

Life & Times

OCTOBER 2021

WAITING A YEAR TO BUY COULD COST YOU

If you're a renter with a desire to become a homeowner, or a homeowner who's decided your current house no longer fits your needs, you may be hoping that waiting a year might mean better market conditions to purchase a home. To determine if you should buy now or wait, you need to ask some important questions

What will home prices be like in 2022?

Three major housing industry entities project continued home price appreciation for 2022. Here are their forecasts:

Freddie Mac: 5.3%
Fannie Mae: 5.1%
Mortgage Bankers Association: 8.4%

Using the average of the three projections (6.27%), a home that sells for \$350,000 today would be valued at \$371,945 by the end of next year. That means, if you delay, it could cost you more. As a prospective buyer, you could pay an additional \$21,945 if you wait.

Where will mortgage rates be by the end of 2022?

Today, the 30-year fixed mortgage rate is hovering near historic lows. However, most experts believe rates will rise as the economy continues to recover. Here are the forecasts for the fourth quarter of 2022 by the three major entities mentioned above:

Freddie Mac: 3.8%
Fannie Mae: 3.2%
Mortgage Bankers Association: 4.2%

That averages out to 3.7% if you include all three forecasts, and it's nearly a full percentage point higher than today's rates. Any increase in mortgage rates will increase your cost.

What does it mean for you if both home values and mortgage rates rise?

You'll pay more in mortgage payments each month if both variables increase. Let's assume you purchase a \$350,000 home this year with a 30-year fixed-rate

loan at 2.86% after making a 10% down payment. According to the mortgage calculator from Smart Asset, your monthly mortgage payment (including principal and interest payments, and estimated home insurance, taxes in your area, and other fees) would be approximately \$1,899.

That same home could cost \$371,945 by the end of 2022, and the mortgage rate could be 3.7% (based on the industry forecasts mentioned above). Your monthly mortgage payment, after putting down 10%, would increase to \$2,166.

The difference in your monthly mortgage payment would be \$267. That's \$3,204 more per year and \$96,120 over the life of the loan.

If you consider that purchasing now will also let you take advantage of the equity you'll build up over the next calendar year, which is approximately \$22,000 for a house with a similar value, then the total net worth increase you could gain from buying this year is over \$118,000.

Bottom Line

When asking if you should buy a home, you probably think of the non-financial benefits of owning a home as a driving motivator. When asking when to buy, the financial benefits make it clear that doing so now is much more advantageous than waiting until next year.

Source: Keeping Matters Current

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The Cost of Waiting to Buy: 2021 vs. 2022

Purchase Year	Purchase Amount	Approx. Mortgage Rate	Estimated Mortgage Payment
2021	\$350,000	2.86%	\$1,899
2022	\$371,945*	3.7%**	\$2,166

*Factors in average projected home price appreciation for 2022 at 6.27%

**Average projected mortgage rate for 2022

2022 CALIFORNIA HOUSING MARKET FORECAST

C.A.R. releases its 2022 California Housing Market Forecast

California housing market to remain solid if pandemic is kept under control, but structural challenges will persist.

Existing, single-family home sales are forecast to total 416,800 units in 2022, a decline of 5.2 percent from 2021's projected pace of 439,800.

California's median home price is forecast to rise 5.2 percent to \$834,400 in 2022, following a projected 20.3 percent increase to \$793,100 in 2021.

Housing affordability is expected to drop to 23 percent next year from a projected 26 percent in 2021.

LOS ANGELES (Oct. 7) – Supply constraints and higher home prices will bring California home sales down slightly in 2022, but transactions will still post their second highest level in the past five years, according to a housing and economic forecast released today by the CALIFORNIA ASSOCIATION OF REALTORS® (C.A.R.).

The baseline scenario of C.A.R.'s "2022 California Housing Market Forecast" sees a decline in existing single-family home sales of 5.2% next year to reach 416,800 units, down from the projected 2021 sales figure of 439,800. The 2021 figure is 6.8 percent higher compared with the pace of 411,900 homes sold in 2020.

The California median home price is forecast to rise 5.2 percent to \$834,400 in 2022, following a projected 20.3 percent increase to \$793,100 in 2021 from \$659,400 in 2020. An imbalance in demand and supply will continue to put upward pressure on prices, but higher interest rates and partial normalization of the mix of sales will likely curb median price growth. Additionally, a shift in housing demand to more affordable areas, as the trend of

remote working continues, will also keep prices in check and prevent the statewide median price from rising too fast in 2022.

