

HOMeward Bound

THE GIVING IT BACK AND PAYING IT FORWARD REAL ESTATE NEWSLETTER | SEPTEMBER 2020



Giving Back to THE Community



Leticia Almaro Nicolini
925.216.7720


TheAlmaroTeam

**Selling Your Home During
the Holiday Season and
Getting Top Dollar!**

**Call me TODAY for a free
consultation.**

925.216.7720



In case you are not sure of the title... it's Labor Day. The Backwards Holiday. Every year when it rolls around, I wonder why it is named Labor Day. Since it's a Holiday intended to be just that, a Holiday – I would think a better name may be Relax Day or Lazy Day or Off Day or Sleep in Day, maybe even Do-Nothing Day, something other than Labor Day. After all, we know what Labor means. And many will likely be celebrating Labor Day by Laboring.

Labor Day came about because workers felt they were spending too many hours and days on the job.

In the 1830s, manufacturing workers were putting in 70-hour weeks on average. Sixty years later, in 1890, hours of work had dropped, although the average manufacturing worker still toiled in a factory 60 hours a week.

These long working hours caused many union organizers to focus on winning a shorter eight-hour workday. They also focused on getting workers more days off, such as the Labor Day holiday, and reducing the workweek to just six days.

(see inside for details)

**Your Referrals Help
The Community!**



Benefiting



Go Serve Big!!! Investing in the People of Our Great Community.

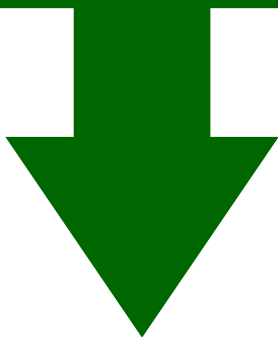
If you or a friend are thinking about selling, make sure to choose a real estate company you can trust!

A real estate company with experience, proven results and a give-back philosophy!



As you know, we love making guarantees!

Like our Buyer Satisfaction Guarantee: Love the home, or we'll buy it back! Or our Seller Guarantee: Your Home Sold or We'll Buy It! And we guarantee that a portion of our income WILL go to a very worthy cause like ROTARY Club of Concord



Call me today for a free consultation. I am here to help with your real estate needs.

Leticia Almaro Nicolini
925.216.7720

These early organizers clearly won since the most recent data show that the average person working in manufacturing is employed for a bit over 40 hours a week and most people work only five days a week.

Surprisingly, many politicians and business owners were in favor of giving workers more time off. That is because workers who had no free time were not able to spend their wages on traveling, entertainment or dining out.

As the U.S. economy expanded beyond farming and basic manufacturing in the late 1800s and early 1900s, it became important for businesses to find consumers interested in buying the products and services being produced in ever greater amounts. Shortening the work week was one way of turning the working class into the consuming class.

So, to celebrate the month of September and the affection for Laboring, I have a special announcement to make I will be Laboring, but for a very special reason.

My team and I are addicted to helping you and those you know buy or sell the place they call home. In fact, it is a race to help as many as possible so we can GIVE more away.

A CORE philosophy at our company is 'the size of the hole you give thru is directly proportionate to the size of the hole you receive thru'. Therefore, our Mission is to Go Serve Big!!! Serve you, serve those you refer to us and of course, serve a very worthy cause... the great work being done at ROTARY Ministries.

A Real Estate Company that

Gives Back



AND remember, your REFERRALS help the Community!

Benefiting



Continued on next page.

A Real Estate Company that Gives Back! *Continued from page 2.*



Rotary Club of Concord leads the way in restoring lives one person and one

This year my team and I are on a mission to raise \$10,000 for Rotary Club of Concord! For 110 years, Rotary has established itself as the World's most respected servant leader connecting more than 1,200,000 volunteers who have a desire to help with those who need help the most.

Whether it's providing Food for the struggling and hungry through its many food pantries, or providing temporary housing for the displaced or the abused or the homeless, to the jobs programs for struggling neighbors trying to

get back on their feet, to the Clothing, the Summer Lunch Programs, the Toy Shop and their Market Place for poverty-stricken neighbors, Rotary leads the way in restoring lives one person and one community at a time.

As a leading non-profit, ROTARY depends on Sponsorships and Donations to continue its leading-edge service. We proudly donate a portion of our income from real estate sales to Rotary to help them continue serving the needs of those who most need it in our community!

Who do you know considering buying or selling a home you could refer to our real estate sales team? Not only will they benefit from our award-winning real estate service, a very worthy cause will benefit as well. To refer anyone considering buying or selling a home just give me a call or pass on my number. **925-216-7720**. Thank you in advance for your referrals!

You and your referrals mean more than ever to my team and me. As we move forward thru this red-hot summer, please know we are extremely thankful for you and you being a special part of our business.

MAKING A DIFFERENCE

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SO, YOUR REFERRALS REALLY DO HELP YOUR NEIGHBORS WHO NEED HELP THE MOST!

Go Serve Big!!!

Leticia Almaro Nicolini
& The Almaro Team
925-216-7720

Leticia



Go Serve Big!!! Investing in the People of Our Great Community.

A real estate team with experience, proven results and a give-back philosophy!

