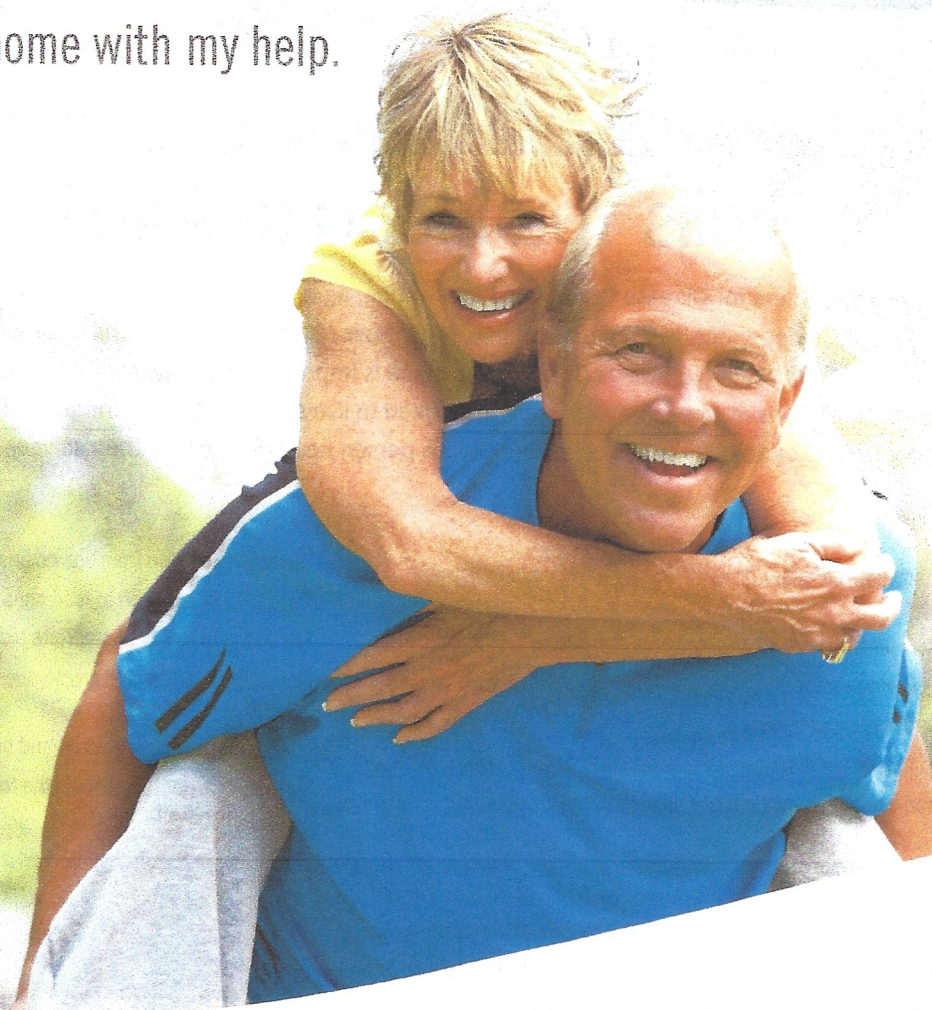


# More of what you live for.

Find your ideal home with my help.  
I'm your SRES®.



## Every transition is an opportunity, regardless of your stage in life.

With the right preparation, a new home can provide the fresh start and continual enjoyment you've been working toward.

By partnering with a SRES® like me during your new home search, you'll gain the help and expertise of a REALTOR® specialized in meeting the needs of home buyers and sellers 50 plus.

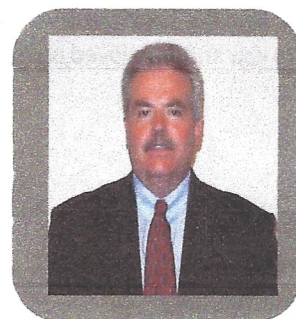
I have both the education and real estate experience to serve as your trusted advisor through the unique financial and lifestyle transitions involved in relocating or selling your family home.

I'm pleased to be your SRES®.

For more information on the SRES® designation, visit [SRES.org](http://SRES.org) or email [SRES@realtors.org](mailto:SRES@realtors.org).

