



# Bayview Towers

## News and Views

*A Newsletter for the Residents of Bayview Towers*

Volume 6 Issue 2

April 2020

### **BAYVIEW TOWERS Dome Condominium Association, Inc.**

2100/2150 Sans Souci Blvd.  
North Miami, Florida 33181  
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office@domecondominium.com



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**Maintenance** .... Celso Goenaga

### **IMPORTANT NUMBERS**

**General** ..... 305-893-2107  
**Fax** ..... 305-893-6261  
**After Hours Emergency** .....  
305-893-2107

### **OFFICE HOURS**

**Mon - Fri..** 9:00 am - 4:00 pm

## **EDITOR'S NOTES**

First and foremost, we encourage all of our residents to remain home whenever possible. We are each responsible to do our part to maintain the safety of our community. Each time you venture out among others, you are taking a chance to become contaminated with the Coronavirus. Wash your hands often, but especially when you return home from shopping or running errands. If you don't wish to wear gloves, please use a tissue or paper towel when opening a door or pressing an elevator button. It is suggested to wait for the next elevator if there are already two (2) persons occupying it.

You have probably noticed the new Closed Circuit TV monitors in each of our lobbies. Take a few moments and review all of the latest community news and happenings at Bayview Towers. The information provided on the TV monitors will be your new, digital "newsletters"... the only difference is that the news is now delivered to you 24/7. Among other valuable information regarding our community, you will find information here related to protecting ourselves from the Coronavirus. As always, your comments and suggestions are encouraged and appreciated.

## **RULES AND REGULATIONS**

Please remember that there are absolutely no recycled items permitted to be placed in the trash rooms located on each floor. The only place in our buildings to recycle is in the green recycle bins located inside the double green doors at the south end of our street level parking lot. All cardboard boxes must be broken down to lay flat. Any containers must be rinsed and clean before they can be recycled. Please do your part to insure that recycles are not contaminated with food and other items that do not belong there. Thank you for doing your part.

It is very important to place your closed & tied trash bag completely into the chute so that it falls down into the receiving bin on the ground floor. Do not fill your trash bag too full, as it will not fit, and can create a problem for the entire building.

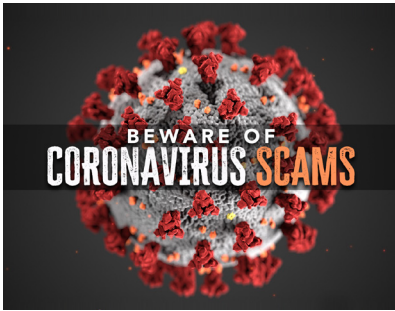
## **PEST CONTROL**

Our pest control company usually attends to our buildings during the 3rd week of each month (Apr 23/24 and May 21/22). The 2100 building is scheduled from 9 a.m. to 2 p.m. on Thursday and the 2150 building is scheduled from 9 a.m. to 2 p.m. on Friday. Please look for notices posted at the elevator lobbies for any possible schedule changes.



# VOLUNTEER CORNER

Unfortunately, even in times of national emergencies when most of us will come together to help one another; criminals will still try to find a way to steal your hard earned money and personal information.



### SCAM #1

Law enforcement has already begun to see trends in which subjects are calling victims and claiming to be with a government agency such as the IRS or Health Department. These scammers are claiming that they need to verify your personal information such as name, date of birth, social security number, and mailing address in order to send out a stimulus check. Please do not verify any information as no government agency will call you unsolicited and ask you to provide your personal information over the phone.

### SCAM #2

Some scammers are calling or showing up at victim's front doors claiming to be able to offer home test kits and/or vaccines for COVID-19. There are NO home test kits or FDA approved vaccines for COVID-19 at this time. Please do not provide any credit card payment information or money to these scammers. If they show up at your front door please contact the police department immediately.

### SCAM #3

Scammers are calling pretending to be with the State Department or other government agency and claiming that a relative of the victim has been diagnosed with COVID-19 but is stuck somewhere out of the country. The scammers claim the victim must send money to either facilitate the return of their relative to the United States and/or to provide food and lodging to the relative until they can return. This is also a scam please do not wire any funds to any stranger.

If you are facing financial crisis because of the Coronavirus disruptions, you can contact the non-profit agency, NFCC (National Foundation for Credit Counseling) at nfcc.org or 800-388-2227.

Paste this address into your browser to find dozens of side gigs you can do from home to earn additional income...

