



Volume 11 Issue 7

A Newsletter for the Residents of The Mar Del Plata Condominium

October 2020

Mar Del Plata
Condominium Assoc., Inc.
6423 Collins Avenue
Miami Beach, Florida 33141
<http://mardelplatamiamibeach.com>



WEAR A MASK. PROTECT OTHERS.

ASSOCIATION OFFICERS

President..... Leslie Cortina
Vice Pres.Ernesto Marcos
TreasurerErnesto Marcos
Secretary.....Kathleen E. Celano
Director Joseph Gahigan
Director Guillermo Rodriguez

PROPERTY STAFF

Manager..... Nelson Borroto
mardelplatacondominium@gmail.com
Asst. Manager..... Jorge Muñoz
mardelplatajorge@gmail.com
Front Desk.....
frontdesk6423@gmail.com
Asst. Engineer Ivan Esteves

IMPORTANT NUMBERS

Office.....305-864-3232
Fax305-861-1011
Front Desk.....305-865-5641

OFFICE HOURS

Monday-Friday ... 7:30 AM - 4:30 PM



Published monthly at no cost for the Mar Del Plata Condominium by Coastal Group Publications, Inc. Contact CGP at (305) 981-3503 or www.cgpnewsletters.com to advertise in one of our newsletters or to get a free newsletter for your property.

DON'T FORGET...
Spring Forward...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.



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.



Commissioner
Eileen Higgins
District 5



"During these challenging times, rest assured that my office is here to listen to your concerns and connect you to the services and resources you need from Miami-Dade County."

CALL - EMAIL - SOCIAL

www.miamidade.gov/district05
305-375-5924
District5@miamidade.gov

 @CommishEileen
 /CommishEileen

COVID-19 RELIEF	BE ELECTION READY	STAY INFORMED
See a full list of relief programs for individuals and businesses at bit.ly/covid19reliefprograms	Election Day is November 3, 2020 . Update your voter registration & request a Vote By Mail ballot at bit.ly/mdcelections	Text DISTRICT5 to 42828 to receive a weekly update from Commissioner Higgins and the D5 team



GOT HURRICANE DAMAGE?

GET HELP NOW!

TIME IS RUNNING OUT TO GET PAID ON YOUR CLAIM

NO RECOVERY, NO FEE!

DON'T MISS THE DEADLINE

FREE SECOND OPINION INSPECTION

LOCAL PUBLIC ADJUSTERS READY TO INSPECT

CALL US TODAY FOR ANY TYPE OF CLAIM!

STELLARADJUSTING.COM



WAS YOUR CLAIM DENIED OR UNDERPAID?

MIAMI-DADE (305) 396-9110
BROWARD (954) 376-6991
PALM BEACH (561) 404-3069

2450 NE MIAMI GARDENS DR. SUITE 200, MIAMI, FLORIDA 33180

THIS IS SOLICITATION FOR BUSINESS. IF YOU HAVE HAD A CLAIM FOR AN INSURED PROPERTY LOSS OR DAMAGE AND YOU ARE SATISFIED WITH THE PAYMENT BY YOUR INSURER, YOU MAY DISREGARD THIS ADVERTISEMENT.



Retired nurse looking for part time work caring for elderly patients. Has own car for help with transportation to and from doctor's appointments, shopping and errands.

786-486-9022

Excellent References
Resume Available on Request

BLINDS & SHADES

FREE SHOP AT HOME SERVICE

WE BEAT ANY ESTIMATE
BLINDS, SHADES, SHUTTERS

FREE MEASURING & INSTALLATION

FAST SERVICE, LOWEST PRICES GUARANTEED!

20% OFF Motorized Shades
 exp. 2/28/21
 must present coupon

MOTORIZED SPECIALIST
 VERTICALS REPAIRED & CLEANED
 SHADES REPAIRED & CLEANED

WE ALSO DO
REPAIRS
 VERTICAL FRONTS REPAIRED

305-469-8162 WE SHOW UP! 25 Years in Biz

PUMPKIN CHEESECAKE

INGREDIENTS

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 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.