Over the last two decades of helping thousands of families sell their home and/or buy another, we have met some wonderful, loving, caring people.

People like you! So your referrals can rest assured that not only will they get the award-winning service we are known for and the guarantee to back it up, but that a solid portion of the income we receive will go toward a very worthy cause.

Refer your friends, neighbors, associates or family members considering making a move:

1

If you received this newsletter via email and want to refer a friend, it's easy! Just **CLICK HERE!**

2

You can pass along my business card to them. Simply text LETY to 925-392-3202 and forward it to them.

3

You can go to www.ReferralsHelpRotary.com and enter their contact info online or forward the link to who you know is considering a move.

4

Of course you can always call me direct as well at **925-216-7720**.

Your Home Sold
GUARANTEED
Or I'll Buy It!*

*Some conditions apply

Contact Us



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Visit us on the web at:
www.TheAlmaroTeam.com



Leticia Almaro Nicolini

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Why I Support Rotary Club of Concord:



I was born and raised in Mexico City. My family moved to Los Angeles, California when I was fourteen. After obtaining my BS Degree in Accounting in 1981 from USC, I became a US Citizen.

I am passionate about helping others, so when I began to meet many community leaders who were involved with Rotary, it was easy to see that I was a good fit for the "service above self" philosophy embodied by this amazing organization.

I was invited and joined the club in 2013, and from the beginning felt at home with the spirit of fellowship and service that the members shared with each other. Rotary is concerned about caring for the local community and for our world rather than promoting our own business. Building in the community where I live is very important to

me, so I quickly got involved in a number of Rotary sponsored community service projects. My activities with the club were fueled by the purpose and passion I've always had for helping others. It was easy to see how much more I could do by working shoulder-to-shoulder with others.

Part of the Rotary outreach involves the familiar "changing the world one person at a time" philosophy. With the support of the Rotary Club, it is amazing how together we can change lives! Rotary is transformation in action, an organization with integrity and purpose—values I treasure.

I hope you will join me in supporting Rotary of Concord, by referring people ready to make a move – buying or selling. Simply go to: www.ReferralsHelpRotary.com together, we can make a difference.

Your parents told you to be nice to people. Guess what? They were right. Here's why.

Doing good doesn't only benefit other people. It helps us, too. Studies show that helping others boosts serotonin, a neurotransmitter that makes us feel satisfied. Another benefit to feeling rewarded when we do good: It lowers our stress levels. Who couldn't use that right now? Facing the COVID-19 pandemic, people everywhere are feeling anxious about their health, their families, their jobs, and their futures.

"When we are all feeling lower than we are used to feeling, with some levels of situational depression, we all need a boost," says psychologist Mary Berge, a member of the Rotary Club of Johnstown, Pennsylvania, USA, who has led discussions with many Rotary clubs about coping during the pandemic. "There has been a lot of research that when we are helping others, or when we are doing something for someone else, our reward centers light up in the brain and our stress levels go down as cortisol is released."

It feels good to do good

In a [2016 study](#), researchers asked participants about scenarios in which they either gave or received support. The study, published in *Psychosomatic Medicine: Journal of Biobehavioral Medicine*, found that MRI tests showed only the instances of giving correlated to reduced stress and enhanced activity in the brain's reward centers — which suggests that giving support ultimately had greater mental benefits than receiving it.

Researchers at Oslo Metropolitan University in Norway and the Technical University of Dortmund in Germany explored the relationship between volunteering and well-being in 12 European countries, noting the relative lack of such studies outside the U.S. Their [2018 analysis](#) found that people who are or have been volunteers report greater well-being than people who have not.



And in a 2013 Canadian [study](#) posted by the National Library of Medicine, researchers looked at the effect on the cardiovascular health of adolescents who do volunteer work. The study confirmed that helping people reduced the volunteers' body mass index and other cardiovascular risk factors.

Coping during the pandemic

Berge, a training leader for Rotary, saw anxiety rising among her patients because of the pandemic and developed the [Staying Sane During COVID-19](#) presentation. She has delivered the talk by videoconference more than 70 times, mostly at Rotary-related events.

"Rotarians in particular have a high need for being compassionate," says Berge. "In my Zoom meetings, I hear people say, 'What can we do to help?' They are desperate to get that feel-good feeling again. I think they see that in doing these things, it relieves our own stress, sadness, anxiety, and irritability."

Rotary member Jenny Stotts, a social worker, child advocate, and trauma specialist, has [written about](#) how we can increase our resiliency, adapt to adversity during the pandemic, and emerge stronger.

"When we express meaningful and intentional gratitude or engage in planned acts of kindness, we experience the benefits of serotonin and dopamine, which are two neurotransmitters responsible for us feeling pleasure or joy," says Stotts, a member of the Rotary Club of Athens Sunrise, Ohio, USA. "Not only do we benefit others from this activity, but it has a way of recharging our batteries."

Stotts notes that when we do acts of good repeatedly, something interesting happens in our brains. "If we engage in a regular daily practice of kindness and gratitude, we are essentially carving out pathways within our brain that make us healthier and a little more emotionally stable."

For Full Article visit [click here](#)

To read more amazing stories like this one and learn how we give back to Rotary Club of Concord simply visit: www.ReferralsHelpRotary.com together, we can make a difference.