"A slight decline next year from the torrid sales pace of the past year-and-a-half will be a welcome relief to potential homebuyers who have been pushed out of the market due to high market competition and an extremely low level of homes available for sale," said C.A.R. President Dave Walsh. "Homeownership aspirations remain strong and motivated buyers will have more inventory to choose from. They will also benefit from a favorable lending environment, with the average 30-year fixed rate mortgage remaining below 3.5 percent for most of next year."

C.A.R.'s 2022 forecast projects growth in the U.S. gross domestic product of 4.1 percent in 2022, after a projected gain of 6.0 percent in 2021. With California's 2022 nonfarm job growth rate at 4.6 percent, up from a projected increase of 2.0 percent in 2021, the state's unemployment rate will decrease to 5.8 percent in 2022 from 2021's projected rate of 7.8 percent.

Growing global economic concerns will keep the average for 30-year, fixed mortgage interest rates low at 3.5 percent in 2022, up from 3.0 percent in 2021 and from 3.1 percent in 2020 but will still remain low by historical standards.

"Assuming the pandemic situation can be kept under control next year, the cyclical effects from the latest economic downturn will wane, and a strong recovery will follow," said C.A.R. Vice President and Chief Economist Jordan Levine. "However, structural challenges will reassert themselves as the normalization of the market continues. Demand for homes will continue to outstrip available supply as the economy improves, resulting in higher home prices and slightly lower sales in 2022," Levine continued.

Source: C.A.R.

	2015	2016	2017	2018	2019	2020	2021p	2022f
SFH Resales (000s)	409.4	417.7	424.9	402.6	398.0	411.9	439.8	416.8
% Change	7.00%	2.00%	1.70%	-5.20%	-1.20%	3.50%	6.80%	-5.20%
Median Price (\$000s)	\$476.3	\$502.3	\$537.9	\$569.5	\$592.4	\$659.4	\$793.1	\$834.4
% Change	6.60%	5.40%	7.10%	5.90%	4.00%	11.30%	20.30%	5.20%
Housing Affordability Index*	31%	31%	29%	28%	31%	32%	26%	23%
30-Yr FRM	3.90%	3.60%	4.00%	4.50%	3.90%	3.10%	3.00%	3.50%

p = projected

f = forecast

* = % of households who can afford median-priced home

WINTER MAINTENANCE TIPS

American Home Shield recently released five important tips to remind homeowners to take preventative maintenance steps and other precautions to help keep their homes cozy — and safe — this winter.

Heating system and air filters - It is always a good idea to have heating systems professionally serviced every year. Also filters should be checked monthly and replaced if needed, and system exhaust vents should be inspected for rust, damage or any corrosion.

Seals and openings - Check to make sure your doors and windows are properly sealed so heat does not escape. Inspect caulking and weather stripping around openings for wear and tear, and replace if necessary.

Plumbing - Burst water pipes can cause expensive damage. Take time now to wrap outside pipes that might be exposed to extreme temperatures. Review the locations for the main water and fuel shut-off valves with all members of your household.

Water Heaters - Test your water heater's pressure relief valve once a year to make sure it is not clogged and is working safely. This is also a good time to check the tank for leaks or corrosion, and to flush it per manufacturer's instructions to eliminate sediment build-up. Inspect your water heater pipes to make sure they are properly insulated, and that no insulation has come loose.

Have a plan – When you own a home, you know that things are going to break down – and when it happens, it is important to know who to call. A home warranty is a great way to protect your budget against costly repairs, and save yourself the time and hassle of finding a qualified professional to get major systems and appliances up and running again.

Source: Donna Crane, Chicago IL Realtor



MILITARY: TRICARE RATES INCREASING IN 2022

If you are a reservist, young adult or transitioning service member enrolled in Tricare or a transition health insurance plan, you will probably soon be paying more for your health insurance.

Tricare just released the 2022 rates for the Tricare Reserve Select (TRS) and Tricare Retired Reserve (TRR) programs, as well as for the Tricare Young Adult and Continued Health Care Benefit programs. Like almost everything else, the prices will mainly be increasing.

