

The Plaza of Bal Harbour Monthly News



A Newsletter for the Residents of The Plaza of Bal Harbour Condominium

Volume 4 Issue 9

September 2010



Condominium Association, Inc.
10185 Collins Avenue
Bal Harbour, Florida 33154

ASSOCIATION OFFICERS

President Ralph Herz
Vice President Patricia Tumpson
Treasurer Bert Reifer
Secretary Catherine Del Castillo
Director Caridad L. Forte
Director Carol Garguilo
Director Harry Goldszmidt

PROPERTY STAFF

Property Manager Orlando Vega
Chief Engineer Gustavo Aliminaque
Asst. to Manager Shirley Elledge
Bookkeeper Gloria Garcia



IMPORTANT NUMBERS

Main 305-865-0535
Fax 305-868-4415
Security 305-865-0535 ext. 206

OFFICE HOURS

Monday-Friday 9 AM - 12:30 PM
1:30 PM - 5 PM

A Very Brief Message...

You will be glad to know that installation of the standpipes has begun.

Ralph Herz, President



Did You Know?

- A shade tree positioned on the west side of a home can keep it 20 percent cooler than a home without a tree. The cooling effect of one tree is equal to that of five room air conditioners running 20 hours a day.
- In one year, a single city tree provides \$73 in air conditioning, \$75 in controlling erosion and storm water, \$75 in wildlife shelter, and \$50 in controlling air pollution.
- Almost 98 percent of all Christmas trees are grown on farms. More than one million acres of land have been planted with Christmas trees, with each acre holding over 2000 trees.
- An acre of Christmas trees provides for the daily oxygen requirements of 18 people.
- Most of the fresh water in the U.S. is produced by our forests. Two-thirds of all the precipitation runoff in the 48 contiguous states come from our forests. And 14 percent of all runoff comes from the roughly 190 million acres of our national forests, which take up only eight percent of the land.

Plaza of Bal Harbour Newsletter

If you have anything special you would like to share with the residents of the Plaza of Bal Harbour Condominium, please let the manager know by the 15th of each month so we can include it in the following month's newsletter.

INSIDE THIS ISSUE

A Very Brief Message	1
Did You Know?	1
Plaza of Bal Harbour Newsletter	1
First Day of Fall	2
Healthy Smile, Healthy You	3-4
Internet Tidbit	4
September Tips	6

First Day of Fall

We may not be experiencing the signs here in South Florida, but throughout the country the first leaves have started turning colors, and the air is growing cooler and crisper, signifying the start of the Fall season. And it's Football Season – what better signal that Fall is here? Hope you enjoy the beautiful nights and days this season is sure to bring.



**EXCELLENT VALUE FOR
SMALL BUSINESSES /
INDIVIDUALS / NON RESIDENTS**

Tax Issues

- Back taxes
- Unfiled taxes
- Multi state taxes
- IRS audits
- IRS/State Tax liens

Attn: Seniors & Physically Handicapped, if you have difficulty coming to us...we will come to you. Please call to set a time

SAREEN & ASSOCIATES, INC.

Let our knowledge and experience work for you.

954.454.1041
www.sareentax.com
arun@sareentax.com
Hollywood, FL 3800 S.
Ocean Drive Suite G-9
(in the Hallmark building
Free parking available)

Evening & Weekend Appts. Available

**ACCOUNTING • PAYROLL
BOOKKEEPING • TAXES**

KITCHEN & BATHROOM REMODELING

specializing in condo and apartment interiors

Painting & Services Unlimited

Jeff Diamond
Lic. CC#94B500437 • CGC031497
Lasorsa Enterprises, Inc.
Licensed & Insured General Contractor

305-865-9005
"Your Experienced Handyman"

40 YEAR BUILDING CERTIFICATION SERVICE

REMODELING • INSTALLATIONS

- Kitchen / Bathroom
- New & Resurfaced Cabinets
- Cabinets / Vanities
- Custom Baseboards / Crown Moldings
- Granite / Marble / Mica Counter Tops
- New Ceilings
- Popcorn Ceiling Removal
- Smooth Ceilings
- Ceramic Tile & Marble Installed
- Framing, Drywall & Finishes
- Plumbing & Electrical Service
- Mechanical Service
- Doors / Windows
- Mirror Installation

