

# Do Something Great For Your Home & Your Health!



Better Days Are Coming!!

Central NY is starting to come to life! Shrubs are budding out and flowers starting to peep up....I don't want to make light of the situation because many people are struggling, but at the same time there are good things coming and taking control of your surroundings can do more than just lift your spirits. Many studies show that gardening reduces stress, anxiety, depression, risk of stroke, BMI, as well as increases cognitive function. According to the Centers for Disease Control and Prevention, you can burn up to 330 calories during just

one hour of light gardening and yard work —more than lifting weights for the same amount of time! And 2 separate studies that followed people in their 60s and 70s for up to 16 years found, respectively, that those who gardened regularly had a 36% and 47% lower risk of dementia than non-gardeners, even when a range of other health factors were taken into account. I think we all know that spending 90% indoors is an extremely sedentary, disconnected, unhealthy, and unnatural lifestyle. So get out there and beautify your home whether you are about to sell it or not! One option are places like Dickman's Farms in Auburn which is now open! We don't get anything from promoting them, I'm just a fellow plant addict lol. They sell all kinds of beautiful plants, pots and fun things to decorate your garden with. Check their website to make sure you understand their safety protocols, but you can walk through the green houses.

## Adolfi Real Estate Status Update

- Q: Are we open? A: Yes! We are working remotely.
- Q: Has real estate halted? A: No! Attorney's are working remotely as are banks and county clerks. Also our government vendors, who are considered essential to the finance industry, are assigning us properties and asking us inspect, list and market empty, foreclosed properties.
- Q: Can closings take place? A: Yes! If you have an essential job or a specific back to work date, your closing can move forward. Otherwise the bank has to reassess.
- Q: Can you list a property? A: Yes! Some people are choosing to list their home. Others are waiting. We've heard from other agents that they have listings prepped for when its a little safer and more flexible, however showings can take place with stringent safety protocols. Also agents are doing FB live showings of them.
- Q: Is anyone buying? A: Yes! Some after viewing them, others by making them contingent on an inspection after the ban has lifted.
- Q: Is there any inventory? A: Yes! Some regular properties but definitely foreclosed properties.

Call us any time **315-695-6434**. Our phones ring into our cells so we are still here for you!

# 3 Top Properties For Sale as of *May 1st 2020*



**5272 US Rt 11  
Richland**

4 Beds/1.5 Bath 2,518 sq ft  
Barn, in-law suite, 9.5 acres!

**Price: \$102,500**



**4173 Balboa Dr. (HUD)  
Clay**

3 Beds/2.5 Baths 1,079 sq ft  
Extra sq. ft in finished basement

**Price: \$132,000**



**156 E. 9th St (HUD)  
Oswego**

1 Beds/1 Bath per unit  
Large Kitchen

**Price: \$50,000**



## Captain Christen has her Wings!!

I've been waiting on pins and needles for months because I had my heart set on an Autel Evo 2 and they finally released them a couple of weeks ago!

**EXCITED** doesn't come close lol...

Now we can offer our own drone service to market your home! Nothing shows off a property like a beautiful arial shot!

Real estate agents who use a drone have to be licensed by the FAA so I went through that process now I am ready to serve you!



Check out our videos online!  
[www.AdolfiYouTube.com](http://www.AdolfiYouTube.com)

