

Don's Senior's News

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Automated Meals: Coming Soon to a Town Near You?

Fast-food employees may soon face the same fate as milk deliverymen: extinction. As the *New York Times* reports, Eatsa, a quinoa restaurant, opened last year in San Francisco with few visible employees. The restaurant's website boasts the tagline: "Better. Faster. Food." For Eatsa, delivering quality food quickly means eliminating human servers.

The menu appears on screens. Customers order by filling out a form on an iPad. Their meal is delivered to a cubby, a step the website calls "pure magic." To speed up future orders, the computerized restaurant also saves each individual's requests.

Think this sounds like the brainchild of a computer genius? You're right. The restaurant's founder, David Friedberg, is a software entrepreneur. Speaking to the *Times*, he described the business as a "food delivery system."

Company officials say automation helps reduce costs. Each quinoa bowl sells for \$6.95. But although the food comes quickly and cheaply, it's not always available. The business hours listed on the website are 11:00 a.m. to 5:00 p.m. on weekdays. This isn't the place to go if you need a quick bite on a Saturday night.

Eatsa's approach may result in reduced staff, but other automated restaurants are hiring: last fall, McDonald's Canada announced plans to install self-serve kiosks. It's part of the company's move to add a premium burger—with thirty different options—to its menu. But this concept will require hiring additional staff to help customers through the ordering process; reports say it could create 15,000 new jobs.

Do you want a better way to search listings while driving neighborhoods?

Are you tired of looking up a property you are sitting in front of in Zillow only to learn, when you call your agent to schedule a tour, that the property has been under contract for a week?

You no longer have to waste time with the aggregator site apps slow rendering photos and old information. I can set you up with a direct access point to the MLS for all of your mobile devices? Search by address, map, zip, etc in real time on the MLS like agents do. No more stale and out of date data like you are getting now. The data renders perfectly on all mobile devices regardless of the OS - Apple, Android, or Windows. The photos and virtual tours render beautifully, too!

[Email](#) me today with the message, "set me up with a Mobile Access Point." It works just like an app, only better. It is FREE and takes me only minutes to set it up for you.

Your Dream FROG Can Add Space and Value to Your Home

Instead of just a place to store stuff (and maybe to accommodate your car), your garage may also be a moneymaker.

If you're fortunate enough to have a FROG over your garage, you may be missing out on something.

Your finished room over garage (or FROG) could be the perfect spot for a game room, kids' play spot, or best of all (financially speaking), a rental property.

FROGS and bonus rooms are widely popular with buyers these days. And while it certainly hasn't reached the stage where you won't be able to sell your home without a FROG, you will add value and may be able to get a higher price *with* one.

According to an article at ThisOldHouse.com, a FROG can be a cost-effective way to add space. In the article, architect Mary Dorsey Brewster notes, "An over-the-garage addition doesn't increase a house's footprint, which helps reduce costs . . .

But it also presents unique challenges in planning and construction." These include local bylaws and fire and safety regulations as well as a host of potential structural and design problems.

Building your dream FROG won't be cheap: you will need special insulation and will have to heat, cool, and plumb it—and that's just for a start. You'll also need an entrance, and you may have to install more windows or skylights to bring in natural light.

FROGs can add to your home's curb appeal or they can look like poorly done add-ons. Hire experts to design and build your FROG. You'll be glad you did.

Positive Action and Courage Can Reverse Loneliness

For many people, Valentine's Day accentuates sadness and can make them feel lonely even when they're surrounded by people.

And loneliness is bad for us. As psychologist Guy Winch suggests at ideas.ted.com: "The long-term risk chronic loneliness poses to our health and longevity is so severe, it actually increases risk of an early death by 26 percent."

Just as bad is the fact that it distorts our perceptions and traps us in a lonely place that's hard to emerge from. So how do we free ourselves from this trap? It takes courage.

There are three things we must do in deciding to get out of that lonely place, Winch says: "Take action, give the benefit of the doubt, and approach with positivity."

Quick Quiz

Each month I'll give you a new question.

Just email me at donzahnle@gmail.com for the answer.

What does the word "Canada" mean?

Thanks for All Your Referrals!

