



Bayview Towers

News and Views

A Newsletter for the Residents of Bayview Towers

Volume 5 Issue 9

November 2019

BAYVIEW TOWERS Dome Condominium Association, Inc.

2100/2150 Sans Souci Blvd.
North Miami, Florida 33181
www.DomeCondominium.com
domecondominium@comcast.net



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- Director** Gib Oxios
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- Director** Barbara Stewart

PROPERTY STAFF

- Manager**..... Doris Morales
- Admin. Asst.**.... Vicky Buitrago
- Maintenance**.... Celso Goenaga
- Maintenance**..... Aldo Otiniano

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

The primary function of any Condo Board of Directors is to represent the Owners of the condominium. The relationship between the BOD and the Owners should be cooperative. The Board runs the condo on behalf of the Owners. They are responsible for making major decisions regarding the maintenance of buildings and grounds, and of condo finances. They uphold and enforce bylaws, condo documents and rules. They follow the rules themselves, expecting others to do the same. They know that condo rules need to be enforced fairly and consistently. Rules, bylaws and declarations are applied uniformly and not selectively. Complaints of owners should be addressed expeditiously. Useful suggestions by owners are respected. Good Board members communicate with Owners on a regular basis. Owners are permitted and encouraged to view corporate records and documents. Good BODs do not ignore owners' concerns. * Our Board of Directors are a small group of volunteers who work very hard. Please treat them with the same respect with which you wish to be treated yourself.

Physical Plant

Although our maintenance staff is constantly maintaining our hallway carpets with spot-cleaning, on November 1st, Five Star began the process of heavy-duty cleaning of every hall carpet in both buildings. The work will be completed prior to the Thanksgiving holiday and, with our own individual care and diligence, the carpets should remain clean through the New Year.

Our Cooling Tower permit has finally been closed with the City of North Miami thanks to the diligence of our Board, Management and Gib Oxios, who worked tirelessly, having had countless meetings with City officials. Well done!

Any resident who owns a pet of any kind should be aware that washing your pet's bedding, clothing, etc., using the washing machines and dryers in our laundry rooms, is not acceptable. Many residents are complaining that they're finding pet hair all over their clothing when they wash and dry their laundry.

The Board of Directors is considering installing a commercial washer and dryer on the lobby level of each building. The main purpose of this equipment is for pet owners to use them (and only them) for cleaning their pet products.

Rules and Regulations

Imagine that your car is parked immediately below the line of balconies. With this in mind, anything, solid or liquid, that you allow to fall from your balcony, can end up landing on the vehicle beneath it. Please be a thoughtful neighbor.

Most of us are kind and thoughtful to both friends and strangers, however, if someone is attempting to enter our buildings whom you do not recognize, and does not have a fob, please do not assist their entry. Our security is everyone's responsibility.

Our management office should have emergency access to every apartment in our community. Those who have lived in a multi-family community for some time know that anything can happen at any time... whether it's a leak from the apartment above or below us, or a smoke alarm going off inadvertently, or a service animal barking for an unknown reason. If no one is home to handle the emergency, one of our responsible board members, management team, or employees must be able to enter your apartment to ascertain what potential serious problem may be a threat to persons or property. If you are not certain that a copy of your apartment key is in our possession, please remedy that as soon as possible. If you do not wish to leave a key in the office, an alternative is to leave your key with a responsible person (preferably a resident of Bayview Towers) whose phone number you provide the office.

If you plan to be away from home for an extended period of time, you would be wise to advise your management office. Tell them how to contact you so they can assist with any issue that may arise.

Another reason why it's essential for management to have access to each apartment is for our monthly pest control. We're finally getting the difficult and nasty "creature" issue under control. A huge part of the solution has been the ability of our licensed, insured and bonded pest control company, Olympus Pest Control, to enter apartments to spray every month, whether the apartment owner is home, or not. Our capable technician is David. He needs only 5 minutes in your unit and will treat any special issues you may have. He is accompanied by one of our maintenance staff.

A Special Thanks

Long time resident, Merle Moore, 2100 Sans Souci Blvd #311, would like to thank all of those whom have shown their support and their sympathy for the recent passing of her dear husband.



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Manager's Corner

When you have a moment, please thank our crew with 5 Star janitorial, who is doing an amazing job cleaning and maintaining our property.

Should you be experiencing any type of pest control issues, please let us know. It is very important to have a copy of your key.

A friendly reminder... Do not hang anything on your door, according to our rules and regulations. The only time you are allowed is from December 1st through December 31st. Holiday lights are allowed during the same dates. They must be taken down immediately after the holidays. Should you purchase Christmas trees, please be mindful and bag them and not drag them in the hallways. Just the same many of us purchase a lot of items online, kindly dispose of your boxes properly and bring them downstairs. Do not fill the trash chute rooms with boxes and try and shove them down the chute. This will cause a huge back up and can become a fire hazard. Be respectful and mindful of your neighbors when having parties and get together.

Should you be traveling during the holidays, I strongly encourage you to not order anything online, creating the possibility of excess boxes accumulating at your front door. This is a liability, as someone can easily trip and fall.

Lastly, we are all looking forward with excitement to the Holidays!

Doris Morales, LCAM
Property Manager (305) 893-2107

Welcome New Residents
2150 Sans Souci Blvd – Jenniver Andia - 706 and
Juan David Bustamante - 1610

Social Hour

We are planning our holiday party for Dec 10th, immediately following our annual meeting and election. Everyone is welcome and asked to bring their own delicious dish or favorite bottle to the event. As is our custom, it will be held in the lobby of the 2150 building. The festivities should commence at about 8:00 pm and wind down at approximately 10:00 pm. Although we appreciate that you have many local friends and family members, this celebration is for residents only. If anyone is willing and able to assist with set-up or clean-up, please advise Doris, our Building Manager in advance.

