

# July Newsletter



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*“Each friend represents a world in us, a world possibly not born until they arrive, and it is only by this meeting that a new world is born.”*

*- Anais Nin*



## July is Social Wellness Month—Here are Some Ways to Build and Nurture Your Relationships

Source: [history.com](http://history.com)

When we think about the month of July, many images come to mind: Independence Day celebrations, backyard barbecues, trips to the beach, and an array of summer memories. But did you know that July has also been designated as “Social Wellness Month?”

Social wellness—which is broadly defined as the positive relationships you have with friends, family members, colleagues, and other people in your networks—is important not just for your happiness and psychological well-being, but for your physical health as well. For example, the health risks of having a weak social network and being lonely or isolated over time are comparable to those associated with obesity, high blood pressure, and smoking cigarettes. On the contrary, people who have strong, positive relationships tend to live longer, respond to stress more effectively, and have healthier immune, cardiovascular, and endocrine systems.

Considering how important good relationships are to your overall health—particularly following a year where you probably spent more time in isolation than ever before—how can you improve your social wellness? The key is to invest time and effort into building new relationships and nurturing your existing ones. Here are a few ways to do both (depending, of course, on when you personally feel comfortable with resuming social activities):

- Join a gym or take exercise classes. While working out at home can help you save time and money (and has been the default way to exercise for most people throughout the pandemic), joining a gym or taking group fitness classes can make getting in shape more fun, while also providing a great opportunity to expand your social network.
- Volunteer. Devoting some time to a cause that you care about can be a rewarding experience—and a way to meet new friends who share similar interests and values.
- Rekindle old friendships. As life gets busy and you build new relationships, it's natural to drift away from some of your old friends. While not every relationship needs to be rekindled, consider whether there is anyone from your past with whom you share fond memories and would like to reconnect. If an old friend or colleague keeps crossing your mind, it might be a sign to give them a call or send an email and see how they're doing.
- Be honest about your own limitations, and only make commitments you can keep. A common pitfall in friendships and other relationships is to spread yourself too thin, committing to social obligations when you also need to devote time to family, work, or self-care. Rather than overcommitting yourself and then needing to “flake out,” be honest about how much time and energy you have available—and then honor those commitments that you do make.



# Grilled Corn Salad

Source: bonappetit.com

## Ingredients:

- ½ cup nuts (such as peanuts, hazelnuts, or pistachios)
- 6 ears of corn, in husk
- 1 serrano chile, thinly sliced, or 1 tsp. fresh ground black pepper or mild red pepper flakes
- 1 cup herb leaves (such as cilantro, basil, or mint), torn if large
- ⅓ cup fresh citrus juice or vinegar
- 3 oz. cheese (such as Cotija, Parmesan, or feta)
- ⅓ cup grapeseed or other neutral oil
- Kosher salt

## Directions:

- Preheat oven to 350°. Toast nuts on a rimmed baking sheet, tossing halfway through, until golden brown, 6–10 minutes, depending on the nut you choose. Let cool; coarsely chop.
- Prepare a grill for medium-high heat. Grill corn, turning occasionally, until husks are charred in most spots, 16–20 minutes. Transfer to a platter and let sit until cool enough to handle. Shuck corn and remove kernels (you should have about 6 cups).
- Toss nuts, corn, chile or pepper, herb, citrus juice or vinegar, and cheese in a large bowl to combine. Drizzle oil over and season with salt; toss again.



## What Your Realtor Wishes You Knew About Buying a Home

Source: .realtor.com

Whether you're searching for your first home or have bought and sold several properties over the years, a realtor can help you find the ideal home for your family, navigate any issues that arise, and advocate on your behalf during negotiations. And particularly in today's competitive market, working with a trusted realtor can be instrumental in helping you successfully purchase your dream home, even when faced with limited inventory and potential bidding wars. To make the most of your relationship with your agent, keep in mind the following things that he or she probably wishes you knew:

- Being fully ready to buy when you start the house-hunting process will give you an edge over the competition. This means having a clear idea of your wants and needs, getting pre-approved for a mortgage, and being financially, logistically, and emotionally ready to act when you find the right home.
- Avoid getting attached to a home until closing. Even once the seller accepts your offer, several issues can arise that may prevent a home from becoming yours. As difficult as it may be, try to avoid becoming emotionally attached to a property until after closing.
- Your realtor can't help you with everything—but they can refer you to the right professional for your needs. Most realtors have a vast range of knowledge about homes, current market conditions, and various other aspects of the real estate process. However, they must be careful to avoid offering advice in areas that their licenses don't cover. For example, there are limits to questions they can answer about your mortgage loan, or whether certain features on a property are up to code. So don't pressure your agent or expect them to offer guidance on something outside their realm of expertise—but know that they likely have a large network of other professionals to whom they can refer you when needed.



If you are currently working with another Broker please do not consider this a solicitation.