I succeed when people like you refer me to your friends, neighbors and loved ones. It's the best kind of feedback I can receive.

So thanks for continuing to pass this newsletter on to people you care about.

Because loneliness makes us fear rejection, it's hard to get there. Winch suggests reaching out to people you haven't spoken to in a while and making plans to reconnect—even though this may feel awkward or uncomfortable.

The solution: consider emailing. It's easy to hide discomfort in an email, and don't forget to add a smiley face. But most important, he says, is to "accept that the reason . . . you haven't been close lately might have nothing to do with you."

Even if you have to fake it at first, simply taking action will make you feel more positive. Just as loneliness creates a "vicious circle," positivity creates a "virtuous circle," with one positive result encouraging you to risk another action, and so on and so on and so on . . . toward the light at the end of the tunnel.

Are You Wondering How Much Your Home Is Worth?

Do you want to know how the price of your home has changed in today's market? Do you want to know for how much other homes in your neighborhood are selling? ? Stop looking at Zestimates and find out what your home is *really* worth.

If you're wondering what's happening to prices in your area, or you're thinking about selling your house, I can help.

Email me for [email](mailto:donzahnle@gmail.com) me for a no-obligation, professional evaluation.

I won't pressure you into listing with me or waste your time. [Read about how I feel about pressure!](#) I'll just give you the honest facts about your home and its value.

Email me at donzahnle@gmail.com with "send me a Home Value Analysis" in the Subject line. I also need the property address. I'll get the report out to you in 24 hours.

Worth Reading

The Evolution of Simplicity

By David Brooks

The New York Times

Are you ready for the "new" simplicity? Columnist David Brooks compares today's simple-living movement to that espoused by previous simplicity advocates, such as Henry David Thoreau, who were motivated by clear philosophical goals. Today's simplicity evangelists' goals are undefined or mask commercialism. Brooks doesn't question the need for simplicity. He just hopes we recognize today's "simplifiers" for what they are. **More:**

<http://tinyurl.com/Simplicity-Read-Feb>

Why It's Good to Have a Strong-Willed Child

By Lauren Knight

The Washington Post

Today's strong-willed child could be tomorrow's storied entrepreneur or business leader. Knight candidly admits to the frustrations of parenting a strong-willed—er, spirited—child. But strong-willed children can be tenacious and loyal. And their ability to question authority can help correct injustices.

More: <http://tinyurl.com/Strong-willed-kids-Feb>

Help! My Parents Are Millennials

By Katy Steinmetz

TIME Magazine

If you're a 20ish or 30ish millennial, you're probably raising your kids in what Steinmetz refers to as a "minidemocracy." Millennials, as children of boomers, were themselves helicopter-parented and "liked" by all. Now as parents, they're all about consensus. Asks Steinmetz, "How will their beliefs, habits, and preoccupations shape the lives of their children?" **More:**

<http://tinyurl.com/millennial-parents-Feb>

Age in Place Later; Make Good Design Choices

Whether you've found the home you want to grow old in or you're planning for an elderly relative to move in with your family, the design choices you make now should be made with a weather eye to the future.

You'll want to consider adding those independent-living accessories now that will make life easier and safer for you or a relative down the road. Here are some suggestions.

Keep the kitchen safe and accessible by skipping trendy remodels that could transform it into an obstacle course.

Round the edges of countertops and shelves to reduce the risk of bumps and bruises. Place the microwave at or below counter height to eliminate the need to reach for hot dishes; frailer

individuals have difficulty lifting and carrying cookware, which may cause spills and slipping hazards.

Also, make allowances for walkers or wheelchairs with lower countertops and extra space.

Consider installing a pull-out pantry with drawers that display all contents at a glance and permit easy access.

Note that U-shaped kitchen guidelines call for at least 60 inches (152 cm) of clearance between opposite cabinets, walls, or appliances; galley kitchens, a minimum of 40 inches (102 cm).

The bathroom can be a dangerous place for elderly people. Experts recommend you elevate the toilet, and install grab bars for getting in and out of the shower

or tub safely.

Many designers are now including these features as a matter of course, so they needn't negatively impact the resale value of your home.