Reservists enrolled in the Tricare Reserve Select program are the lucky ones in the group and will see their premiums actually go down next year. The monthly premiums will decrease from \$47.20 to \$46.70 for single coverage and from \$238.99 to \$229.99 for family coverage.

Retired reservists who haven't turned 60 and are covered under the Tricare Retired Reserve program will see the monthly premiums for a single member increase from \$484.83 to \$502.32 each month, and those with family coverage will see an increase from \$1,165.01 to \$1,206.59.

College-age dependents enrolled in the Tricare Young Adult program will see an increase in their monthly premiums; however, the amounts vary, depending on which option they are covered under. For those using Tricare Young Adult Select, the monthly payment will go from \$257 to \$265, and those using Tricare Young Adult Prime will see the monthly payment increase from \$459 to \$512.

Recently discharged members with temporary health insurance under the Continued Health Care Benefit Program (CHCBP) will see their premiums increase by the largest amount. Enrollees in that program pay premiums every three months, or quarterly, instead of monthly. That means their premiums will go from \$1,599 to \$1,654 for a single person and from \$3,605 to \$4,079 for a family.

While these rates may seem high, they pale in comparison to what civilians pay for health insurance. According to the Kaiser Family Foundation, the average monthly health insurance premium for single coverage in 2020 was \$622; for family coverage, it was \$1,778.

Source: Jim Absher, Military.com



10 SIMPLE WAYS TO COPE WITH STRESS

When your car dies or a deadline looms, how do you respond? Long-term, low-grade or acute stress takes a serious toll on your body and mind, so don't ignore feelings of constant tension. Understand what's happening inside your body and learn simple coping skills to combat the negative impacts of everyday stressors.

Fight or Flight

Sudden or ongoing stress activates your nervous system and floods your bloodstream with adrenaline and cortisol, two hormones that raise blood pressure, increase heart rate and spike blood sugar. These changes pitch your body into a fight or flight response. That enabled our ancestors to outrun saber-toothed tigers, and it's helpful today for situations like dodging a car accident. But most modern chronic stressors, such as finances or a challenging relationship, keep your body in that heightened state, which hurts your health.

Effects of Too Much Stress

"If constantly under stress, most of us will eventually start to function less well," says Malaika Stoll, M.D., chief medical officer of SutterSelect. Multiple studies link chronic stress to a higher risk of heart disease, stroke, depression, weight gain, memory loss and even premature death, so "it's important to recognize the warning signals," she says.

Talk to your doctor about ways to manage stress if you're experiencing any of these symptoms:

- Prolonged periods of poor sleep
- Regular, severe headaches
- Unexplained weight loss or gain
- Feelings of isolation, withdrawal or worthlessness
- Constant anger and irritability
- Loss of interest in activities
- Constant worrying or obsessive thinking
- Excessive alcohol or drug use
- Inability to concentrate

10 Ways to Cope with Chronic Stress

"It's key to recognize stressful situations as they occur because it allows you to focus on managing how you react," Dr. Stoll says. "We all need to know when to close our eyes and take a deep breath when we feel tension rising."

Use these tips to prevent or reduce chronic stress.

1. Re-balance Work and Home

All work and no play? If you're spending too much time at the office, intentionally put more dates in your calendar to enjoy time for fun, either alone or with others.

2. Build in Regular Exercise

Moving your body on a regular basis balances the nervous system and increases blood circulation, helping to flush out stress hormones. Even a daily 20-minute walk makes a difference.

3. Eat Well and Limit Alcohol and Stimulants

Alcohol, nicotine and caffeine may temporarily relieve stress but have negative health impacts and can make stress worse in the long run. Well-nourished bodies cope better, so start with a good breakfast, add more organic fruits and vegetables, avoid processed foods and sugar, and drink more water.

4. Connect with Supportive People

Talking face to face with another person releases hormones that reduce stress. Lean on those good listeners in your life.

5. Carve out Hobby Time

Do you enjoy gardening, reading, listening to music or some other creative pursuit? Engage in activities that bring you pleasure and joy; research shows that reduces stress by almost half and lowers your heart rate, too.

6. Practice Meditation, Stress Reduction or Yoga

Relaxation techniques activate a state of restfulness that counterbalances your body's fight-or-flight hormones. Consider taking a mindfulness-based stress reduction course to learn effective, lasting tools.

