

# Don's Senior's News

Brought to you by: Don Zahnle  
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## Get Your Zen on with Coloring Books for Non-Kids

We loved them as kids; but now coloring books have a new audience: Adults. Coloring books have become a way for stressed-out adults to get their Zen on through a well-remembered and cherished childhood pastime, reinvented for today.

The trend was triggered by Johanna Basford, a Scottish illustrator whose Secret Garden-inspired coloring book is dominating the Amazon hit list. To date, she's already sold 1.4 million copies worldwide—and she's not the only one. Following Johanna are a flurry of other artists with deeply detailed illustrations to color. The objective: to stimulate imagination and mindfulness.

In a recent article in *The Guardian*, Basford explains the attraction: “For many people, a blank sheet is very daunting,” and adds that with a coloring book the lines are already there, so all you have to add is the color.

The result is an opportunity to take a break from our hectic days. Says Basford, “Now it is socially acceptable... These are books for adults.”

Using simple pleasures as a way to make sense of an ever-changing world is a relatively new social movement, visible not just in coloring books but in hot new management books: Seth Godin's *V is for Vulnerable* is for the 9-to-whatever crowd, but Godin has packaged it as if for a child, complete with cartoons.

Stress-coping strategies don't need to be complicated. Sometimes, the best way to de-stress is to sit down and put crayons to paper. Basford concludes, “I think it is really relaxing, to do something analogue, to unplug...”

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## Are you Searching for a New Home online?

### Now you can search Metro Atlanta Listings in Real Time using the same Tools I use.

Are you tired of finding the perfect property in Trulia or Zillow only to learn the property has been under contract for a week?

Why waste your time with the aggregator sites when I can set you up with an account that will allow you to search in real time for properties with the same tools that agents use? Imagine, no more stale and out of date data like you are getting now.

[Email](#) me today with the message, “set me up with a Listing Book account.”

## Security Systems: Be Safe and Add Value to Your Home

Here's a home upgrade you may not have thought of: Home security. It's not as aesthetically pleasing as new hardwood flooring or as much fun as an in-ground pool, but it can increase the value of your home and make it more attractive to potential renters and prospective buyers.

Gains in technology have made home security slicker, more innovative, and easier to manage. How slim or robust a system you choose depends on the location of your home, its size, and your personal preference. These days it's easier than ever, as a fully automated system allows you to view your property via computer or smartphone, and even lock doors automatically.

A security system will give you greater peace of mind and put money back in your pocket, as most insurance providers offer a discount for homes with monitored alarm systems. If you're considering purchasing a system, speak with your insurance company first to learn about what is eligible for such a discount.

It may also be an attractive feature for prospective buyers. A modern system that has already been installed is a value-add, both for reasons of personal security and because of the insurance discount (if applicable).

As well, home security can give you a competitive edge when renting out a property in a crowded market.

For renters in urban areas—especially tenants who will be living alone—an apartment with an alarm system can be a huge draw; many landlords who offer security systems will likely be able to charge premium rent.

# Seniors Need Connectedness to Age Happily in Place

Befriending seniors gives them the connections they need to age comfortably and happily. And, according to recent reports, it may even help them survive extreme weather.

A report released recently by the Gerontological Society of America noted that seniors are more likely to die during extreme weather than younger people. The Society didn't consider high-profile weather events like tsunamis, hurricanes, or famine-creating droughts—although seniors are also more vulnerable in those situations. Instead, the report highlights the results of past heat waves in centers like Paris and Chicago. Because seniors had fewer social connections, few noticed they were dying of the heat.

Recently, the concept of seniors "aging in place"—in their homes—has become more popular. Now, "home" is more

than a place to live: To survive and thrive, seniors, especially, need "community." Nearly thirty years ago, the first staffed Naturally Occurring Retirement Community Support Service Program (NORC-SSP) opened in New York City. New York's NORC-SSP is a partnership between a neighborhood and a housing development. Social workers are on hand to support seniors and consider their social and mental health as well as their physical needs. But even better, NORC-SSP provides the residents with defined community roles.

The result is a 30-year-old concept that works well for now. As notes in the Gerontological Society report: "Connectedness to other people (not just service providers) and the broader community is a determinant of well-being in old age."

## Quick Quiz

Each month I'll give you a new question.

Just email me at [donzahnle@gmail.com](mailto:donzahnle@gmail.com) for the answer.

What is Bugs Bunny's catch phrase?

## Why Not Pass Me to a Friend?

If you've enjoyed this newsletter and found its information useful, please pass it to a neighbor, friend or co-worker.

And if you have any comments about it, don't forget to give me a call or send me an email!

## 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?

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

Either call 404-939-1309 or [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.

I'll also give you the "inside scoop" on what's happening in the housing market near where you live!

Call me at 404-939-1309 or email me at [donzahnle@gmail.com](mailto:donzahnle@gmail.com) and we will arrange a time to get together.