PAINTING **MINOR REPAIRS** **EST. 1980**

• Design & Management Services
• Custom Kitchens + Bathrooms **OUR SPECIALTY**
• No Job Too Small
• Free Estimates
• Service & Quality at Reasonable Prices
• Commercial & Residential

15% Off
complete kitchen
or bathroom
remodeling

10% OFF
Any Service

Valid With Coupon. Not To Be Combined With Other Offers. Exp 10/31/2010

Dr Charlton L. Adler

Diplomate, American Board of Podiatric Surgery
Diplomate, American Board of Orthopedic Surgery and
Primary Podiatric Medicine
Certified Wound Care Specialist

20305 Biscayne Blvd.
Aventura, FL 33180
P. 305-935-3999
F. 305-936-8231

On staff at area hospitals and wound care centers

Medicine and Surgery
Leg and Foot

Specializing in non-healing wounds and limb salvage

Edible Arrangements®

Now Open in Miami Beach

MIAMI BEACH
305-861-1771
6960 Collins Avenue
EdibleArrangements.com

Edible ARRANGEMENTS

Edible Arrangements bouquets are also available at nearby locations for pickup or delivery coast to coast.

Happiness is always in season.™

Grand Opening Special
visit us & save \$10.00 on any order of \$35.00 or more!

KM-Kosher Certified

Published monthly at no cost for the Plaza of Bal Harbour by Coastal Group Publications, Inc.
Contact CGP at T: (305) 981-3503 F: (305) 893-4818
to advertise in one of our newsletters or to get a free newsletter for your property.

Healthy Smile, Healthy You!

Regular dental visits can do more than keep your smile attractive – they can tell dentists a lot about your overall health, including whether or not you may be developing a disease like diabetes. New industry research suggests that the health of your mouth mirrors the condition of your body as a whole. For example, when your mouth is healthy, chances are your overall health is good, too. On the other hand, if you have poor oral health, you may have other health problems

According to the Academy of General Dentistry, there is a relationship between gum (periodontal) disease and health complications such as a stroke and heart disease. Women with gum disease also show higher incidences of pre-term, low birth-weight babies. Further research shows that more than 90 percent of all systemic diseases

(involving many organs or the whole body) have oral manifestations, including swollen gums, mouth ulcers, dry mouth and/or excessive gum problems. Such systemic diseases include: Diabetes, Leukemia, Cancer, Heart disease and Kidney disease

Since most people should have regular oral examinations every six months, their dentist may be the first health care provider to diagnose a health problem in its early stages. Poor oral health can lead to problems. If you don't take care of your teeth and gums, your poor oral hygiene can actually lead to other health problems, including:

- **Oral and Facial Pain.** According to the Office of the Surgeon General, this pain may be largely due to infections of the gums that support the teeth and can lead to tooth loss.

Gingivitis, an early stage of gum disease, and advanced gum disease affect more than 75 percent of the U.S. population.

- **Problems with the heart and other major organs.** Mouth infections can affect major organs. For example, the heart and heart valves can become inflamed by bacterial endocarditis, a condition that affects people with heart disease or anyone with damaged heart tissue.
- **Oral cancer.** Poor oral care can contribute to oral cancer, which now takes more lives annually than cervical or skin cancer.
- **Digestion problems.** Digestion begins with physical and chemical processes in the mouth, and problems here can lead to intestinal failure, irritable bowel syndrome and other digestion disorders.

Continued on page 4



Always Classic Care Nurse Registry

As a state licensed Nurse Registry, **Always Classic Care, LLC** specializes in the screening of Registered Nurses, LPNs, home health aides and certified nursing assistants.

Staffing RNs, LPNs, CNAs and HHAs
 No hourly minimum
 1 hour to 24 hour care
 All home health care policies accepted
 We do all the paperwork!

- We coordinate medical and allied care.
- We assist with hospital-to-home transition.
- We assist with out of state extended stays.
- The **Emergency Alert Response System** is included in our care.

P: 305-403-2622 F: 866-241-0043 Aventura

NR#302-11301

Healthy Smile (cont. from page 3)

Seeing a dentist regularly helps to keep your mouth in top shape and allows your dentist to watch for developments that may point to other health issues. A dental exam also can detect poor nutrition and hygiene, growth and development problems and improper jaw alignment. Provide your dentist with a complete medical/dental history and inform him or her of any recent health developments, even if they seem unrelated to your oral health.

