

# THE SPACE CO.



*Celebrating 37+ years of service*



## MENTAL HEALTH AWARENESS MONTH

### 4MIND4BODY: SOCIAL CONNECTIONS AND RECREATION

#### LONELINESS IS BAD FOR YOUR HEALTH

- Being lonely cause the same amount of damage to your lifespan as smoking 15 cigarettes a day and is more dangerous to health than obesity.
- Poor social supports make it harder to recover from mental illnesses, while a strong social support system improves overall outcomes and the ability to bounce back from stress.
- Loneliness is associated with a higher risk of high blood pressure in older people.

#### SOCIAL INTERACTION AND RECREATION ARE ALL AROUND GOOD FOR YOU

- People with strong social relationships are 50% more likely to live longer.
- Taking a vacation can help you to feel happier and less stressed for a while. Even short vacations help!
- One study showed that people who participated in leisure activities like reading, playing board games, playing musical instruments, and dancing were less likely to develop dementia.

Source: [MHANational.org](http://MHANational.org)

### WHY REFRESHING YOUR PHYSICAL SPACE IS WORTH YOUR ATTENTION



There is something therapeutic, calming, and satisfying about cleaning and tidying a space, whether it's a closet, the sink full of dishes, or stacks of papers getting organized into file folders. With summer approaching, it's understandable that cleaning and tidying might be the very last thing on your mind when there are beaches, lakes, and BBQs waiting. But your physical space has such a significant impact on your mental state of mind and mood that approaching the summer with a clear, present, and focused mind would be worth taking the time to refresh your physical space. Refreshing your space can also help reboot your creative juices.

## Seasonal Recipe



### OUR FAVORITE KEY LIME PIE

For the crust:

11 (2¼x4¾") graham crackers

2 Tbsp. sugar

1½ tsp. ground cinnamon

Pinch kosher salt

6 Tbsp. unsalted butter melted

For the filling:

1 (14-oz.) can of sweetened condensed milk

4 large egg yolks

7 Tbsp. fresh Key lime juice

2 Tbsp. fresh lemon juice

For the topping:

1 cup chilled heavy cream

2 Tbsp. powdered sugar

Special Equipment:

A 9" pie plate

Click here to see how to make it:

[Key Lime Pie](#)

Credits: Epicurious

## OFFICE BULLETIN

**OUR OFFICE WILL BE CLOSED ON  
MAY 29, MONDAY TO PAY  
RESPECT AND TRIBUTE TO  
MEMORIAL DAY**

**FOR ALL YOUR MAINTENANCE REQUEST,  
PLEASE GO TO THE LINK BELOW**

[MAINTENANCE SERVICE](#)



**NEW HOMEBUYER  
WORKSHOP**

**JUNE 24, 2023**

We are hosting our 2023 New Home Buyer Workshop Seminar.

**BREAKFAST IS ON US & PRIZE GIVEAWAYS!**

**We will cover:**

- Credit Scores
- Down payment assistance
- Closing Cost assistance and more!

**Limited Seating. Register and Join us on 6.24.23 at 10 AM to  
12 PM | 3110 North Carolina Ave, Charleston, SC 29405**

**TO RSVP, PLEASE  
SCAN QR CODE**



## May 2023 UPCOMING EVENTS

- **Yacht Rock After Hours, May 18 2023**

Annual after hours event at the Charleston Aquarium.

- **Party at the Point - Sol Driven Train, May 19 2023**

Summer concert series at the Charleston Harbor Resort & Marina.

- **Blessing of the Vines Festival, May 20 2023**

Annual festival at Deep Water Vineyard, Wadmalaw Island, in celebration of the opening of the vine growing season.

- **Charleston Sprint Triathlon Series, May 21 2023**

Summer series of triathlon (swim, cycle, run) events at James Island County Park.

- **Woodlands Camp Fest, May 26-29 2023**

Camping event at Woodlands Nature Reserve, with primitive tent, trailer and RV camping available.

- **National Memorial Day May 29 2023**

*Ready to purchase your own home? We can help!*

**CALL 843-864-3990 OR EMAIL SMALLSRENATA@GMAIL.COM NOW!**

**OFFICE: (843) 577-2676**

Maintenance: ext 207  
Rent and payments: ext 205  
info@thespacecompany.com

**THE SPACE CO.** 

**WWW.THESPACECOMPANY.COM**

3110 North Carolina Avenue  
Charleston, SC 29403