



YOUR NEIGHBORHOOD

Flyer

June
2022

UNLIKELY FRIENDS COMBAT LONELINESS ACROSS THE GENERATIONAL DIVIDE

With loneliness becoming ever more present in this digital age with so much of our communication done online, people are beginning to actively fight back against it. Here are two heartwarming stories of friends bridging the age gap to create intergenerational friendships that in the past may have seemed unlikely.

In London, England, 43-year-old Claire has struck up a lifelong friendship with 73-year-old Chrissie since they met through the South London Cares charity, which brings neighbors of all ages together. They regularly go out walking together and often find themselves in tears laughing at each other's jokes. And it's not just great company they're providing each other but also life lessons they may not otherwise have had. Chrissie's need for a mobility scooter has helped Claire appreciate her own able body more, while Chrissie has been enjoying learning about the perspectives and outlook of people much younger than her.

Elsewhere in England, the Liverpool Cares charity has been making similar connections between young and old. Seventy-nine-year-old Marie and 30-year-old Tennessee, who is originally from Kent in southeast England, have been getting to know each other through joyful phone calls and are looking forward to meeting when the opportunity arises. Tennessee has found their deep and meaningful conversations to be a breath of fresh air to the Kardashian-laced humdrum that seems to pervade everyday chat in his regular friendship group, while Marie has been amazed at Tennessee's ability to see the good in everyone.



WONDERING WHAT'S HAPPENING IN YOUR NEIGHBORHOOD?

Whether you're curious about prices in your area, whether it's an excellent time to sell, or just need an expert to answer your questions, I can give you the tools and offer guidance through the entire buying or selling process.

Let me know how I can help by simply giving my office a call at **703-928-4428** to set

4 WAYS TO BRING TRANQUILITY INTO YOUR HOME

Your home is more than just a place to hang your hat, eat and sleep. A home is a place of refuge where you should feel safe and accepted. It also can be your sanctuary, a place where you feel you belong. Here are four ways to bring tranquility into your home and make the most of it being your sanctuary.

1. Create that perfect spot to chill. Decorate a small space with bright wall coverings and add some furniture so you have a tranquil place to lie back, meditate or just listen to some relaxing music. Your escape could also be a tropical paradise on a patio filled with plants and a small waterfall.
2. Conquer the clutter that produces physical and emotional chaos. Construct attractive storage bins at your front door to keep things easily organized.
3. Lots of natural light will be the best contributor to adding tranquility to your home. It improves your mood, boosts productivity and also highlights your interior design details.
4. The location and exterior of your home can offer a place to decompress. A good walkable location offers more activities, like bike riding and walking to a park. A nicely landscaped yard will encourage you to go out and embrace the power of plants and the warmth of the sun.

I can help you escape the craziness of everyday living by suggesting ways to customize elements of your personal lifestyle so you can successfully bring tranquility into your home. Please give me a call.

featured properties

LISTINGS COURTESY OF BRIGHT MLS



Coming Soon!
3321 Cranbrook Ct., Oakton, VA 22124



STAFFORD, VA \$369,990
\$2,072/MONTH*



AUGUST, WV \$374,900
\$2,099/MONTH*



FAIRFAX, VA \$379,500
\$2,125/MONTH*



PASADENA, MD \$474,950
\$2,660/MONTH*



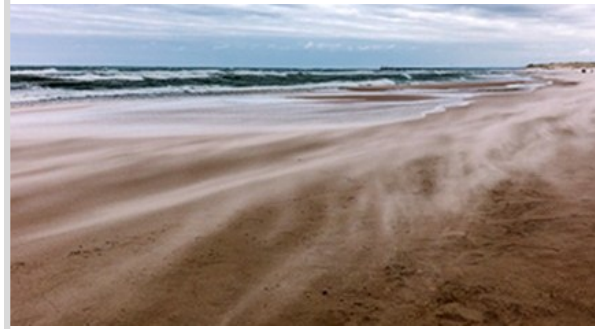
FAIRFAX, VA \$479,000
\$2,682/MONTH*



BEALETON, VA \$484,900
\$2,715/MONTH*

* Total payment of home is based on an APR of 4.567% and tax benefits may vary based on individual tax bracket. The interest rate used is 4.25% and is subject to change. This product is a Variable-Rate Mortgage with a 7-year fixed rate period. Your interest rate may be adjusted annually after the 7-year fixed rate period and will be based on an index plus a margin. The index is the one year London Interbank Offered Rate (LIBOR) as published in the Wall Street Journal and the margin is 2.25. This Financing is designed to assist you in selecting the loan program that most closely suits your budget. Financing is shown for comparison only. This is not an offer of credit or commitment to lend. Loans are subject to buyer/property qualification. Rates/fees are subject to change without notice. Cash reserves may be required for some conventional loans. Please call Samson Proper-

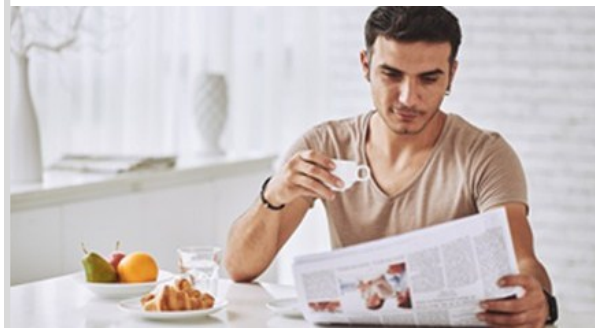
WORTH READING



ARCHITECTURE IN MUSIC

Charles Brooks Photography

Have a look at this absolutely stunning photo series by photographer Charles Brooks. At first glance, you may think each photograph captures a vast structure of modernist architecture, with wide halls, sprawling caverns and endless passages. But look a little closer and you'll find they're actually photos of the insides of musical instruments, captured using a probe lens and a technique called focus stacking.



