact paper on boring appliances (find both at craft or home stores). Place plants throughout the home. Switch bland door knobs and kitchen hardware for more stylish ones.

Get Free money-saving home tips at my web site: RenateForRealEstate.com.

How To Help Teen Drivers

Learning to drive can be stressful and scary — for new teen drivers and the people teaching them to drive. Improve the process by following this five-step method when you practice together, and ease both your fears.

1. **Make a plan for driving lessons.** Decide where your teen will be driving, how he/she'll get there, and what skills you'll be practicing. The best way to become a better driver is to drive, so give your teen lots of time behind the wheel in lots of scenarios, including “scary” conditions like driving at night, in heavy traffic, and in bad weather.
2. **Provide clear instructions.** Avoid yelling or panicking. Instead, use a calm, even tone to instruct your teen on what to do. Don't distract with superfluous conversation, especially with a brand-new driver.
3. **Avoid distractions.** Model the behavior you want your teen to have, both while teaching him/her to drive, and when you're behind the wheel and your teen is in the passenger seat. Don't text or fiddle with tech when driving. Don't eat or drink. Keep music to a minimal volume.
4. **Evaluate the experience together, especially if it was tricky.** When your teen has reached the planned destination, talk about the drive. What went well? What went wrong? How could the situation be handled better next time? Offer praise where appropriate and point out opportunities for improvement.
5. **Maintain a progress log together.** After each drive, note where and how long your teen drove, what the conditions were, and the skills practiced. This is a great place to make notes from your joint evaluation so you can remember to revisit skills that Joe a bit more practice.

Please Welcome New Clients And Good Friends Into Our Real Estate Family...

I'd like to take a moment to personally introduce and welcome a few of my newest clients and good friends who have supported my business over the years. And special thanks to everyone who thought of me with your referrals!

Casey Lorenzen – referred by Joe Pokrzywa- keep those kids referring their friends, Debbie

Bryan and Jenee Merrick – referred by Jennifer Riordan

Paul and Magda Bowen – referred by Robert and Katie Tseng

Brain Teaser...

A man is walking in the middle of nowhere when it begins to rain. He doesn't have an umbrella or a hat and has nowhere to hide. He arrives home completely soaked, yet not a single hair on his head is wet. How is that possible?

(See page 4 for the answer.)

Real Estate Question?

Maybe you want to know how much your home is worth. Or maybe you just need a recommendation for a handyman, carpet cleaner or plumber...

Either way, I love hearing from all of my good friends and clients. And I'm happy to help answer questions you might have about anything relating to real estate or home-ownership.

If you have a question, tip or idea, call me at 708-217-2271. I'm here to help!

Scram, Squirrel!

Regardless of where you live, bird feeders attract a host of colorful feathered friends to the backyard — but squirrels always want in on the fun! Keep those pesky squirrels at bay:

- ✓ Mix a tablespoon of powdered cayenne in with every 10-pound bag of birdseed. Birds don't mind, but squirrels hate it.
- ✓ If the bird feeder is on a pole, cover the pole with petroleum jelly.
- ✓ Hang feeders on a string at least two feet away from any tree.

Journaling Websites

Get your thoughts down online from anywhere – you never need to remember your journal.

750Words.com – Make writing a daily habit with 750 words (approximately three pages) in a private space. Plus, track your writing habits.

IntelligentChange.com/Pages/Five-Minute-Journal-App – Three questions to help you instill gratitude, set purpose for your day, and create empowering beliefs every day.

Daylio.WebFlow.io – For the person who doesn't like to write much, this app lets you record your mood and activities through emojis or short notes.

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:

The man is bald.

Hello, Yellow!

Yellow is often affiliated with happiness, but there's more to this sunny color.

- Natural yellow pigments include ochre, saffron, turmeric and Garcinia tree resin.
- The human eye processes the color yellow first.
- It is one of the primary colors. The other two are red and blue.
- Its high light reflectance value helps it act as a secondary light source.

Face It

Q: What did the right eye say to the left eye?

A: Between you and me, something smells.

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 Gift Card to Papa Joe's?"

Guess who won last newsletter's Trivia Question? I'm pleased to announce the lucky winner of last newsletter's quiz. And the winner is...drum roll please: Madeline McGowen was the first person to correctly answer my quiz question.

What popular 1980s TV show had one of the most-watched single episodes in television history?

- a) Dallas b) M*A*S*H c) Dynasty d) Roseanne

The answer b) M*A*S*H. The final episode of the beloved series ran in February 1983 and was watched by more than 100 million people. So let's move on to *this* month's trivia question.

What inspired cartoon character Scooby-Doo's name?

- a) a song b) a dessert c) a dance move d) a pet

Email Me At renatemeyerrealtor@gmail.com

And You Could Be My Next Winner!

Real Estate Corner...

Q. My home isn't selling. What should I change about my marketing tactics?

A. Homes may not sell for various reasons, including your asking price, your home's condition and timing. If you've taken it off the market and are looking to try again, interview several different REALTORS[®] and choose a new one who shares your goals and stands out as a Home Marketing Expert. As a Home Marketing Expert, your REALTOR[®] should provide you with a dynamic new marketing plan that goes beyond holding open houses and sending out flyers. Here are some things to look for in the plan:

- Offering updated ideas about your home's condition, staging and asking price.
- Using all advertising avenues, including online. Did you post compelling pictures of your home the first time you tried to sell it? Did you include a virtual home tour? People selling larger properties are even using drone videos to show all the home's outside features.
- Posting on social media. Does this person use Facebook to showcase properties (in an appropriate manner)?
- Getting the attention of other REALTORS[®]. Does this person have contacts with REALTORS[®] who are already working with out-of-town buyers who may be moving to the area?

To learn more about how to sell your home the second time, call and ask for my Free Consumer Report called "**4 Tips To Guarantee Your Home Sells The Second Time.**" I'll send a copy right over to you. Call me at 708-217-2271.

Get Free money-saving home tips at my web site: **RenateForRealEstate.com**.