NOV. 3
VOTE RUBIN YOUNG
 LET'S PUT OUR COMMUNITY FIRST
 MAKE THE RIGHT DECISION EVERY VOTE HAS POWER
Punch #57
CLERK of the MDC COURTS
 Rubin Young Candidate MDC Clerk of the Courts | POB 12896, Miami FL 33101 | 786-847-9111
<https://voteyoungformiamidaclearkofthecourt.com>
https://m.facebook.com/story.php?story_fbid=1012328779243559&id=100013993384234
 Political Advertisement paid for and Approved by the Campaign to Elect Rubin Young Miami Dade County Clerk of the Circuit Courts

365 ABUNDANCE
 YOU ARE YOUR BEST FRIEND
ALEXANDRA MUNOZ
 Owner & Head Trainer
 PERSONAL & GROUP FITNESS TRAINING
 MIAMI, FL - ZOOM AVAILABLE
 ALL FITNESS LEVELS WELCOME
 PLEASE CONTACT ME FOR RATES & AVAILABILITY
LET'S CONNECT!
 (786) 564-3226
 Alexandrabmunoz365@gmail.com
 @365Abundance
 Facebook.com/365abundance

PHYSICAL & OCCUPATIONAL THERAPY
 Are You Suffering From Back Pain, Poor Balance, Weakness?
 We offer Ultrasound, Massage, Balance & Vestibular Therapy
 Cardiac, Neurological and Senior Rehab
Exclusive 1 on 1, In the Comfort of your Home
 Protective Equipment Protocols
THERAPY IN YOUR HOME
 Licensed Medicare Provider FL8318
 Brian Caits @ 954-328-1505

DIAMOND REMODELERS

Full Service Contractors

We are committed to the fulfillment of your home improvement needs with an eye towards increasing the value of your real estate asset. Whether you are remodeling a kitchen, bathroom, complete residence or room addition; we are the *Miami Beach Experts*, **family owned for 30 years**.

*specializing
in condo &
apartment interiors*

Jeff Diamond & Anthony Lasorsa
305-865-9005
www.diamondremodelers.com
jeff@diamondremodelers.com



Painting & Services Unlimited Lic. CC94BS00437 • Lasora Enterprises, Inc CGC031497
Licensed & Insured General Contractor

Kitchen & Bathroom Remodeling

Satisfaction and Quality Guaranteed

REMODELING • INSTALLATIONS

- Kitchen / Bathroom
- New & Resurfaced Cabinets
- Cabinets / Vanities
- Custom Baseboards / Crown Mouldings
- Granite / Marble / Mica Counter Tops
- All Types of Tiles & Marble Installed

*"Your Experienced
Handyman"*

PAINTING & SERVICES UNLIMITED

- Painting, Condo, House, Apt. Roof Painting
- Full Service Contractors
- Popcorn Ceiling Removal
- Plumbing & Electrical Service
- Smooth Ceilings
- Doors / Windows EST. 1980
- Framing, Drywall & Finishes
- Mirror Installation

- Design & Management Services
- No Job Too Small
- Free Estimates
- Service & Quality at Reasonable Prices
- Commercial & Residential
- Habla Español

**15%
Off**
any
remodeling
job!

**10%
OFF**
Any
Service
Valid With Coupon.
Not To Be Combined
With Other Offers.
Exp 11/30/2020

45 DAY LISTING AGREEMENT!

WERC
realty

Fernando Rizzo
352-256-2203

"Work with a Professional"



Let's ZOOM!



My urgency is to \$ell your home!

I GET PAID WHEN YOU GET PAID

Fernando@RizzoTheRealtor.com

One Dollar Emergency Dental Visit Including Necessary X-Rays

NEW PATIENTS ONLY.



Meet Your
Neighborhood Dentist
Dr. Edy A. Guerra

Over 20 years in Surfside / Bay Harbour / Bal Harbour

Two Locations to Better Serve You

9456 Harding Ave.
Surfside, FL 33154

4011 W. Flagler St.
Coral Gables, FL 33134

(305) 866-2626

http://www.dentistsurfside.com/