Make an appointment for your **FREE CONSULTATION** with Dr. Edy Guerra & Associates! **305-866-2626**

Surfside Dental Associates

General & Cosmetic Dentistry



Edy A. Guerra, D.D.S.

All Phases of Dentistry:
Root Canals • Implants • Extractions
• Cosmetic Bonding • Bleaching

10% professional courtesy for Condo Residents
Emergency appts. are always available & never a charge for consultation. (please bring this ad)

Two Locations:

9456 Harding Avenue, Surfside, FL 33154 4011 W. Flagler St. Ste. 506, Miami, FL 33134
Phone (305)866-2626 Fax (305)886-2204 Phone (305)643-1444 Fax (305)643-0447

INTERNET TIDBIT

Are you in need of a night out but don't want to blow your entire entertainment budget on the babysitter? Consider starting a babysitting co-op. All you need is three or more friends with kids. To get started, visit babysittingcoop.com.



James Leider, Broker
Raquel Mass, Realtor

305.300.2080 cell
954.381.8880 office
954.381.8881 fax

YOUR IN-HOUSE AGENTS
Look for us in the Lobby!

BchBrokers@aol.com • JamesLeider.miamire.com
2080 Ocean Drive #101 • Hallandale Bch, FL 33009



How's Your Mother?

At the entrance to Williams Island, you'll find Imperial Club - Aventura's only full service retirement community that offers both independent and assisted living. Our residents enjoy great amenities - like three delicious meals a day, weekly housekeeping, transportation services, 24-hour staffing and a great social program with all sorts of activities and events. Everything is included in the monthly rent and there is no "buy-in" or endowment fee.

For more information call (305) 935-1801 or go to www.imperial-living.com



2751 NE 183rd Street, Aventura, Florida 33160

CITYWORKS

CONSTRUCTION LLC.

1662 N.E. 205TH STREET
MIAMI, FL 33179

T: (305) 249-5885 • F: (305)249-5886
CITYWORKS@BELLSOUTH.NET

We Offer Interior Renovations from A-Z
Interior Design Option Available.

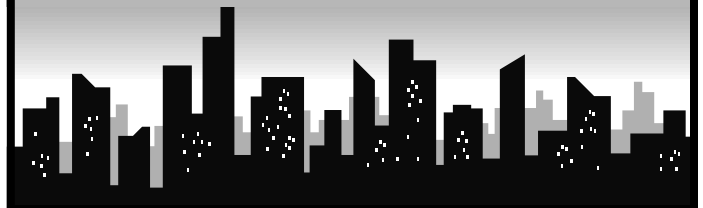
We are fully licensed & insured & have **10 years** of construction experience in South Florida.

License CGC#1515251

www.CityworksConstruction.com

FREE ESTIMATES
Hablamos Español

Condo Managers • Management • Residents
Plumbing • Electrical • A/C • Drywall • Ceiling
Flooring • Cabinets • among others



ATTORNEY

- Is your **WILL** or **TRUST** up to date?
- Do you have a legal question involving **REAL ESTATE OR FAMILY LAW?**

Over 25 years combined experience. We are here to Help!

FREE
Initial
30 min
consult

COSTA & ASSOCIATES, P.A.
Attorneys at Law
305-827-0100
email@costalawyers.com
Miami, FL Hablamos Español

**We
can
come to
you!**





BUY - SELL - RENT
Short Sale & Foreclosure/
REO Specialists



Laura Sanchez
305.450.5005
Laura@GLRealEstateTeam.com

D. Grace Colombo
786.247.6204
Grace@GLRealEstateTeam.com



18246 Collins Ave Sunny Isles, FL 33160
Office 305.947.0477 • Fax 305.328.9660

Law Office of Lourdes M. Sanchez-Barcia, P.A.

Put my years of experience representing banks, condominiums, and homeowner's associations to work for you. Don't Lose Your Home or Your Investment. **I can help.**

FREE CONSULTATION
Open Saturdays. Credits Cards Accepted

**Contact Me at 786-210-5109 or
www.LMSBLAW.com**

Se Habla Espanol

The hiring of an attorney is an important decision that should not be based solely upon advertisements. Before you decide, ask us to send you free written information about our qualifications and experience.



Over 650 Units Sold in Career Sales... Why Not Hire The Best?

