



# Happenings IN TOWER 100

Volume 10 Issue 6

A Monthly Newsletter for the Residents of Mystic Pointe Tower 100

August 2020

## MYSTIC POINTE TOWER 100

19195 Mystic Pointe Drive  
Aventura, Florida 33180

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### IMPORTANT NUMBERS

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**Fax** ..... 305-932-9286  
**Concierge** ..... 305-935-6812  
**Front Gate** ..... 305-932-8272

### OFFICE HOURS

**Mon. - Fri.** ... 8:30 am-5:00 pm  
**Closed for lunch** ... 12:15-1:15pm



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## The CDC on Living in Shared Housing During the Coronavirus Pandemic

Shared or congregate housing includes apartments, condominiums, student or faculty housing, national and state park staff housing, transitional housing, and domestic violence and abuse shelters. Shared housing residents often gather together closely for social, leisure, and recreational activities, shared dining, laundry facilities, stairwells, and elevators and may have challenges with social distancing to prevent the spread of COVID-19.

### PROTECT YOURSELF

- Social distance by staying at least 6 feet apart from others that you do not live with.
- CDC recommends that people wear masks in public settings when around people who don't live in your household, especially when other social distance measures are difficult to maintain.
- Seek out a "buddy" in the facility who will check on you and make sure you are getting basic necessities, including food and household essentials.

### PEOPLE AT-RISK

- Keep up-to-date lists of medical conditions and medications, and periodically check to ensure you have a sufficient supply of your prescriptions and medications.
- Contact your healthcare provider to ask about getting extra medications to have on hand, or to consider using a mail-order option for medications.
- Be aware of serious symptoms of if you have underlying conditions of COVID-19 symptoms, and know who to ask for help or when to call 911.

### KNOW WHERE TO GET INFORMATION

- Make sure you know how your facility is going to communicate COVID-19 information to you; email, websites, hotlines, automated text messaging, newsletters, and flyers to help communicate information on.

### COMMON SPACES

Be flexible, rules may change in common areas. Maintain 6 feet of social (physical) distance between yourself and everyone that you do not live with. This may mean there will be alternatives to activities, cancelled activities, or closed areas. If you see people in areas that are small, like stairwells and elevators, consider going one at a time.



# HURRICANE SEASON

Florida's Hurricane Season has begun. It's important to plan ahead so you are safe in case of any emergency. Please prepare now for any possible risks associated with stormy weather and be prepared to act when alerted by emergency officials with the following:

- **A Disaster Supply Kit** (Including: a first aid kit, water, canned food supply, flashlight(s), a battery powered radio etc.)
- Store all furniture, plants, and personal belongings, or anything that can be picked up from the wind on your balcony inside your home
- Close shut all windows, doors and secure your balcony door latch, making sure it is functioning properly
- Pet owners should have plans in place to make sure their pet is taken care of

## EMERGENCY SUPPLY KITS

Your disaster kit and emergency supplies should now be fully stocked. If you still have not done so, now would be a good time to stock up necessary supplies. But what should you include?

- Non-perishable snacks and packaged or canned food for at least 3 to 7 days
- At least 1 gallon of water per person for 3 to 7 days
- Manual can opener
- Battery-powered radio, & batteries
- First-aid kit
- Small tools and safety items such as match, a multi-purpose tool, flashlight, and a whistle
- Prescription medications
- Sanitation & personal hygiene items
- Special items and food for infants, the elderly or the disabled
- Charged cell phone with charger
- Cash
- Critical documents placed in a waterproof container
- Protective gear such as warm clothes and blankets

Store such items in an easy-to-carry, waterproof container such as a backpack or duffle bag. Exercise good judgment at all times. Stay alert with updates provided by local authorities and news networks.



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## Hurricane Trivia

- Hurricanes were first named by people living in the West Indies. The name chosen was based on which saint's day it was when the storm hit.
- Around the end of the 19th century, an Australian meteorologist began giving women's names to tropical storms and hurricanes.
- It wasn't until 1953 that the U.S. National Weather Service started using women's names for storms. In 1979, men's names were added.
- A list of names is put together that includes names beginning with every letter of the alphabet except Q, U, and Z.
- Today, the World Meteorological Organization uses six lists in rotation, reusing the same list every six years. If a hurricane is particularly deadly or costly, the name is retired and a new name is chosen.



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- Tower 300 Unit 207 2/2 Completely Remodeled
- Tower 300 Unit 1615 2.5 Ocean Views
- Tower 300 Unit 1101 2/2 Top line/great views, Rental

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