

Rosedale Village News

January 2022



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Dear Friend,

Welcome to 2022! 2021 took a toll on the world and we are more than ready to move on. Even if the turning of the calendar year doesn't bring any swift changes, the promise of a new year is still exciting.

One of the most popular new years resolutions is losing weight. If this is on your list, here are 9 weight loss tips to lose weight faster.

I hope your New Year is off to a great start. If one of your resolutions is to buy or sell real estate this year, let us know...we'll help you keep that resolution!

Warm Regards,

B. MacLean *Shelley*

9 Weight Loss Tips to Lose Weight Faster

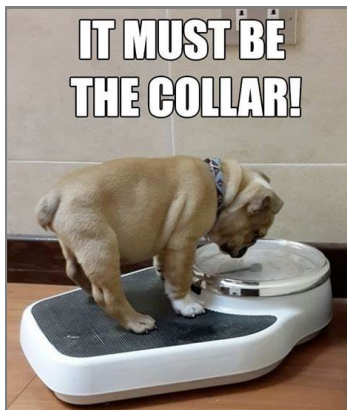
1. Eat a high protein breakfast. It will reduce cravings and calorie intake.
2. Avoid sugary drinks and fruit juice.
3. Drink water before meals. Studies show that drinking water before meals reduced calorie intake.
4. Choose weight-loss-friendly foods.
5. Eat soluble fiber. Soluble fibers promote weight loss.
6. Drink coffee or tea. Caffeine consumption can boost your metabolism.
7. Base your diet on whole foods. They are more filling, and much less likely to cause overeating than processed foods.
8. Eat slowly. Eating quickly can lead to weight gain over time, while eating slowly makes you feel more full and boosts weight-reducing hormones.
9. Get good quality sleep. Sleep is important for many reasons, and poor sleep is one of the biggest risk factors for weight gain.

JUST LISTED



3 Falconwood Pl.
Ambrosia 1390 Sq Ft.,
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Asking \$799,900.

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* Since 2009 - Toronto Real Estate Board MLS Statistics

January Quiz Question

Q: Which famous British rock band performed for the last time on a rooftop in London, England, in January 1969?

Everyone who emails clientcare@bevmaclean.com or calls in the correct answer will be entered into a draw for a \$25 gift certificate to:



Watch for your name in a coming month!

December Quiz Answer

Q. What was the highest grossing Christmas movie of all time?

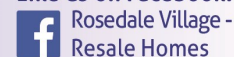
A. The Grinch

Congratulations to Susan Barker!

She has correctly answered the quiz question and will receive a \$25 gift certificate for:



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Design & Décor Tip

Before



After



Save money by updating your current kitchen cabinets instead of buying new ones. A fresh coat of paint and new hardware will give them a dramatic facelift at a fraction of the cost.

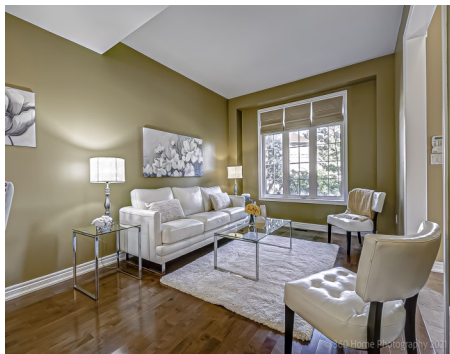
January Birthdays

I hope your celebration gives you many happy memories!

Italo DeFranco - 1st
Angelo D'Ambrosio - 4th
Paula Borg - 15th
Mary Cali - 18th
Sue Ann Doerskin - 27th
Margaret Luck - 27th



Top 4 Essential Home Staging Tasks



Home staging is an important part of the selling process and is a marketing strategy which raises the perceived value of a home. It gives prospective buyers a chance to see the full potential of the space and picture themselves living there. Most people assume they can stage a home on their own, but it will take the eagle eye of a professional to really make your space sing. A professional stager will always look at a home from a buyer's perspective and showcase the home the best way possible by highlighting its best features and minimizing the negative ones. When done properly, home staging will increase the return on your investment. A home is typically a person's largest investment and it's about protecting that investment and ensuring no money is being left on the table.

1. **Say Goodbye to Clutter** - Paring down is the cheapest and most effective activity you can do. The more floor space you can open up, the bigger your home will feel and the greater perceived value you create.
2. **A Fresh Coat of Neutral Paint** - Now that you've cleared out any excess items, it will be much easier to paint. If you haven't painted your walls and baseboards in the last couple of years, they could likely use a fresh coat. No matter the age of your home, buyers always want a home that feels new and extremely well maintained. Paint is this magical liquid that achieves both of these goals. There is nothing like pristine baseboards, doors and walls to erase all the history of your ownership on the home.
3. **Update Your Fixtures: Lighting, Handles and Faucets** - Take a good look at your kitchen handles, your hallway and dining lights and your bathroom faucets. Are any of them looking tired, basic or dated? Individually, no one item has any grand significance but if all of your faucets, handles and lights are creating an outdated vibe, it might be worth addressing.
4. **Step Up Your Curb Appeal** - In the winter, we might switch this point out with something about focal points or accessories, but for three seasons a year, curb appeal is incredibly important to home buyers. When the exterior of a home looks uncared for, a buyer will assume the interior is also uncared for and may be saying no to the home before they have even entered the front door. Addressing curb appeal doesn't have to be expensive at all and this is your first opportunity to say to buyers, "I love my home and I take care of it."

The Essential Guide to an Easier Move

Moving always brings mixed emotions. It can be both very exciting and stressful at the same time. To help, we've put together a moving tip guide brochure that will help make your move efficient and trouble free. For your copy, contact us and we'll send the brochure to you.