

SRES[®] MARKETPLACE

CONSUMER NEWSLETTER

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By Elyse Umlauf-Garneau

What's the ROI on that Home Remodeling Project?

It's always a challenge to know what to fix in your house, especially when you're on a budget and you're chasing the highest return on investment (ROI).

Zonda's 2021 Cost versus Value Report (<https://bit.ly/3fhofq2>) published in *Remodeling* magazine, may help you make such decisions.

Its annual report compares average costs of 22 remodeling projects to the value they retain at resale.

It notes the impact that the spike in the building materials costs has had on home renovation projects.

According to the report's introduction, "The effect on ROI of rising material costs is shown across the board for all projects, with the ROI for all projects down an average of 3 percentage points. The wood deck project shows the greatest decrease in ROI (-10.3%) and the highest increase in material costs (+13.6%)."

This year, replacing the garage door tops the list as the project with the most significant ROI.

Other top-10 projects include numerous exterior upgrades, so if enhancing curb appeal is on your to-do list, doing such tasks may pay off when you sell.

Here are the ten projects with the highest ROI nationally.

1. **Garage Door Replacement (ROI 93.8%)**
Job Cost: \$3,904 Resale value: \$3,663
2. **Manufactured Stone Veneer (ROI, 92.1%)**
Job cost: \$10,386 Resale value: \$9,571
3. **Minor Kitchen Remodel/Midrange (ROI 72.2%)**
Job Cost: \$26,214 Resale value: \$18,927
4. **Siding Replacement | Fiber-Cement (ROI 69.4%)**
Job cost: \$19,626 Resale value: \$13,618
5. **Window Replacement | Vinyl (ROI 68.6%)**
Job cost: \$19,385 Resale value: \$13,297
6. **Siding Replacement | Vinyl (ROI 68.3%)**
Job cost: \$16,576 Resale value: \$11,315
7. **Window Replacement/Wood (ROI 67.4%)**
Job cost: \$23,219 Resale value: \$15,644
8. **Deck addition/Wood (ROI 65.8%)**
Job cost: \$16,766 Resale value: \$11,038
9. **Entry Door Replacement/Steel (ROI 65%)**
Job cost: \$2,082 Resale value: \$1,353
10. **Deck Addition/Composite (ROI 63.2%)**
Job cost: \$22,436 Resale value: \$14,169

The report also illustrates the projects with less dazzling ROI.

Among them are upscale master suite additions, with a job cost of \$320,976 and an ROI of 47.7%. An upscale bathroom addition costing \$103,613 gives you a return of 52.8%, and a major kitchen remodel with a project cost of \$149,079 only provides a 53.9% ROI.

For more geographically specific information, look at the regional city data. The report covers 150 metro areas.

Walking speed and health

There's a reason cities and senior living communities promote walkability. It allows you to continue having a rich life even after you stop driving, it's better for the environment, and it's good for your health.

In fact, McMaster Optimal Aging Portal, Hamilton, Ontario, Canada, says walking speed is one indicator of overall health and may be another vital sign—like blood pressure and heart rate—to measure people's health as they age.

But as we age, walking and mobility—the ability to move freely and easily—often becomes more difficult.

McMaster's online training (<https://bit.ly/2QeyPpk>) provides a way for you to test and improve your walking ability and speed. The payoff is keeping an array of adverse health issues at bay, avoiding falls, and being able to age at home.

It starts with a simple measurement, the DIY 10-Metre Walk Test, that determines your walking speed.

Once you get your results, you can take steps to enhance your strength, flexibility, and speed.

Through training, stretching, overall fitness, and brain training, you can improve mobility.

McMaster shows you how in its learning modules. They include directions on doing the 10-metre test, standing and leg exercises for strength and flexibility, tips for overall health, and how to become a more vigorous walker.

Those include:

- Practicing walking and consciously monitoring your progress.
- Increase your speed for short distances.
- Walking forwards and practice changing directions, walking sideways, and then forwards and backward.
- Limiting daily sedentary time to 8 hours or less.
- Getting 7 to 9 hours of sound sleep each night.

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The view from 96

Consider 96-year-old Stuart Hodes. In his video <https://to.pbs.org/3eLu93T> for PBS NewsHour's "Brief but Spectacular Take," he talks about the joy that dancing and flying B-17s in World War II have brought to his life.

"I think anything that you do with every particle of yourself can be wonderful, and it can make you forget the world. It's magic. How the heck am I supposed to describe it? Something happens. It takes everything you have got. And, for that — for those brief moments that you're dancing, you're transported."

He's still dancing.



Top 50 Markets for Baby Boomers

Are you thinking about relocating?
Wondering where other baby boomers, those born between 1946 and 1964 are heading?

LendingTree has some answers.
It analyzed mortgage purchase requests made in 2020 on the LendingTree platform across the country's 50 largest metropolitan areas.



The top five most popular spots were:

1. Las Vegas
2. Tampa
3. Phoenix
4. Miami
5. Jacksonville

San Jose, Calif., San Francisco, Minneapolis, Buffalo, N.Y., and Pittsburgh were the five cities with the lowest percentages of baby boomers making purchase requests.

Visit <https://bit.ly/3w49Ynm> to see the complete list and where your hometown or favorite retirement destination ranks.

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✓ 3 Ways to (Almost) Instantly Improve Your Mood

Right now, when social distancing makes a good hug hard to come by, try these other natural ways to boost your spirits!



1. Take a walk outside

A simple walk can provide a pleasant change of scenery while also stretching your muscles and improving your circulation. Brisk walking can make you feel better by releasing endorphins (the feel-good hormone) and boosting energy.

Walking in nature or other “green” spaces and basking in natural light has been proven to promote a calming, meditative mental state, improving mood.

Plus, studies show that exercise can have a positive impact on depression. Active people tend to experience lower depression rates, and exercise can be as effective as medication in alleviating long-term depression.



2. Look up and smile!

Even if smiling is the last thing you feel like doing, forcing a smile will make you feel better. How? The physical act of smiling sends messages to your brain to release “feel good” hormones. It also reduces stress, boosts your immune system, lowers blood pressure, improves digestion, and can even help you live longer!

Plus, when you smile, other people are more likely to smile back, which also lifts your mood.

The neurology of our “visual brain” is a bit complicated, but casting your eyes upwards can improve mood, creativity, and a sense of well-being. Builders of ornate cathedrals have known this for centuries. In the cell phone age, studies confirm that looking down damages mood, whereas looking up improves it.



3. Good foods and essential oils

Certain foods are proven mood-boosters, as well as some essential oils. Since up to 90% of your body’s production of the “feel-good” hormone serotonin is produced in your gut, foods matter. Mood-boosting foods include dark chocolate, salmon, oats, bananas, berries, nuts, seeds, coffee, and fermented foods. Overall, adding more fruits and vegetables to your diet has been shown to reduce depression.

Essential oils work by stimulating your sense of smell, which can discriminate between over a trillion different scents! Although the research is still limited, some essential oils have been used successfully to boost mood, including lemon oil, lavender, ylang-ylang, rosemary, basil, and clary sage.

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