Volunteer Corner

This month, we'd like to make our residents aware of the many opportunities available for Community Service and Civic Engagement. Thank you to Marcela Gutierrez, for providing this information. Thank you, also, for hosting "My Miami Story" last month, which gathered together a small group of Bayview Towers residents to discuss how we can be more involved in decisions that impact our daily lives. We hope you will find something here that interests you and stimulates you to become involved. Each of us can make a difference.



BOARD, COMMISSION, AND COMMITTEE VACANCIES

Get involved in your community; and make an impact in your city!

<p>6 VACANCIES</p> <p>Advisory Committee on the Disabled</p>	<p>5 VACANCIES</p> <p>Community Relations Board</p>	<p>3 VACANCIES</p> <p>Parks and Recreation Commission</p>
<p>11 VACANCIES</p> <p>Affordable Housing Advisory Committee</p>	<p>5 VACANCIES</p> <p>Disaster Preparedness Board</p>	<p>1 VACANCIES</p> <p>Personnel Board</p>
<p>3 VACANCIES</p> <p>Board of Adjustment</p>	<p>5 VACANCIES</p> <p>Library Board</p>	<p>2 VACANCIES</p> <p>Planning Commission</p>
<p>4 VACANCIES</p> <p>Community Redevelopment Agency Advisory Committee</p>	<p>4 VACANCIES</p> <p>Nuisance Abatement Board</p>	<p>4 VACANCIES</p> <p>Quality Education Advisory Board</p>

For more information on how you can get involved, visit us online at www.NorthMiamiFL.gov/CityClerk. You may also contact the Office of the City Clerk at 305-895-9817 or CityClerk@NorthMiamiFL.gov.



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Health Matters

Your mother always nagged you to stand up straight. But even if you followed her advice all these years, sitting for so long in front of screens — and age itself — have likely taken your posture down a few notches.

“We begin to naturally lose muscle mass in our 30s, and it really starts to accelerate in our 50s,” explains Christina Rodriguez, a physical therapist at the Hospital for Special Surgery in New York City. “But we need this muscle strength and endurance to hold us upright and stand up against gravity.”

Bone loss is also common (think osteoporosis and osteopenia), and women are particularly susceptible to its effects since they tend to lose more bone mass than men.

As people age, they also may notice a decline in their balance, which leads them to look down more, further throwing off their posture. “All these age-related changes together can lead to rounded shoulders and a forward head tilt, which affects your posture and also can cause neck, shoulder, upper-back and lower-back pain,” Rodriguez says. Not to mention the fact that many folks tend to sprout a spare tire around their middle, which leads to a weight redistribution that puts even more stress on the spine.

But there is also another big, controllable reason why we’re all so slumped over: We’re sitting too much. “Many of the age-related spine changes we see in older adults are from us taking on these prolonged, fixed positions in our work environments — like sitting in a cubicle all day, staring at a computer screen — that we weren’t designed for,” explains Chad

Adams, a chiropractor at the Center for Integrative Medicine at the Cleveland Clinic. “Ultimately, our bodies start to adapt to it, and it becomes our natural structure.”

That’s a problem, he adds, because poor posture often leads to your body unevenly distributing force throughout your joints and tissues, which can lead to problems like hip, knee and back pain as well as other conditions like degenerative disc disease.

The good news: If your poor posture’s due to years of sitting slouched over and/or general muscle weakness and limited flexibility, then it most likely can be significantly improved with a few general day-to-day lifestyle tweaks. Some conditions that can affect your posture by accentuating the natural curve in your upper spine — like osteoporosis, degenerative disc disease and vertebral fractures — aren’t as easily addressed. But even in these cases, you can still take steps to prevent it from worsening.



The best thing you can do? Move. “Our bodies were designed to move, so the most simple thing to start with is to avoid sitting for long periods of time,” Rodriguez says. “When we sit, we usually slouch and spend a lot of time either looking down at a device or craning our head forward.”

The more you get up and hoof around, the easier it is to “reset” your body for good posture. Set a timer to remind yourself to get up and walk the hallways or your block a few times a day... This article courtesy of AARP.



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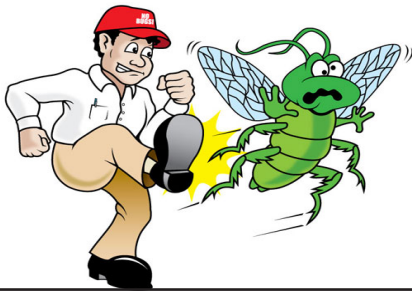
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Pest Control

Our pest control company usually attends to our buildings during the 3rd week of each month (Nov 21/22 and Dec 19/20). 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.



Word Search

E S P F U P I L G R I M S E H
 F G G Y E K R U T D U I T D O
 G C G N F E A S T W Z I C U L
 C R E P I I C W I A M L R T I
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|-------------|---------|-----------|--------------|
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| BLESSINGS | FALL | GRAVY | PILGRIMS |
| CENTERPIECE | FAMILY | HOLIDAY | THANKSGIVING |
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Active	2150 Sans Souci Blvd C1102	2/2	1,304	\$256,000	
Active	2100 Sans Souci Blvd B306	2/2	1,188	\$253,000	
Active	2150 Sans Souci Blvd B1401	2/2	1,188	\$242,000	

Active & Sold Listing data was accessed through the Southeast Florida MLS for the period 10/1/2019 through 11/4/2019.

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