

## FOR LEASE

### OFFICE SPACE

215 Pleasant Street, Fall River, MA  
4,400 SF Entire 3rd Fl Office Space

30-32 William Street, New Bedford, MA  
Historic Downtown Office Space

398 County Street, New Bedford, MA  
Magnificent Space on 2nd Floor

401 County Street, 2nd Fl, New Bedford, MA  
2,800 SF Downtown Office Space

127 Faunce Corner Road, Dartmouth, MA  
5,000 SF End Cap Storefront Retail/Office

60 Brigham Street, New Bedford, MA  
3,656 SF Medical Office Space, 2nd Fl

899 Pleasant Street, New Bedford, MA  
Up to 3,000 SF Two 2nd Fl Office

81 County Road, Mattapoisett, MA  
Two 1800 SF Units in Windswept Village

26 7th Street Unit 1S, New Bedford, MA  
1,200 SF Downtown Office Space

### RETAIL SPACE

2667 Cranberry Hwy, Wareham, MA  
1,500 SF Fully Equipped Salon

35 W. Rodney French Blvd -U:1  
2,128 SF Storefront on Busy Rd

154 Faunce Corner Rd, Dartmouth, MA  
1,911 SF Plaza off of Route 195

145 Faunce Corner Crossing, Dartmouth MA  
U:2,8, 9 Up to 5,400 SF Space in Busy Plaza

161 Pope's Island, New Bedford, MA  
1,372-2,146 SF Waterfront District

331 State Road, Dartmouth, MA  
1,500 SF Retail Space in Mall w/ 10 Units

32 Howland Road, Fairhaven, MA  
3,784 SF Space on Highly Traveled Road

211 Pope's Island, New Bedford, MA  
2,000-4,000 SF at The Bridge Shoppes

2 Sarah's Way, Fairhaven, MA  
2,600 SF Space in Highly Visible Plaza

### INDUSTRIAL/WAREHOUSE

951 Slade Street, Fall River, MA  
4,650 SF Heated Whse / 450 SF Office

401 County Street, New Bedford, MA  
860 SF Detached Storage Garage

*For More Information,  
Please Contact Us at  
(508) 990-4280 or Visit Us at  
[www.CoastalCommercialRE.com](http://www.CoastalCommercialRE.com)*

## Essential Tips for Those New to Commercial Real Estate Investing

Over the past two or more decades, more people have focused on moving from traditional investment strategies to adding real estate to their retirement portfolios. Additionally, the move from residential property investment in commercial real estate investing continues to grow, resulting in a constant stream of new investors.



These new investors often make assumptions about the CRE market. It is a volatile market, offering different levels of investor risk and reward potentials. As a result, new investors need to consider their overall strategy and investment plans to avoid common and costly mistakes.

*Shop for Financing:* Most CRE investors will use financing to make their purchases. This is true if they are buying the property on their own or purchasing as part of an investment opportunity through a real estate syndication or a real estate investment group. Choosing the right real estate investment group (REIG) and the best option in financing will reduce your costs throughout the ownership of the property.

*Avoid One Big Investment in the Potential of a Building:* It is easy for new investors to get caught up in the potential of a single big commercial property. While there is nothing wrong with investing in one property to start, CRE should also be diversified, just like any other investment asset. Owning properties all in one area or investing in just one building increases the risk of economic loss if there is a problem with the building infrastructure or the area or neighborhood changes in demographics or use.

*Rental Homes Are Not the Same as Multi-Family Buildings:* It is common to assume that investors owning a single-family rental property can use the same strategies to make a profit on multi-family buildings. At the same time, small multi-family buildings of 2 or 3 units are not always a good investment. They tend to have high vacancy rates, older buildings that require more upkeep, retrofit work, and modernization requirements.

Many first-time CRE investors have a general idea that they can manage these smaller properties, saving the cost of hiring a property manager. However, these properties need to be actively and effectively marketed, maintained, and managed to ensure they retain their value and make money. Most first-time investors do not have the expertise and experience to handle the day-to-day services and functions provided by a quality property management team.

*Flipping Commercial Properties Is Never Easy:* The cost of upgrading existing commercial properties on the market, including offices, retail, industrial, and multi-family apartments, is always a factor to consider. There are no shortcuts on these projects. The costs can be substantial to bring the building to the level of features, amenities, and services new and existing tenants expect.

When investing in CRE, it's essential to look at long-term returns on the investment. While there is always the option to flip commercial properties, it is rarely an effective strategy for a first investor.



