



Real Estate Newsletter
April 2023

PS POINT
SOUTH
REALTY

INFORMATION FOR BETTER LIVING

Inside this issue:



Strength training is key!

Local RE market snapshot

Featured Puzzle

A Special Salute

Pet of the Month

A Realty Company for Seniors and Retirees



pointsouthflorida@gmail.com



PointSouthFlorida.com



941-529-8849

Kathy McKinnon

Broker/Owner and Senior Real Estate Specialist





For seniors, strength training is a key element to longevity, quality of life

Richard Reeve KSTP
March 3, 2023 - 12:35 AM

An **Annual Review of Medicine study published in 2022** found “even frail individuals or those aged 85 years can achieve measurable improvements in muscular strength and power several weeks to months of resistance training.”

“It comes down to quality of life,” explains Beth Lewis, a professor at the University of Minnesota’s School of Kinesiology. “So we have people living longer, what is that quality of life like?” Lewis and her colleagues specialize in the scientific study of the human body’s movement. She says researchers are changing their viewpoint on fitness for seniors. “We’ve done a little bit of a disservice by just saying, ‘OK, just go out and walk, you’ll be fine, that’s enough,’” Lewis said. “[We’ve said], ‘Sorry, you should do that, it’s really important for cardiovascular disease prevention. But you also should to do strength training in order to prevent muscle loss over time.’”

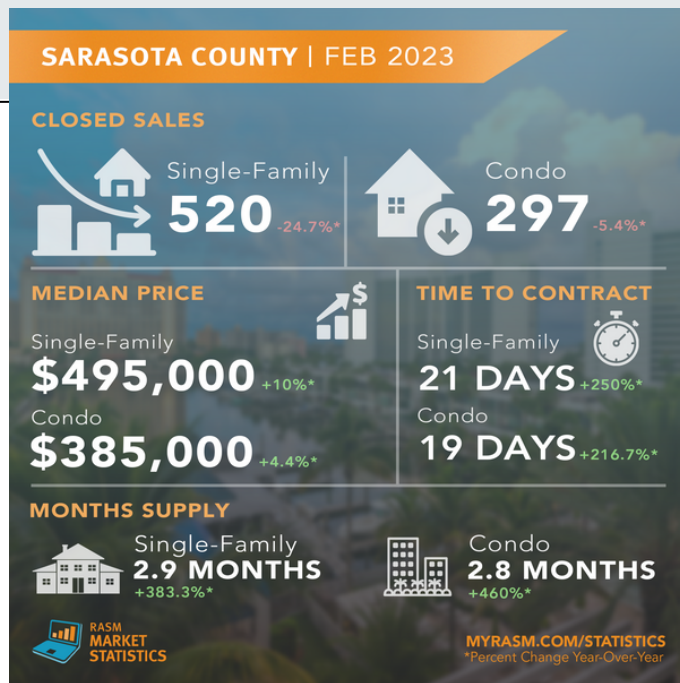
The report found even a single weekly resistance exercise session produced beneficial changes in muscular strength in older adults.

Experts say building muscle strength — the ability to exert force — allows us to do simple tasks like climbing stairs or lifting groceries out of the car. One reason why researchers are focusing on this, is that muscle mass decreases by up to 8% each decade after 30. That process, they say, accelerates after 60. Berg says walking for seniors is a great start, but building muscle mass, she says, helps with strength and a lot more.

Liz Berg, an instructor at Life Time in Eden Prairie, has coached people in the fitness business for 37 years. “Walking is great. I don’t want to dissuade anyone from getting out and walking and moving. Moving is a big thing,” she explains. But strength training, Berg says, will help you stay fit into your advanced years. “Your movements become more fluid. You’re more apt to be able to balance when you’re about to fall,” she says. “It helps with balance. It helps with movement. It helps with getting up. Just getting up.”

Berg says seniors just starting to work out don’t necessarily need weights at home. Even simple exercises like using soup cans or a bag of books can be used for bicep curls, for example.

It's never too late to get stronger!



Home Prices and Inventory Rise in Sarasota and Manatee

SARASOTA, Fla. (March 21, 2023) – Home sales in Sarasota and Manatee counties showed a year-over-year decline but a month-over-month increase in February. According to data from Florida REALTORS® and compiled by the REALTOR® Association of Sarasota and Manatee (RASM), inventory continues to increase significantly from the same time last year while the number of days from listing to contract has also increased by more than 250 percent in the North Port-Sarasota-Bradenton MSA.

