



# DELVISTA VIEW

A Newsletter for the Residents of the Delvista Towers Condominium Assn.

Volume 19 Issue 5

December 2020

## Delvista Towers Condominium Association

20225 NE 34th Court  
Aventura, Florida 33180

### ASSOCIATION OFFICERS

**President**..... Carl Burkins  
**Vice President** ..... Louise Rudnick  
**Treasurer** ..... Mariano Magro  
**Secretary**..... Gadi Leshem  
**Director** ..... Regina Goldfein  
**Director** ..... Guillermo Seifer

### PROPERTY STAFF

**Manager** ..... Kenneth (Ken) Deutsch  
**Administrative Asst.** Vanessa Pena  
**IT Technician and Facilitator**  
**Package Room** ..... Alexander Pena  
**Chief Engineer** ..... Eddie Suarez

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**Maintenance** ... 305-937-0188 x205  
**Guard House** ..... 305-937-0404  
**Valet**..... 305-937-0188 x204

### OFFICE HOURS

Monday-Friday  
9:00 AM - 5:00 PM

### NEWSLETTER EDITOR

Regina Goldfein..... 305-934-6731  
E-mail.. reginarealtor203@gmail.com  
Spanish Translation..... Vanessa Pena



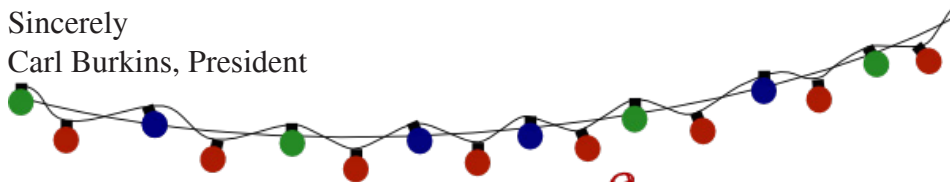
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## SEASONS GREETINGS

On behalf of myself, Board of Directors, Management Staff and all Employees, we extend our sincere best wishes to you for a Happy and Healthy Holiday Season and New Year 2021.

We want to further take this opportunity to thank all residents that contributed to the Employee Holiday fund.

Sincerely  
Carl Burkins, President



# Happy Holidays!

## FELICES FIESTAS

*En nombre mío, de la junta directiva, personal directivo y todos los empleados, le extendemos nuestros mejores deseos sinceros para una temporada de vacaciones feliz y saludable y Año Nuevo 2021.*

*Queremos aprovechar esta oportunidad para agradecer a todos los residentes que contribuyeron al fondo Employee Holiday.*

*Sinceramente*  
*Carl Burkins, Presidente*



## NEW NEIGHBORS

Alba Viviana and Adrian Paramo-1012

# HEALTHY HOLIDAYS

Do you find your belly wiggling like a bowl full of jelly every January? It can be hard to keep from overindulging when you are faced with a December full of buffets, cookies, and holiday dinners. But there are ways to battle the holiday bulge!



Exercise is an important part of anyone’s healthy lifestyle. During the holidays it is even more important to include exercise in your busy day. There is a stronger tendency to skip your daily walk, aerobics workout, or swim during winter. There are fewer daylight hours and there are additional activities that demand your time. Taking time for yourself every day, however, will reduce stress and help you to stay fit and trim.

As for the eating, remember that the key to success is moderation. You don’t have to deprive yourself of all those holiday goodies. Just keep portions reasonable and opt for some healthy substitutes. If you are invited to a holiday gathering, try to eat something healthy before you go. You won’t be starving and tempted to eat everything available. Take small portions of everything you wish to taste and eat slowly.

Substitutions can help also. Instead of very high-fat eggnog, drink cranberry juice. Avoid fried foods and choose fresh fruits and vegetables instead. Munch on pretzels in place of chips, and choose a couple of cookies instead of the cheesecake.

If you find yourself at a dinner party with a host or hostess that insists on second helpings, make your first serving a small one. When you return for more, your second serving will bring your total intake up to one normal sized portion. Offer to bring a dish or two and make it healthy and low-fat.

As for your own holiday baking and food preparation, remember your limits and your weaknesses. If you have a tendency to eat handfuls of cookies, make batches to give away. Keep only a few for yourself. As your schedule gets more hectic, remember to take time to eat three meals a day, and allow for time to plan for healthy meals.

A little planning and extra attention to including exercise in your day will be all it takes to avoid gaining those extra pounds this holiday season. You will enjoy your happy and healthy holidays even more!

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# FROM THE EDITOR

This newsletter is by and for the residents of Delvista Towers. Our goal is to create an informative and entertaining publication for the enjoyment and benefit of all. We look forward to contributions and suggestions from you, but we do reserve the right to decide what will be published. You can write to me directly reginarealtor203@gmail.com. I enjoy hearing from you.



## Aviso De La Editora

Recordamos que este boletín en por y para los residentes de Delvista Towers. Nuestra meta es crear una publicación entretenida e informativa para beneficio de todos. Siempre esperamos sus contribuciones y sugerencias pero recuerde que nos reservamos el derecho de publicación ya que el espacio es limitado. Escríbanme a reginarealtor203@gmail.com.



### DECEMBER BIRTHDAYS

- Zoila Fiegler-20
- Luzia Ferreira-22
- Stacey Hipsman-23
- Rina Marshal-25
- Gary Hirsch-28
- Giuseppe Fallica-31



### DECEMBER ANNIVERSARIES

- Marlee and Gene Bass-20
- Edison and Luzia Ferreira-30



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