## Net Present Value (NPV)

The value of the cash flows the investment generates after the initial investment.

## SOLD

### Retail

1499 Acushnet Ave, New Bedford, MA \$800,000  
53 Belleville Rd, New Bedford, MA \$300,000  
291 Nash Rd, New Bedford, MA \$250,000  
150 Industrial Dr, Halifax, MA \$850,000  
1350 Bald Hill Rd, Warwick, RI \$12,350,000  
473 St Paul St, N Smithfield, RI \$1,400,000  
570 Nooseneck Hill Rd, Exeter, RI \$1,365,000  
151-161 Old Tower Hill Rd, S Kingston, RI \$1,350,000  
632 Metacom Ave, Warren, RI \$1,230,000  
1965-1969 Smith St, N Providence, RI \$630,000  
715 Warwick Ave, Warwick, RI \$425,000  
710-712 Admiral St, Providence, RI \$340,000  
314 E Main St, Fall River, MA \$188,000  
739-741 State Rd, Plymouth, MA \$1,175,000  
473 St Paul St, N Smithfield, RI \$1,400,000  
643 St Paul St, N Smithfield, RI \$330,000  
379 Sconticut Neck Rd, Fairhaven, MA \$475,000  
810 Brockton Ave, Abington, MA \$550,000  
418 Belmont St, Brockton, MA \$655,000  
334 Central St, Mansfield, MA \$799,900

### Office

309 Taunton Ave, Seekonk, MA \$841,900  
302 Weymouth St, Rockland, MA \$4,300,000  
1423 Ocean St, Marshfield, MA \$639,000  
14-18 Imperial Pl, 2nd fl, Providence, RI \$859,485  
33 Crestview Dr, Westerly, RI \$553,000  
45 Main St, U: C6, Wareham, MA \$70,000  
99 Court St, U: 9, Plymouth, MA \$299,000  
340 Garnett Rd, Scituate, MA \$1,350,000  
115 Center St, Pembroke, MA \$550,000  
701 G. Washington Hwy, Lincoln, RI \$7,100,000  
170 Dean St, Taunton, MA \$260,000  
1379 GAR Hwy, Swansea, MA \$515,000  
201 Forest Ave, Middletown, RI \$700,000

### Multi Unit

32-39 Paul Francis Way, Plymouth, MA \$13,200,000  
120 Curtis St, Providence, RI \$600,000  
251 Pine St, Fall River, MA \$285,000  
21 Ashley St, New Bedford, MA \$375,000  
136 Oxford St, Fall River, MA \$500,000  
49 Salisbury St, New Bedford, MA \$485,000  
117 Bullard St, New Bedford, MA \$486,000  
280 Ridge St, Fall River, MA \$577,000  
775 Plymouth Ave, Fall River, MA \$550,000  
271 Franklin St, Fall River, MA \$650,000  
60 Orchard St, New Bedford, MA \$572,000  
90 Mott St, New Bedford, MA \$600,000  
170-174 Hall St, Fall River, MA \$1,050,000

### Warehouse

32 Hollister, Seekonk, MA \$670,000  
711 Putnam Pike, Smithfield, RI \$1,150,000  
Warehouse  
138 Morgan St, Fall River, MA \$415,000

### Hospitality

190 Shore Rd, Westerly, RI \$1,550,000

### Land

591 Dillon Ln, Swansea, MA \$1,050,000  
Hartford Ave, Johnston, RI \$400,000

### Health Care

60 Mendon Rd, Woonsocket, RI \$1,000,000

Contact Us at  
(508) 990-4280 or Visit  
[www.CoastalCommercialRE.com](http://www.CoastalCommercialRE.com)

## Dealing with Travel Anxiety

Many people suffer from travel anxiety that can have a serious impact on their ability to enjoy their holidays.

The good news is there are ways to manage travel anxiety.



The first step to dealing with travel anxiety is to work out the precise situations and experiences that tend to trigger anxiety. Triggers can include fear of flying, worrying about getting lost in an unfamiliar location, finances, or stressing out over all the details that need to be worked out. However, travel anxiety can also have physical causes such as low blood sugar, lack of sleep, being dehydrated, or consuming too much alcohol, caffeine or sugar. Talk to a friend or partner to try to identify your anxiety triggers.

The next step is to make a plan as to how to deal with these triggers. No one can plan out every second of a vacation, but you can create a plan in case feared scenarios ever happen, such as getting lost, losing your money, falling sick overseas, or losing your luggage. Knowing what to do in the event the worst does happen can help alleviate a lot of anxiety.

