

news and more

A "GOOD NEWS" NEWSLETTER FULL OF FUN AND INTERESTING FACTS FOR YOU

FOR LEASE

OFFICE SPACE

298-300 County St, New Bedford, MA 1,000 SF Office at Busy Downtown Intersection

306 Mt. Pleasant Street, New Bedford, MA 2,665 SF General Office Space/High Traffic

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

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

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

49 State Rd U:W201, Dartmouth, MA 1,871 SF Prime Office Space

RETAIL SPACE

1,372-2,146 SF High Profile Pope's Island 161 Pope's Island, New Bedford, MA

895-897 Pleasant Street, New Bedford, MA Up to 3,000 SF, Two 2nd Fl Office Spaces

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

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

WAREHOUSE

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

Contact us for additional information at (508) 990-4280 or visit our website at www.coastalcommercialRE.com

Commercial Property Management Strategies

Investing in commercial property can be a wise decision with the correct choice of property, location, and purchase price. For many new investors in the commercial real estate market, the biggest obstacle is not in the purchase of the property, but in the ongoing commercial property management.



However, this is not the case, as anyone who has experience in the industry can attest. For success in commercial property management, there are multiple factors to consider. While all factors are important, four specific strategies must be in place for ongoing financial and investment success.

Working Capital: Managing commercial property is a more costly endeavor than residential property management. Having the correct level of working capital to tap into when repairs, tenant improvements (TI), or other expenses occur is critical to maintaining the property in top condition. Relying on high occupancy rates to maintain the working capital is another common error. Planning for higher-than-market-average vacancy rates when determining the necessary working capital is always the best strategy.

Know Your Tenants: Having a good working knowledge of each tenant's income is an essential factor when approving a leasing arrangement. Asking for tax returns and sales before approving a commercial property lease allows the property manager to evaluate the ability of the tenant to uphold their end of the lease. Most successful commercial property managers require other forms of guarantees on the lease if the rent amount is more than about 7% of the revenue generated by the business. This provides protection in the event the business goes bankrupt and leaves you with an unexpected vacancy and outstanding lease payment.

Maximize Automation Through IT: Many different software programs utilize artificial intelligence and learning to tailor your commercial property management services. The more information that is captured, analyzed, and applied to your properties, the more effective your commercial property management model is. Higher levels of automation also reduce errors, hold tenants accountable, and ensure you have the data you need to make the essential decisions for current and future commercial properties. Using software to manage building systems and connect with contractors means less time spent dealing with day-to-day issues and more time spent bringing in new tenants.

The Importance of Property Management Companies: Hiring specialized firms to manage the property, particularly commercial properties outside of your geographic area, is always the best decision. Ideally, use a local commercial property management firm that can offer a personalized approach when tenants call with concerns or when setting up new leases.



Net Present Value (NPV)

A financial concept used to measure the value of an investment based on its expected future cash flows, comparing the present value of cash inflows from an investment to the present value of its cash outflows.

SOLD

Retail

178 Arnold St. New Bedford, MA \$355,000 4326 Acushnet Ave. New Bedford, MA 475,000 181 Bellevue Ave. Newport, RI \$40,000,000 135 Smith Ave. Greenville, RI \$1,100,000 719 Westminster St. Providence, RI \$1,000,000 280 Plainfield St. Providence, RI \$1,500,000 135 Smith Ave. Greenville, RI \$1,100,000 38 Broadway Raynham, MA \$500,000 501 Main St. Pawtucket, RI \$1,300,000 1095 County St. Taunton, MA \$1,900,000

Office

73 Reeves St. Fall River, MA \$525,000 37-39 Main St. East Greenwich, RI \$299,000 14 Forge Pond Canton, MA \$372,000 360 Kingstown Rd. Narragansett, RI \$170,000 55 John Clarke Rd. Middletown, RI \$800,000

Industrial

21 Sabin St. Pawtucket, RI \$800,000 191 2nd Ave. Warwick, RI \$390,000

Hospitality

99 Main St. West Dennis, MA \$2,000,000 296 Commercial St. Provincetown, MA \$1.7M

Specialty

106 Washington St. Foxboro, MA \$10M

Contact us for additional information at (508) 990-4280 or visit our website at www.coastalcommercialRE.com

Workout Nutrition Tips

Nutrition and supplement tips can help with workouts whether you are an elite athlete or just a gentle jogger.