Office: 305.779.6205
Sabeto: 305.302.3173
Diana: 305.409.7622
Fax: 305.538.7018
DianaSemel@Keyes.com

Sabeto Garazi, C.R.S.
Broker-Vice President
Diana Garazi Semel, P.A.
Realtor - Associate
Father & Daughter Team



THE KEYES COMPANY / REALTORS
690 Lincoln Rd. # 300
Miami Beach, FL 33139





Florida's Real Estate Leader Since 1926



PATRICK JAIMEZ

786-277-SELL (7355) Direct
305-459-5019 Office Direct
patrickjaimez@bellsouth.net

- **Realtor Consultant**
- **Certified Short Sale Specialist**
- **Fluent in Spanish and Portuguese**
- **Hablo Español / Falo Portugues**
- **All of my listings are exposed to over 18 million potential buyer on over 350 websites in 14 languages daily**
- **I SELL CONDOS FAST!**

Call me today for a FREE, no cost obligation, comprehensive market analysis of your property.



Coldwell Banker Residential Real Estate
20803 Biscayne Blvd, Ste 102
Aventura FL, 33180
Direct Line: 305-459-5019
www.floridamoves.com/patrick.jaimez

Born and raised in South East Florida. I have been a full time licensed Realtor for over 10 years. I am honored to be a part of the International Diamond Society representing a distinguished group of only 1352 members of Coldwell Bankers global network of over 107,000 Sales Associates in 47 countries as a Top Company Producer. Let me show you what proven leadership and an exceptional track record will do to sell your condo fast.

September Tips

How to Keep an Elderly Loved One Safe

Sponsored by Gold Coast Elder Care & Solutions: (305) 947-6464



Fire Prevention:

- Check that outlets aren't overloaded
- Use whistling tea kettles & food timers to remind the senior that the stove is on
- Store fully charged fire extinguisher within easy reach
- Plan an emergency escape route
- Test smoke and carbon monoxide detectors monthly

Household Safety:

- Nightlights in bathroom, bedroom and hallway
- Install non-slip rugs
- Purchase hand held extendable gripper to avoid bending over
- Wear shoes that grip the floor
- Purchase a first aid kit
- Always have at least a 3-day supply of food and water

For more information contact Judy at (305) 947-6464



**Condo Unit Owner HO-6 (W.Wind)
Association Master Policy**

INSURANCE

For Better Rate Call:
George Zein
(954) 454-9599
(305) 931-5988
www.floridainsurance.ws

Since 1988

BLINDS & SHADES

FREE SHOP AT HOME SERVICE **WE BEAT ANY ESTIMATE ANY BRAND, ANY STYLE** **FREE MEASURING & INSTALLATION**

ALL BLINDS CONFORM TO CONDO RULES

SUMMER SALE! Shutters & Motors **VERTICALS REPAIRED & CLEANED** **REPAIRS**
MOTORIZED SPECIALIST
SHADES REPAIRED & CLEANED

305-469-8162 We Show Up! 25 Years in Biz

Two Agencies Under the Same Ownership Bridging the Gap by Serving the South Florida & North Jersey Communities



At Gold Coast Elder Care & Solutions we know home is a special place. That's why our solutions to elder care at home will allow the peace of mind knowing that you or a loved one is receiving the care needed to remain living at home safely, comfortably and with independence.

- Certified Home Health Aides • RN's
- LPN's • Companions/Homemakers

MEET & GREET PROGRAM

(First Two Hours of Care Are FREE) with no obligation

Our Hourly or Live-in Services May Include:

- Supervision • Assist with Bathing • Transportation • Assist with Dressing • Assist to Commode • Shopping • Laundry • Errands • Medication Reminders • Companionship
- Social Interaction • Housekeeping • Doctor Visits • Snow Bird Coordination

"Experts in 24 HOUR LIVE-INS"
Immediate Placements

CALL NOW!!

Dade (305) 947-6464
Broward (954) 396-4202
West Palm Beach (561) 242 5994

Licensed by FL State Health Care Administration • Insured and Bonded
Open 7 days a week 24 hours a day • All Employees screened and criminal checked
Web Page: HOMEAIDRESOURCES.COM



New Jersey

IMPROVING THE QUALITY OF LIFE

HOMEAID
RESOURCES INC.

- Assist with all activities of daily living
- Snow Bird Coordination between North and South

Accredited by National Association for Home Care Washington, D.C.

Speedy Placements
7 Days A Week-24 Hours A Day

33-00 Broadway Ste 309
Fair Lawn, NJ 07410
201-796-0202