More: <https://tinyurl.com/worth0422a>

A BEGINNERS GUIDE TO SEASONAL EATING THAT DOESN'T COST THE EARTH

Tish Weinstock | Vogue

One way you can help the environment while also providing yourself with a delicious, healthy diet is to switch to "seasonal eating." Focus predominantly on food harvested from your local area in the season it is traditionally harvested, the same way humans did for millennia before global mass production and transportation took over. Head to Vogue for some pointers on how, where and why to begin. More: <https://tinyurl.com/>

Market Statistics

REVISE PRINT Help

Monthly Statistics for the Date Range Selected

Date	Units Listed	Listed Volume	Listed Median	EOM Inv	MSI	Pended	Units Sold	Sold Volume	Sold Median	DOM	CDOM
May 2022	1,337	\$1,019,729,062	\$739,900	875	0.9	899	1,145	\$883,028,015	\$750,000	7	8
Totals:	1,337	\$1,019,729,062	\$739,900				1,145	\$883,028,015	\$750,000	7	8
Report Summary*	Average Sold		Average Sold Price			Average Pended		Median Sold Price		Median Sold	
May 2022 - May 2022	1,145		\$771,204			899		\$750,000		1145	

*Full Month(s) Only

Inventory Comparison

Date	Current Inventory	Inventory Accumulation	\$Volume	Average List Price	Median List Price	New Listings	New Under Contract
Current Month: Jun 2022	1,262	1.1	\$962,767,063	\$762,890	\$745,000	1,378	682
Last Year: Jun 2021	1,039	0.8	\$767,913,017	\$739,089	\$699,500	1,541	1,179
Last Month: May 2022	875	0.9	\$679,723,314	\$776,827	\$750,000	1,337	1,081

Market Statistics Criteria Used	
Date Range:	May 2022 to May 2022
Price Range:	\$500,000 - \$1,200,000
Property Type:	Residential
Area(s)/County(s):	County- All Fairfax County, VA

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NOURISH YOURSELF WITH THESE SIMPLE SELF-CARE RITUALS

As we move into the warmer months of the year, hopefully many of us have begun to shake away some of the blues that can capture us during the winter. However, it's important not to let your vital self-care rituals also slip away. Here are five tips for continuing to grow your health and happiness throughout the year.

Practice deep breathing. A tried and tested self-care routine is to spend a few minutes a day breathing deeply, focusing on nothing but your breath. It's an excellent ritual for improving your mental health and an entry point into meditation.

Get lots of sun and fresh air. Simply getting outside and breathing in fresh air each day can greatly reduce your levels of stress and anxiety, while sunlight provides us with a constant source of health benefits, including helping our bodies to create vitamin D.

Stretch regularly. Taking a moment to stretch each day helps to keep your body mobile and free of aches, benefiting both your physical and mental health. It doesn't have to be an intense yoga session, either: just a few minutes of simple stretching in the morning is an easy routine to get yourself into.

Keep hydrated. Have you ever reached late afternoon only to realize you haven't had a glass of water all day? It's easy to forget to drink enough in a day, so make sure you stay hydrated in order to keep your energy levels up and your mind focused and feeling positive.

Snack healthily. If you find yourself snacking throughout the day, consider keeping only healthy snacks such as nuts and fruit around you in order to limit your intake of sugar, caffeine or fats.

ASK THE AGENT: **THIS MONTH'S QUESTION**

DOES IT MATTER WHICH DAY YOU CLOSE ON A HOME?

The day of the month that you close on the purchase of your home is important and should be part of your contract negotiations. The amount of prorated interest that you will pay at closing will be determined by the day of the month you close.

Mortgage interest is paid in arrears. A later date in the month means less interest paid as part of your closing costs. For example, if you were to close on May 30, then you would only pay two days of interest plus the interest due for June. Your first payment wouldn't be due until July 1.

Since 95% of closings occur at the end of the month, and if a few hundred dollars at closing doesn't make a big difference for you, then you may choose to close earlier in the month, when title and escrow companies are not as busy and closings tend to go a bit more smoothly.

solve it!

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

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 us for the solution!

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THE *recipe* BOX

EPIC AVOCADO TOAST

It's officially avocado season! June is the time to find those perfectly ripe avocados with their delicious, buttery texture and flavor that makes them so popular worldwide.

Yields 2 slices of basic avocado toast (multiply as necessary).

- 1 medium ripe avocado
- 1 tablespoon olive oil
- 1 teaspoon fresh lemon juice
- Salt
- 1 clove garlic, peeled
- 2 slices whole-grain bread, toasted
- 5 cherry tomatoes, cut in half
- 1 tablespoon balsamic glaze
- 1/8 teaspoon red pepper flakes

In a bowl, mash avocado with a fork. Add oil, lemon juice and salt and mix through. Lightly rub peeled raw garlic clove over top of toast. Top toast with avocado and then layer on cherry tomatoes. Drizzle balsamic glaze over tomatoes and sprinkle red pepper flakes on top.

Serve.

Optional extras to kick your toast up a notch: spinach leaves, fried or scrambled eggs, feta, pesto, sliced radish or freshly chopped herbs such as basil, cilantro, dill or parsley.

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DENNIS BELL

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