**SRES** 

Seniors Real Estate Specialist®



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## Test Your Generation IQ

Because brand names and trends become an integral part of everyday life, they also become iconic of their eras. Can you match these brand names and trends?

	Woolworth
	Braniff
	E.T.
	Metrecal
	Ipana
	Electric Slide
	Life
	Pet Rock
	Annie Greensprings
	Burma Shave
	Tangee
	Twiggy
	Wang
	Jordache
	Hai Karate
	DeLorean
	G.I. Joe
	Wisk
	Popeil
	Jefferson Airplane
	Kurt Cobain
	Movietone
	KonTiki Ports
	Wimpy's
	Halston

- A. Toothpaste
- B. Wine
- C. Magazine
- D. Fad gag gift
- E. Car company
- F. Laundry detergent
- G. Lipstick
- H. Rock group
- I. Rock singer
- J. Dance
- K. News service
- L. Variety store
- M. Gadget inventor
- N. Action figure
- O. Fast food chain
- P. Airline
- Q. Jeans
- R. Restaurant chain
- S. Hit movie
- T. Fashion designer
- U. Word processor
- V. Shaving cream
- W. Fashion model
- X. Men's cologne
- Y. Weight loss beverage

How many do you remember?

## Test Your Generation IQ

Because brand names and trends become an integral part of everyday life, they also become iconic of their eras. Can you match these brand names and trends?

L	Woolworth
D	Braniff
S	E.T.
Y	Metrecal
A	Ipana
J	Electric Slide
C	Life
D	Pet Rock
B	Annie Greensprings
V	Burma Shave
G	Tangee
W	Twiggy
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- X. Men's cologne
- Y. Weight loss beverage

**Lost Generation: Born 1883 to 1900**

Came of age or in the prime of youth during World War I and the Roaring Twenties. Generation name popularized by Ernest Hemingway in the 1926 novel *The Sun Also Rises* that quotes Gertrude Stein: "You are all a lost generation." Influential members: Eleanor Roosevelt, Dwight Eisenhower, George Burns, F. Scott Fitzgerald, Harry Truman, Charlie Chaplin, Babe Ruth, Amelia Earhart, Colonel Sanders, Mae West, Duke Ellington, Coco Chanel.

**Greatest Generation: Born 1901 to 1927**

Young adulthood spent surviving the Great Depression and fighting World War II. Generation name coined by news broadcaster Tom Brokaw in 1998. Influential members: Queen Elizabeth II, John F. Kennedy, Nelson Mandela, Jimmy Carter, Katharine Hepburn, Betty White, James Baldwin, Bette Davis, Mother Teresa, Frank Sinatra.

**Silent Generation: Born 1928 to 1945**

Children who experienced the hardship of the Great Depression and/or World War II. Were teens or young adults during the McCarthy era, when it was dangerous to speak out. Generation name coined by *Time magazine* in 1951. Influential members: Joe Biden, Martin Luther King Jr., Bernie Sanders, Barbara Streisand, Johnny Cash, Elvis, Bob Dylan, John Lennon, Muhammad Ali, Neil Armstrong, Pope Francis, Billie Jean King, Aretha Franklin, Nancy Pelosi, Ruth Bader Ginsburg, Fred Rogers.

**Baby Boomer Generation: Born 1946 to 1964**

Children of the post-WWII baby boom. Generation name coined by the *Washington Post* in 1977. Influential members: Kamala Harris (born 1964), Barack Obama, Bill Gates, Princess Diana, Steve Jobs, Elton John, Hillary Clinton, Jeff Bezos (Amazon founder), Cher, Whoopi Goldberg.

**Generation X: Born 1965 to 1980**

Latch key kids and young adult slackers. Generation name popularized by Douglas Coupland in the 1991 novel *Generation X: Tales for an Accelerated Culture*. Influential members: Elon Musk, Larry Page and Sergey Brin (Google founders), Kobe Bryant, Tiger Woods, Jennifer Aniston, Jennifer Lopez, Chadwick Boseman, Julian Castro, Laverne Cox, Tina Fey, Venus Williams.