7. Sleep Enough

If you get less than seven to eight hours of sleep, your body won't tolerate stress as well as it could. If stress keeps you up at night, address the cause and add extra meditation into your day to make up for the lost z's.

8. Bond with Your Pet

Clinical studies show that spending even a short time with a companion animal can cut anxiety levels almost in half.

9. Take a Vacation

Getting away from it all can reset your stress tolerance by increasing your mental and emotional outlook, which makes you a happier, more productive person upon return. Leave your cellphone and laptop at home!

10. See a Counselor, Coach or Therapist

If negative thoughts overwhelm your ability to make positive changes, it's time to seek professional help. Make an appointment today—your health and life are worth it.

Source:

Malaika Stoll, M.D., Sutter Health



Fish is Good for Your Brain

You may already know that fish is good for your heart, but now there's evidence that it's also good for your mental health. That's because the brain is largely made of fat and water, and it craves polyunsaturated fats, especially the omega-3 fatty acids found in fish.

That may explain why people who have the highest fish consumption, like those who live in Japan and Finland, have lower rates of depression.



Today's Laugh



**ZILLOW VALUES
ARE ABOUT AS
USEFUL AS THE "G"
IN LASAGNA.**

Easy Pumpkin Cake

CRUST INGREDIENTS:

- 2 16-oz. pkg. pound cake mix
- 4 tsp. pumpkin pie spice
- 2 tsp. baking soda
- 2/3 c. water
- 1 3/4 c. canned pumpkin
- 4 eggs

STREUSEL TOPPING:

- 1/4 c. brown sugar, packed
- 3/4 c. nuts, chopped
- 1/2 c. flour
- 1/3 c. margarine, softened



DIRECTIONS:

1. Preheat oven to 325° F.
2. Streusel topping: Combine brown sugar, nuts and flour. Cut in margarine until crumbly. Set aside
3. Combine cake mixes, spice and baking soda in a large bowl. Add water, pumpkin and eggs; beat well. Spread half of batter in a greased 13" x 9" pan; sprinkle with half of streusel topping. Carefully spread remaining batter over streusel layer; sprinkle remaining streusel topping over batter.
4. Bake 50 minutes until done.

Source: Country Door

Mummy Lights

NEEDED

- Glass Jars or Vases
- Gauze
- Googly Eyes
- Glue & Tape

INSTRUCTIONS

1. Tape or glue gauze end to top of glass, then wrap and twist as you wind down the jar. Dab of glue on googly eyes to affix.
2. As darkness falls, light tea candles for a scary glow.



Source: HiSugarplum, Blogspot



PROS & CONS OF LIVING WITHIN A HOA

Ask two different homeowners what they think about living in a community with a homeowners association and you may see one of them scowl and another one smile.

The difference of opinion on homeowners associations, or HOAs, depends on several factors, including individual personalities and preferences and the quality of the particular HOA. Rules and dues vary but, in general, homeowners who live in an HOA must abide by its regulations and pay a monthly, quarterly or annual fee that pays for management and maintenance of the community.

HOA Benefits

Many homeowners prefer to live in an HOA for several reasons, including:

Community appearance: Homes within an HOA must meet the standards set by the association or face a fine, so you're less likely to see unkempt lawns, peeling paint or a garishly painted house. Some HOAs have a design review board with the power to approve any changes to your home's exterior, and which establishes a color palette for exterior paint and trim. Many HOA's have rules about how many cars or even what type of vehicles can be parked on your property. For example, they may ban commercial vans or RVs.

Low maintenance: Depending on the HOA, services such as trash and snow removal and lawn care are handled by the association, leaving less work for the homeowner. Typically, common areas are maintained by the association.

Recreational amenities: While not all HOAs have swimming pools and tennis courts, many offer a range of amenities such as a community center, walking trails, sports courts and playing fields reserved for residents.

Association management: If you have a problem with your neighbor's dog barking, loud parties or a dispute over a tree, you can ask the management to handle the issue rather than getting directly into a spat with the homeowner next door.



Living Within an HOA

For some buyers, the idea that a management association can tell you when you can put out a decorative flag or that you can't park your truck in front of your property is a deal-breaker. If you have a concern that something that's important to you, such as your ability to run a business from your home, could be banned by HOA rules, then be particularly careful to read all the regulations before you buy a home in a community with a homeowners association. This doesn't mean you can't buy at all within an HOA, but you'll have to find one with regulations that meet your requirements.