Make sure the floors of your home are slip-resistant. Vinyl flooring offers good slip resistance and softness underfoot.

Tile floors should have enough grout and texture to grip. If your home's interior has a few steps up to a landing or doorway, consider installing a threshold ramp; several kinds of affordable and easy-to-install rubber ramps are now available.

Well-considered changes now will make a big difference later.

Peckish? Sallow? It May Be Lack of Zzz's

Incessant yawning and low energy are telltale signs of needing more sleep, but they're not the only clues. According to Joseph M. Ojile, medical director at the Clayton Sleep Institute, there are other, less obvious signs of sleep deprivation:

Illness. Sleep debt can weaken your immune system, making it hard to fight off common illnesses like colds. When your body is otherwise healthy, it's better able to fight off germs. If you're sleep deprived, you might find yourself in a cycle of recovering only to very quickly get sick again.

Snacking. When you don't get enough sleep, your body will try to find its energy from other sources—like food. Studies have shown that insufficient sleep can increase levels of ghrelin, the hunger-causing hormone.

Skin issues. Your skin needs adequate sleep to look its best. If your complexion looks a bit sallow these days, it could be the result of poor sleep.

Mood swings. Feeling irritable? Easily annoyed by small things you usually can shrug off? Maybe you're not catching enough Z's. You also might find yourself hard-pressed to make simple decisions or formulate a plan.

This Month's Smiles: Valentine's Day Jokes

Will your pet be celebrating on February 14? Apparently, some animals will. Read on to find out how—and be ready to “whale” like a beluga at these outrageous animal puns.

Do skunks celebrate Valentine's Day? Sure, they're very scent-imental.

Why did the pig give his girlfriend a box of candy? It was Valenswine's Day.

Did you hear about the romance in the

tropical fish tank? It was a case of guppy love.

What do you call two social media-conscious birds in love? Tweethearts.

What do squirrels give for Valentine's Day? Forget-me-nuts.

What did one grizzly say to the other on Valentine's Day? “I love you beary much.”

Ask the Agent: This Month's Question

I'm currently saving up for a home. I put aside a portion of each paycheck, but I'm looking for other ways to save. Any ideas?

You're off to a solid start, but you can get creative to help speed your progress. Here are some ideas:

Keep a change purse with you for any coins you receive after breaking a bill; then stockpile them at home.

Sell what you don't need or use. Craigslist, VarageSale, and eBay make it easy to sell clothing, electronics, and home goods.

Consider canceling cable, trimming your phone plan, and halting subscriptions until you reach your goal.

Set short-term goals. If you typically eat out several times a month, go restaurant-free for four weeks and put that money aside.

Shop strategically. Use points and rewards cards; they can quickly add up to free coffee, groceries, and health and beauty products, leaving you extra cash for your home fund.

To search for listings online click [here](#)

www.DonZahnle.com

	7		3				6	
	1	8			6		4	
				4	9			8
	6	1		2			3	
			9		3			
	9			6		7	5	
5			7	3				
	3		6			5	9	
	2				5		1	

Sudoku instructions: Complete the 9×9 grid so that each row, each column and each of the nine 3×3 boxes contains the digits 1 through 9. Contact me for the solution!

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Thanks for reading! If you would like to tell me what you think about this newsletter, or if you're thinking of buying or selling real estate, please get in touch.

Quick and Decadent Dark Chocolate Mousse

This romantic dessert is a perfect finale for a Valentine's Day dinner. It yields 3 cups of mousse.

5 ounces dark chocolate chips
2 tablespoons unsalted butter
2 tablespoons brewed espresso/coffee
1½ cups heavy cream
2 tablespoons powdered sugar

Directions

Place the chocolate, butter, and espresso in a microwavable bowl, and microwave in increments of 15–25 seconds, stirring each time until melted and smooth. Set aside to cool.

In a separate bowl, whip the cream and sugar with an electric mixer until firm, being careful to not to overbeat. With a rubber spatula, gently fold the chocolate mixture into the cream until it's an even consistency and color. Spoon the mousse into ramekins or martini glasses, and garnish with fresh berries, shaved chocolate, or a mint sprig.

Can be served immediately or refrigerated for up to an hour.

