

BONAVIDA Monthly Newsletter

Volume 8 Issue 4

A Monthly Newsletter for the Residents of Bonavida Condominium

October 2020

Bonavida Condominium Association, Inc

20100 W Country Club Drive
Aventura, Florida 33180

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PROPERTY STAFF

Intracoastal Management

Reg. Dir....Annette DiTommaso, LCAM
305.710.6848
Manager Carlos Garcia, LCAM
954-305-9523
Maint. Sup. Jose Echavarria
305-833-5145
Maintenance Brian Boone
954-628-6299
Accounting 954-577-9700

IMPORTANT NUMBERS

Main 305-935-1319
Fax 305-933-3365
Security 786-288-6570
Email: ...manager@bonavida.net



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PLEASE WELCOME ABOARD OUR NEW TEAM MEMBERS:

CARLOS GARCIA, PROPERTY MANAGER.

Carlos Garcia is a licensed residential property manager with over 10 years of experience in a diverse array of communities over the past several years. He also served in the United States Navy for 12 years, has a Bachelor's degree in Business Administration from St. Thomas University and an MBA from the University of Miami.



JOSE ECHAVARRIA is the new maintenance supervisor also with over 10 years of experience in high rise buildings with an electrical engineer and certified HVAC background.

We would like to also thank Brian and Auris for their continued commitment and dedication to the Bonavida community.

DON'T FORGET...FALL BACK...

Daylight Saving Time begins for most of the United States at 2 a.m. on the **Second Sunday in March** and lasts until 2 a.m. on the **First Sunday of November**.

**BE SURE TO SET YOUR
CLOCKS BACK
ONE HOUR AT 2 A.M. ON
NOVEMBER 1, 2020.**



This is also a great time to change the batteries in your smoke and carbon monoxide detectors. Many fire departments encourage people to change their batteries in these detectors when they change their clocks, because it can be so easy to forget otherwise. "A working smoke detector more than doubles a person's chances of surviving a home fire," says William McNabb of the Troy Fire Department in Michigan. More than 90 percent of homes in the United States have smoke detectors, but one-third are estimated to have worn-out or missing batteries.

PUMPKIN CHEESECAKE

Crust:

- 1/3 cup reduced-calorie margarine, room temp.
- 2 cups graham-cracker crumbs

Filling:

- 1 container (24 ounces) nonfat cottage cheese (3 cups)
- 1 tub (12 ounces) light cream-cheese
- 1-1/4 cups packed light-brown sugar
- 2 large egg whites
- 2 large eggs
- 1 can (16 ounces) solid-pack pumpkin
- 2 tablespoon cornstarch
- 2 teaspoon pumpkin-pie spice
- 1 teaspoon vanilla extract
- Lightly grease bottom & sides of 9x3" spring form pan.

DIRECTIONS

Crust:

1. Mix margarine and cracker crumbs in a bowl until evenly moistened.
2. Press over bottom and 2 inches up sides of prepared pan.

Filling:

1. Heat oven to 325 degrees F.
2. Process cottage cheese and cream cheese product in a

3. food processor or blender about 2 minutes, scraping down sides 2 or 3 times, until thick and smooth.
3. Add brown sugar, process until sugar dissolves.
4. Add eggs and egg whites and process just until blended.
5. Transfer to a large bowl.
6. Stir in pumpkin, cornstarch, spice and vanilla until well blended and smooth.
7. Pour into crust.
8. Bake 1 hour & 20 minutes or until top of cake looks set.
9. Cool completely on wire rack.

To store, cover and refrigerate in pan at least 6 hours or up to 4 days.



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NOV. 3

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Punch #57

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October Is Breast Cancer Awareness Month

How can I find breast cancer early?

The best way to find breast lumps that may be cancer is to do 3 things:

- Have regular mammograms.
- Have your doctor check your breasts.
- Check your breasts yourself every month.
- Doing all of these things gives you the best chance to find cancer as early as you can. Finding breast cancer early makes treatment much easier and more effective. More than 90 out of 100 women whose breast cancer is found early will be cured.

Changes to look for in your breasts

- Any new lump (which may not be painful or tender)
- Unusual thickening of your breasts
- Sticky or bloody discharge from your nipples
- Any changes in the skin of your nipples or breasts, such as puckering or dimpling
- An unusual increase in the size of one breast
- One breast unusually lower than the other

For more information you can visit the American Cancer Society's breast cancer Web site at www.cancer.org/ or call 800-ACS-2345. You can also visit the Breast Cancer Network's Web site at www.breastcancer.net.



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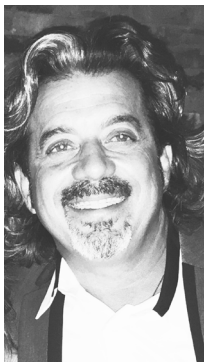
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