HOA regulations are usually set by a committee or board of directors and then enforced by a paid management company or a group of volunteers. You can become involved with the HOA in order to have a voice in the decisions being made. Homeowners can request a rule change or an individual waiver, but there's no guarantee that your request will be granted.

HOA Fees

HOA fees vary as much as HOA regulations and depend on multiple factors such as the amenities in the community and which services are covered by the fees. When you're buying a home, you need to compare HOA fees from one community to another based on what they cover. You may find that the HOA fee includes a gym membership so you can spend less on a private gym. You should also decide if you'll use the amenities you're paying for, such as tennis courts or a swimming pool. Keep in mind, however, that the presence of these amenities can add to your home's value, even if you don't directly take advantage of them.

Many homeowners appreciate that HOAs often maintain higher standards for a neighborhood's appearance, but there's no question that you need to understand the regulations and costs in every community where you're considering buying a home.

Source: Michelle Lerner

Spider & Mice Tip



CALIFORNIA HOME SALES FACTS: SEPTEMBER 2021

State/Region/County	Sept. 2021	Aug. 2021	MTM% Chg
Calif. State Average	\$808,890	\$827,940	-2.3%
Calif. Condo Average	\$600,000	\$600,000	+0.0%
Sacramento	\$507,000	\$515,000	-1.6%
Placer	\$650,000	\$643,750	+1.0%
El Dorado	\$650,000	\$680,890	-4.5%
Yolo	\$612,500	\$595,000	+2.9%
Stanislaus	\$440,000	\$435,000	+1.1%
San Joaquin	\$515,000	\$514,480	+0.1%
Nevada	\$549,500	\$570,950	-3.8%

For Complete Report & All California Counties:

<http://www.givingback4homes.com/newsletter.html>

State/Region/County	Sept. 2021	Aug. 2021	MTM% Chg
Solano	\$570,000	\$590,000	-3.4%
Contra-Costa	\$897,000	\$889,500	+0.8%
San Francisco	\$1,750,000	\$1,850,000	-5.4%
Fresno	\$380,000	\$375,000	+1.3%
Santa Clara	\$1,630,000	\$1,655,000	-1.5%
Orange County	\$1,100,000	\$1,100,000	+0.0%
Los Angeles	\$886,050	\$830,070	+6.7%
San Diego	\$850,000	\$835,000	+1.8%
Butte	\$440,880	\$435,000	+1.4%
Yuba	\$409,900	\$410,000	-0.0%



SACRAMENTO, CA

CONGRATULATIONS

PATRICK C.

ON THE PURCHASE OF YOUR HOME!

AND FOR RECEIVING \$1,868.00 FROM

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DAYLIGHT SAVINGS REMINDER

Daylight Saving Time (United States) ends Sunday,
November 7, 2021 at 2:00am.

Move your clocks back 1 hour.

Except Arizona and Hawaii. Move your clocks ahead 1 hour in spring and back 1 hour in fall ("Spring forward, fall back").



OCTOBER



WISHING A HAPPY BIRTHDAY & HAPPY ANNIVERSARY TO THE FOLLOWING:

SHAUN O.

JUSTIN R.

RICK M.

CLAYTON N.

TRISHA & MARTY H.

DEBORAH & RON C.

MONICA M.

WELLA G.

ANDRINA S.

CHRISTINA O.

ANGELA & ZAC D.

ERIC & DEBI E.

SHANNON E.

FRANKIE F.

ELONA O.

SARAH H.

SHAUN & CHRISTINA O.

JOSH & RIALYN J.

ESRA S.

MICHAEL H.

KEVIN E.

LISA & ROBERT C.

FRANKIE & JENNIFER F.

VALENTINA & JACOB A.

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Enter Online at: www.givingback4homes.com/free-drawing.html
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**OCTOBER
PRIZES**

1st Prize \$50 Buffalo Wild Wing Gift Card
2nd Prize \$30 Regal UA Movie Tickets
3rd Prize \$10 Coldstone Gift Card

**SEPTEMBER
WINNERS**

1st Prize \$50 Cinemark Movie Tickets-Danielle O.
2nd Prize \$25 JC Penney Gift Card-Brynne C.
3rd Prize \$10 Panera Gift Card-Stephenson H.

Drawing Disclaimer Available Online.



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