For single-family homes, closed sales decreased year-over-year by 10 percent to 503 sales in Manatee County and decreased by 24.7 percent to 520 sales in Sarasota County. Condo sales decreased by 21.1 percent to 195 sales in Manatee County and by 5.4 percent in Sarasota County to 297 sales. “February continued the trend of fewer transactions in our area along with an increase in new listings when compared to last year. We also saw an increase in median sales price as well, which is not surprising considering we are still in what many call a seller’s market with less than 3.5 months of inventory,” said Brian Tresidder, 2023 RASM President and Strategic Growth & Sales Manager at William Raveis Real Estate. “One thing to note is that pending sales, or the number of properties that went under contract this month, are closer to what we saw last year, which should indicate more closed sales in March.” There were more pending sales in February than in January of this year, increasing by 10.5 percent from the previous month. When compared to last year, pending sales decreased by 5.1 percent for condos but increased by 2.3 percent for single-family homes.

New listings decreased slightly from January to February, with 2,404 new homes on the market in February, compared to 2,580 reported in January. Year-over-year, new listings in the North Port-Sarasota-Bradenton MSA increased by six percent.

At the end of the month there were 5,240 active listings in the North Port-Sarasota-Bradenton MSA, a 307.2 percent increase from the same time last year. Active inventory increased from 5,236 homes in January to 5,240 homes in February.

Median prices continue to increase year-over-year in the two counties. In Manatee County, single-family home prices increased by 2.5 percent to \$490,000 and condo prices increased by 13.8 percent to \$369,900. In Sarasota County, the median sale price for single-family homes increased by 10 percent to \$495,000 and increased by 4.4 percent to \$385,000 for condos.

The median number of days between listing date to contract date continues to increase, with February marking the ninth straight month of year-over-year increases. The median days to contract in Manatee County was 39 days for single-family homes and 29 days for condos, a year-over-year increase of 550 percent and 480 percent respectively. In Sarasota, the median time to contract for single-family homes increased by 250 percent to 21 days, while condos increased by 216.7 percent to 19 days.

1950's Songs

H N D P V U T N H R E D H O T
 D R U M B L E C D R P G E G R
 T Y U U D O D K T E Q U I L A
 B H V E E N M P B P H D M M K
 Y O S V R L U P D K V O L I I
 X N U E A Y B I J K C N L S D
 R K Q R V Y A H A G W N V T D
 N Y Q Y E O W U N X M A C Y D
 J T S D O U K V G L Z H B J Z
 G O B A N R X D O S P E E D O
 X N V Y N I G H T T R A I N X
 O K L A B A M B A M K H O W O
 S Z P F E V E R Y W Q N Z A Q
 B Q G E C R H O U N D D O G O
 C M M D X I P Q T N A Z D N G

- | | | | |
|---------|---------|------------|-----------|
| LABAMBA | ONLYYOU | EVERYDAY | DJANGO |
| FEVER | SPEEDO | NIGHTTRAIN | HONKYTONK |
| REDHOT | RUMBLE | TEQUILA | RAVEON |
| MISTY | DONNA | HOUNDDOG | |

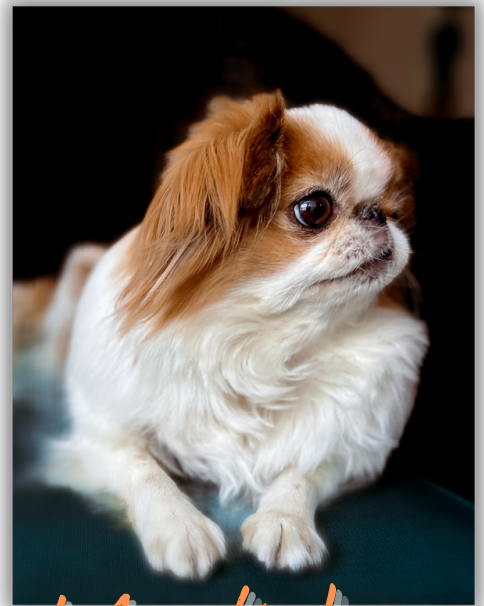
A Special Salute...



to Dave Nichols of Stone River in Bradenton. Dave served in the Navy as a Quartermaster aboard a destroyer that cruised the Distant Early Warning Line during the Cold War. He and his wife Pat move to the area a year ago and he's enjoyed spending time watercolor painting and being closer to family.



Thank You Dave!



Meet Lucy



Freedom Village of Bradenton has an ambassador that you **MUST** meet! Lucy, a lovable Japanese Chin (oldest breed in the world!), will steal your heart as her caring parents Carolyn and Marty Nathan will attest. Lucy is the granddaughter of a beloved previous Chin, and she has filled their home, and the hearts of all who know her around the community with joy and wet kisses. Stop by...she would love to meet you! ♡♡♡♡♡