## Worth Reading

### Letting Your Mind Go Offline

By Tom Brady

*New Telegraph*

Why not prioritize boredom this summer? Brady points out what many accept as a sad fact of modern life: increased dependence on technology and instant entertainment and communication robs us of valuable time to be quiet, reflective, and creative. We shouldn't fear missing out: quiet can keep us more engaged. **More:** <http://tinyurl.com/July-Good-Read1>

### Now You Can Play Pac-Man on the Streets of Your Own City

By Mark Byrnes

*City Lab, The Atlantic*

Monsters are roaming your streets. Luckily the monsters (and the streets) are virtual. For a time, Google Maps lets users experience what streets in several cities would look like as Pac-Man games. Note that Pac-Man through virtual Moscow may be easier to navigate through traffic—and cheaper—than traveling the city. But be forewarned: Pac Man may not be able to play on your street, and Google may pull the feature at any time. **More:** <http://tinyurl.com/July-Good-Read2>

### When Your Punctuation Says It All (!)

By Jessica Bennett

*International New York Times*

Looks like everyone's an editor now—except we're not just enforcing rules about punctuation. We're making them up as we go along by choosing new ways to convey pauses/silences/thoughts at breakneck speeds. The conundrum these days is this: In a 140-character universe, what mark best conveys an emotion? At least no one can say grammar is irrelevant today. **More:** <http://tinyurl.com/July-Good-Read3>

# Is Downsizing the Right Option for You?

As the number of seniors across North America increases, many older adults are realizing they may not be able to stay in their own homes, or “age in place.”

Health concerns figure prominently—a bitter reality for older boomers who didn’t believe they would ever have difficulty climbing stairs or navigating an older home. The result is that many are considering downsizing. But they still plan to age in place in one sense: Most would prefer to stay in their own neighborhoods with all the familiar comforts of home.

And the numbers are mind-boggling: One in 5 Americans will be 65 or older by 2030 – some 71 million people across the U.S. The impact will affect

almost every aspect of society, including healthcare, employment – and, of course, housing.

Especially housing. Across North America, household debt has been growing, particularly in the age group of over 55ers; many seniors may have to—rather than choose to—downsize.

**Is downsizing for you?** For those now considering the pros and cons of downsizing, here are some questions you need to ask yourself and your family:

Do I (and/or my spouse) need to downsize for health or financial reasons? Is it likely that one of us soon won’t be able to drive? Am I hoping to stay near or in my current

neighborhood, or move closer to family?

**What to do now:** You may have difficulty finding what you need in your neighborhood; in most areas, developers have been slow to catch up.

But if downsizing is on your horizon, your first connection should be a good real estate agent who has expertise working with senior buyers. It’s also advantageous if your agent has a network of contacts such as lawyers, mortgage professionals, and organizing professionals to help with disposal of your possessions, and staging companies to prepare your home for sale.

## Want to Get More ZZZZZZs? Log Off

According to the National Sleep Foundation, more than 90% of Americans regularly use a computer or other electronic device before going to bed at night.

Yet research suggests that artificial light from electronic devices disrupts brain chemicals that promote sleep. A study conducted at Rensselaer Polytechnic Institute and published in *Applied Ergonomics* journal indicated that exposure to artificial light from iPads or PC tablets suppressed production of melatonin, a hormone that regulates the sleep cycle.

It seems that light from the blue part of the spectrum is the main culprit in inhibiting melatonin production. Smartphones and tablets, which are often illuminated by light-emitting diodes (LEDs), tend to emit more blue light than incandescent products.

One option for blocking blue light is to wear orange-tinted glasses. Another is to cover the screen with a blue-blocking filter. But researchers caution that so-called “blue blockers” have not been adequately tested for effectiveness; it’s still best to limit use of brightly lit electronics at night. Also recommended: Use a small screen, dim the screen, and keep the device as far away from the eyes as possible.

## This Month’s Smile: Aging Humorously

They say laughter keeps you young, but it’s also the only way to get through the inevitability of aging. Plus it’s a great way to change wrinkles to laugh lines.

Nobody laughs more about aging than veteran comic actress Betty White. Age has made her candid. At an event, White mentioned that people told her that Facebook was a great way to get in touch with old friends. She responded with, “At my age, if I want to get in

touch with old friends, I need a Ouija board.”

Some people embrace aging, while others remain in denial, even as they reap the benefits of senior citizen discounts. One recent retiree, looking for new ways to stay social, rejected the local senior community center. When asked why, she said, “No way! They’re all old!”

## Ask the Agent: This Month’s Question

**How do I find out about the area to which I’m relocating?**

Looking for a new home in a new city can be a daunting experience, but it needn’t be.

Ease the process by having the right team and as much information as possible before you even set foot in your new hometown. Do preliminary research from the palm of your hand with your smartphone. From crime statistics to the best and worst neighborhoods, the Internet is a great place to start.

Try local city guides and user reviews. Learn from the people who live, work, eat and play there every day. StreetAdvisor and TripAdvisor include useful reviews.

Talking to a local real estate agent is key. Ask your current agent to recommend someone in your new town. Use your social networks on- or off-line.

You want to ensure your new house and your new city, becomes a place you can all call home. Research will make it happen.

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

[www.DonZahnle.com](http://www.DonZahnle.com)

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6				5	3			9
			8				6	
	4	7	1		5	6		
5	8			7			3	1
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**Sudoku instructions:** Complete the  $9 \times 9$  grid so that each row, each column and each of the nine  $3 \times 3$  boxes contains the digits 1 through 9. Contact me for the solution!

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### Recipe: Chia Seed Pudding with Chocolate and Berries

This dessert is delicious and healthy.

#### Serves 4

¼ cup raw chia seeds  
2 cups vanilla almond milk (or any other kind of milk)  
2 tablespoons maple syrup  
Pinch of salt  
1 cup assorted fresh berries  
Quality dark chocolate for shaving

#### Directions

Place chia seeds, almond milk, maple syrup, and salt in a medium bowl and whisk together.

Cover the bowl and refrigerate. After half an hour, unwrap and stir the mixture well to ensure there are no clumps of gelatinized chia seeds.

Cover and return to refrigerator for at least 3 hours or overnight.

Stir again before serving. To serve, pour into dessert dishes and top with berries.

Use a vegetable peeler to shave the dark chocolate, and sprinkle shavings over berries.