**Millennial Generation: Born 1981 to 1996**

Came of age in the 21st Century. Generation name coined by Neil Howe in 1991 book *Generations*. Influential members: Mark Zuckerberg, Prince William, Adele, Serena Williams, Stephen Curry, Alexandria Ocasio-Cortez, Pete Buttigieg.

**Generation Z: Born 1997 to 2012**

Digital natives and first generation to have access to smartphones as children. Generation name coined by author Hunter S. Thompson in 1994, originally meant for any generation that followed Generation X. Influential members: Greta Thunberg, Billie Eilish, Malala Yousafzai, Shawn Mendes.

**Generation Alpha: Born 2013 to present**

First generation born fully within the 21st Century and many will live to see the 22nd Century. Generation name coined by social researcher Mark McCrindle in 2005. Influential members: Prince George (future King of England).

[Learn more](#) about the generations at the Pew Research Center

## SWEDISH DEATH CLEANING

As a Senior Real Estate Specialist, I run into this situation a lot. How do I downsize a lifetime of memories and items that have been accumulated while living in a 5-bedroom home, to a 2-bedroom ranch with no attic or basement?

I want to share a concept that may sound a bit harsh, but in fact is reality.

Swedish Death Cleaning, also known as *döstädning*, is a cultural phenomenon that has gained popularity in recent years. The concept is rooted in Swedish culture and is essentially a process of decluttering and organizing your possessions so that your loved ones won't be burdened with the task after you pass away. It may sound morbid, but the idea behind it is to make life easier for those you leave behind.

The concept of Swedish Death Cleaning was popularized by Margareta Magnusson's book "The Gentle Art of Swedish Death Cleaning: How to Free Yourself and Your Family from a Lifetime of Clutter." Magnusson is a Swedish artist who suggests that people start the process of decluttering their possessions around the age of 65, though it can be done at any age. The idea is that you gradually go through your belongings and get rid of things you no longer need, use or love. This helps you to simplify your life and means that your loved ones won't have to deal with sorting through your possessions after you die.

The process of Swedish Death Cleaning can be overwhelming, especially if you've accumulated a lot of possessions over the years. It's important to start small and focus on one area at a time. Begin with something easy, like a closet or a drawer, and slowly work your way through your possessions. It's important to be honest with yourself about what you really need and use. If something is no longer serving a purpose in your life, it's time to let it go.

One of the benefits of Swedish Death Cleaning is that it allows you to take stock of your life and reflect on what is truly important. It's a chance to focus on the things that matter most and let go of the things that don't. It can also be a cathartic process that helps you to come to terms with your own mortality.

Swedish Death Cleaning isn't just about decluttering your possessions, it's also about organizing your affairs. This means sorting through your financial documents, creating a will, and ensuring that your loved ones know your wishes when it comes to end-of-life care. By taking care of these things in advance, you can give yourself and your loved ones peace of mind.

In conclusion, Swedish Death Cleaning may seem like a morbid concept, but it's really about taking control of your possessions and your life. It's a chance to simplify and declutter, and it also means that your loved ones won't have to deal with the burden of sorting through your possessions after you pass away. By starting the process early and taking it one step at a time, you can make sure that your affairs are in order and that you can enjoy the peace of mind that comes with knowing that you've taken care of things.

# WHAT DO YOU THINK?

## Exercise: You're Too Old for That!

What does it mean to "act your age?" At what age is a person too old to do the following?

Activity	Age
▶ Worry about your appearance and what others think	
▶ Use slang words popular with younger people	
▶ Take part in a protest march	
▶ Start a new hobby	
▶ Drive more than 500 miles	
▶ Roller skate or ice skate	
▶ Ride a bike	
▶ Wear a bikini or speedo at the beach	
▶ Give in to peer pressure	
▶ Dress in costume for Halloween or Carnival	
▶ Fall in love	
▶ Eat cotton candy	
▶ Do jumping jacks and push ups	
▶ Attend an outdoor music festival	
▶ Square dance	
▶ Display athletic trophies	
▶ Run/walk a 5K race	
▶ Take selfies with a phone	
▶ Get a tattoo	
▶ Participate in social media such as Twitter or Facebook	
▶ Eat a banana split	