<https://mrsdaakustudio.com/immediate-hire-work-from-home-jobs/>

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## WORD SEARCH - STAY HEALTHY

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## HEALTH MATTERS

Emotional health is an important part of overall health. People who are emotionally healthy are in control of their thoughts, feelings, and behaviors. They are able to cope with life’s challenges. They can keep problems in perspective and bounce back from setbacks. They feel good about themselves and have good relationships.

Being emotionally healthy does not mean you are happy all the time. It means you are aware of your emotions. You can deal with them, whether they are positive or negative. Emotionally healthy people still feel stress, anger, and sadness. But they know how to manage their negative feelings. They can tell when a problem is more than they can handle on their own. They also know when to seek help from their doctor.

Research shows that emotional health is a skill. There are steps you can take to improve your emotional health and be happier. Path to improved well being...

Emotional health is an important part of your life. It allows you to realize your full potential. You can work productively and cope with the stresses of everyday life. It helps you work with other people and contribute to society.

It also affects your physical health. Research shows a link between an upbeat mental state and physical signs of good health. These include lower blood pressure, reduced risk of heart disease, and a healthier weight

There are many ways to improve or maintain good emotional health.

- Be aware of your emotions and reactions. Notice what in your life makes you sad, frustrated, or angry. Try to address or change those things.
- Express your feelings in appropriate ways. Let people close to you know when something is bothering you. Keeping feelings of sadness or anger inside adds to stress. It can cause problems in your relationships and at work or school.
- Think before you act. Emotions can be powerful. Give yourself time to think, and be calm before you say or do something you might regret.
- Manage stress. Try to change situations causing you stress. Learn relaxation methods to cope with stress. These could include deep breathing, meditation, and exercise.
- Strive for balance. Find a healthy balance between work and play and between activity and rest. Make

time for things you enjoy. Focus on positive things in your life.

- Take care of your physical health. Your physical health can affect your emotional health. Exercise regularly, eat healthy meals, and get enough sleep. Don’t abuse drugs or alcohol.
- Connect with others virtually during these difficult times. We are social creatures. We need positive connections with other people.
- Find purpose and meaning. Figure out what it is important to you in life, and focus on that. This could be your work, your family, volunteering, caregiving, or something else. Spend your time doing what feels meaningful to you.
- Stay positive. Focus on the good things in your life. Forgive yourself for making mistakes, and forgive others. Spend time with healthy, positive people.

*Continued on page 5*



**Public Adjusting Services**  
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## GOT PROPERTY DAMAGE? GET HELP NOW!

**RE-OPEN OLD & DENIED CLAIMS**

**FREE CLAIM INSPECTION**

**IS YOUR ROOF LEAKING?**

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**Health Matters** (cont. from page 4)

**Things to consider:**

People who have good emotional health can still have emotional problems or mental illness. Mental illness often has a physical cause. This could be a chemical imbalance in the brain. Stress and problems with family, work, or school can trigger mental illness or make it worse.

Counseling, support groups, and medicines can help people who have emotional problems or mental illness. If you have an ongoing emotional problem, talk to your family doctor. He or she can help you find the right type of treatment.

**Questions to ask your doctor**

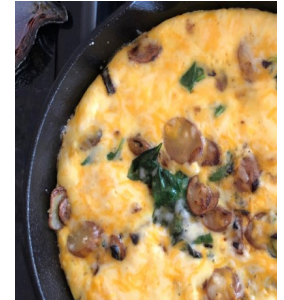
- What steps should I take to improve my emotional health?
- Would medicine help me be able to cope better?
- Should I see a therapist or counselor?
- How does my physical health affect my emotional health?
- What stress management techniques would work best for me?

Let's strive to stay healthy, physically, mentally and emotionally!!

**SPINACH & POTATO FRITTATA**

Frittatas are excellent for Easter brunch and any Passover meal, because they're not reliant on grains in any way and can be totally flexible to accommodate leftovers. This recipe is Easter-appropriate, Passover-approved, and an excellent ways to celebrate spring.

- 2 tablespoons olive oil
- 6 small red potatoes, sliced
- 1 cup torn fresh spinach
- 2 tablespoons sliced green onions
- 1 teaspoon crushed garlic
- salt and pepper to taste
- 6 eggs
- 1/3 cup milk
- 1/2 cup shredded Cheddar cheese



Heat olive oil in a medium skillet over medium heat. Place potatoes in skillet, cover, and cook about 10 minutes, until tender but firm. Mix in spinach, onions, and garlic. Season with salt and pepper. Continue cooking 1 to 2 minutes, until spinach is wilted. In a medium bowl, beat together eggs and milk. Pour into the skillet over the vegetables. Sprinkle with Cheddar cheese. Reduce heat to low, cover, and cook 5 to 7 minutes, or until eggs are firm. Serves 6.

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