The nutritional requirements of the body are increased by exercise, which makes it important to consume some nutrition prior to beginning a workout. There are a number of products that



can stimulate, hydrate and fuel the body, and liquids are the best example, particularly caffeine drinks.

Sports drinks are designed for consumption during a workout in order to replace what the body is losing because of exercise. Electrolytes and carbohydrates within sports drinks are terrific for workouts that go on for longer than half an hour, and they also contain the glucose the body needs to maintain that performance.

After the workout has been completed, the body can refuel and get ready for future workouts with the ingestion of high-quality carbohydrates and protein. Healthy proteins include the likes of chicken, tuna, milk, nuts, eggs, avocado, legumes, white fish, lean beef, tofu, cheese, and broccoli.

Achieving Success

Success equals happiness for many people, whether it's owning their own company, doing the job they want, or just having the lifestyle they've long dreamed about.

Realizing dreams and achieving success can be challenging and require some sacrifices, but there are some tips that can help inspire you along the way.

The most important tip of all is to be aware of what it is you really want, and to not be afraid to be honest about it.

Another good tip is to make sure you have found the right people to be with. It's a good idea to be associated with a crowd of people who inspire you to be your best self, and whom you feel that you really belong with



New Bedford, MA

For Sale

4 Condo Unit Package in the Historical Rodman Mansion \$600,000

Contact Lori at (508) 736-2387 or email lorinery@comcast.net



New Bedford, MA

For Lease

Historic Downtown Office Spaces 3rd Floor 2,500 SF Lower Level 1,560 SF

Contact Lori at (508) 736-2387 or email lorinery@comcast.net

FOR SALE

High Traffic High, Visibility Turn-Key Investment!

Landmark 4 Building Complex Fully Renovated on 1.5 Acres \$2,499,000

1167-1203 Ashley Blvd, New Bedford, MA









For Lease



NEW BEDFORD

1,000 SF Downtown Office High Traffic Corner \$1,900 /mo

Contact Lori at (508) 736-2387 or email lorinery@comcast.net



NEW BEDFORD

Up to 3,000 SF Two 2nd Floor Office Space \$20 NNN

Contact Lori at (508) 736-2387 or email lorinery@comcast.net



NEW BEDFORD

860 SF Brick Storage Building \$1,200 /mo

Contact Lori at (508) 736-2387 or email lorinery@comcast.net



DARTMOUTH

Up to 2,000 SF Retail Space in Faunce Corner Crossing \$16 NNN

Contact Richard 508-990-4280 or email r.stang@nerycorp.com

FOR SALE

FALL RIVER



1,776 SF Renovated Salon / Barber Shop \$214,900

FAIRHAVEN



2,172 SF Commercial Garage \$575,000

DARTMOUTH



Unique 1,120 SF Mixed-Use Property on 21,780 SF Lot \$450,000

Contact us for additional information at (508) 990-4280 or visit CoastalCommercialRE.com Commercial Real Estate news and more

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FOR SALE

NEW BEDFORD



2,665 SF General Office Building on High Traffic Road \$339,900

NEW BEDFORD



2,680 SF Mixed-Use Historic Building \$474,900

DARTMOUTH



3,200 SF High-Ceiling Garage with 3.46 Acres of Land \$1,125,000

MATTAPOISETT



8,900 SF Office Building \$849,900

NEW BEDFORD



3.16 Acre Transit-Oriented Development (TOD) Site \$6M

NEW BEDFORD



2,455 SF Mixed Use Property \$474,900