## Cardiovascular Health Tips

Cardiovascular death is the number one cause of death in the U.S., with heart health having been further negatively impacted by bad habits picked up during the pandemic, including eating unhealthy food, drinking extra alcohol, and delaying medical assistance.

The good news is there are some tips that can be followed to reduce the risk of cardiovascular disease and hypertension by making an everyday routine out of heart-healthy choices and behavior.

Having healthy blood cholesterol and blood pressure levels is vital to heart health, and diet is very important in this regard. Cholesterol levels can be lowered with the consumption of soluble fiber, which can be found in foods like beans, fruits, oats, and vegetables, and consuming ground flaxseed daily can also help to lower cholesterol. Highly processed foods that contain excessive salt should be avoided.

High blood pressure can also be caused by stress, making it important to engage in stress reduction techniques such as meditation, exercise, and other types of self-care.



Mattapoisett, MA

## FOR LEASE!

Two 1,800 SF Units in  
Windswept Village  
Retail / Medical / Office

Contact Lori at (508) 736-2387  
or [lorinery@comcast.net](mailto:lorinery@comcast.net)



## FOR LEASE!

**161 Pope's Island, New Bedford, MA**



### ***New Development Opportunity!***

**Join the marine community of waterfront properties, businesses & enjoy the high traffic count on the New Bedford/Fairhaven line!**

**Four 1st floor commercial/retail office units ranging from 1,372 SF - 2,146 SF. Units can be combined for a larger layout.**

**Contact Richard Stang at 508-990-4280 or [r.stang@nerycorp.com](mailto:r.stang@nerycorp.com)**

### **Bird Facts**

Birds are some of the most bizarre and beautiful creatures on our planet, with more than 9,000 species occupying nearly all spaces on Earth, even the likes of Antarctica. There are many amazing facts about birds that many people will know nothing about. One amazing fact about birds is that ravens can actually mimic human sounds, even including speech. Wild ravens rarely pick up human speech, but those in captivity can become very talkative and on occasion can mimic human speech better than parrots, as well as noises such as flushing toilets and revving car engines. The eyes of ostriches are the biggest of any land animal in the world. Around the same size as a billiard ball, their large eyes are actually even bigger than their brains. Hummingbirds are incredibly light, with the average weight being around four grams. The bee hummingbird, which is the smallest of the creatures, weighs around 1.6 grams while the biggest, the appropriately named giant hummingbird, still only weighs 24 grams.



**Dartmouth, MA**

## FOR LEASE!

**5,000 SF End Cap  
Storefront  
Retail / Office**

**Contact Lori at (508) 736-2387  
or [lorinery@comcast.net](mailto:lorinery@comcast.net)**

## FOR LEASE

**NEW BEDFORD, MA**



**Historic Downtown Office Space  
\$1,100 /Mo**

**NEW BEDFORD, MA**



**End Cap 2,000-4,000 SF at The  
Bridge Shoppes \$10 NNN**

**WAREHAM, MA**



**1,500 SF Fully Equipped Salon  
\$2,000 /Mo**

**DARTMOUTH, MA**



**1,911 Retail Storefront on Highly  
Traveled Road \$16 NNN**

**FAIRHAVEN, MA**



**2,600 SF Space in Highly Visible  
CVS Plaza \$15 NNN**



**COASTAL  
COMMERCIAL**  
Real Estate

700 Pleasant Street, Suite 330 New Bedford, MA 02740

**April 2022**

**Commercial Real Estate**  
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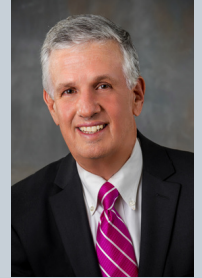
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## FOR SALE

### NEW BEDFORD, MA



4-Condo Office Package in  
Historical Rodman Mansion \$1.3M

### NEW BEDFORD, MA



13,000 SF 3 Buildings in  
Prominent North End \$750,000

### NEW BEDFORD, MA



2,665 SF General Office Building  
on High Traffic Road \$345,000

### SWANSEA, MA



2.89 Acres Commercial/Industrial  
Lot \$1.65M

### MARION, MA



8.55 Acres & 5,531 SF Buildings  
\$1.1M

### FALL RIVER, MA



2,190 SF 3-Bay Garage w/ Paint  
Booth \$199,000