



Bayview Towers

News and Views

A Newsletter for the Residents of Bayview Towers

Volume 6 Issue 4

March 2021

BAYVIEW TOWERS Dome Condominium Association, Inc.

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North Miami, Florida 33181
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office@domecondominium.com

MARCH

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IMPORTANT NUMBERS

General..... 305-893-2107
After Hours..... 305-893-2107

OFFICE HOURS

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

Happy St. Patrick's Day

EDITOR'S NOTES

This being our first 2021 newsletter, and having gotten through our first Covid year together, we wish to thank Coastal Group Publications for, once again, being our partner in disseminating vital information to our community.

At this time of uncertainty, as we navigate in uncharted territory, let us remember those medical professionals and frontline workers who sacrifice every day for us. "If they had paid to train and gain the knowledge,

It would have been enough.

If they had recognized a calling instead of choosing a profession,

It would have been enough.

If they had taken an oath and asked to find joy in healing those who sought their help,

It would have been enough.

If they had worked long shifts,

It would have been enough.

If they had made themselves available all hours,

It would have been enough.

If they had stepped up in the face of adversity, putting themselves on the front lines, putting themselves in harm's way, donning layer after layer of protective gear—while it lasted, making do with what was left, after it was gone

It would have been enough.

If they had left their families so we could be with ours, worked long shifts on little to no rest to combat a disease they had never seen, joining in the fight with no end in sight to stop a modern-day plague

It would have been more than enough.

To the medical professionals,

The doctors, nurses, first responders, caregivers, administrators, and everybody else working to keep us safe,

We thank you.

For being on the frontlines, for fighting for us, for all of the sacrifices, we thank you."

By Joseph D. Robbins

REOPENING OF OUR COMMON SPACES

We rejoice in advising our residents that we can finally begin to reopen our common areas. Here's what you can expect at this time...

Recreation rooms in both buildings will be open everyday from 9:00 am to 4:00 pm with a 5-person maximum capacity at any one time. The Library will be open everyday from 9:00 am to 4:00 pm with a 3-person capacity at any one time. The Gym will be open everyday from 8:00 am to 10:00 pm, again with a 3-person capacity at any one time.

Please be advised that any use of our community's amenities is **at your own risk**. Be sure to follow the appropriate social distancing rules and remember to wear your mask at all times. We wish to advise all of our residents that you must take personal responsibility in order to keep safe. Wash your hands often, and disinfect all surfaces prior to use.

VOLUNTEER CORNER

Here are some websites where they are accepting donations during the Covid 19 Crisis. You may just find the right fit for you...

www.feedingamerica.org
www.charitynavigator.org
www.rescue.org
www.fidelitycharitable.org

www.salvationarmyusa.org
www.redcross.org
www.globalgiving.org

PEST CONTROL

Our pest control company usually attends to our buildings during the 3rd week of each month (Mar 25/26 and Apr 22/23). 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.



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MARCH
SPRING
FLOWERS

BUTTERFLIES
PASSOVER
ST PATRICKS DAY

WOMENS HISTORY
VERNAL EQUINOX
NATIONAL PUPPY

DAY
PALM SUNDAY
NATIONAL DOCTORS

DAY
BABY ANIMALS



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RULES AND REGULATIONS

This month our topic is being a good neighbor, whether it's in the rules... or not...

Condo living is a blend of living in your own private world while coexisting with neighbors who share the comfort, convenience, and perks that the condo community provides. In order to show respect and consideration for your neighbors and keep the community energy flowing harmoniously, observing some neighborly etiquette can make life easier for everyone. We've put together a list to help you be a better neighbor.

1. **Say Hello.** It takes only a second to say hello when you run into your neighbors in the lobby or elevator. Don't earn yourself a reputation as being a stick-in-the-mud. Be nice. It costs nothing and goes a long way toward friendly community living.
2. **Keep the Noise Down.** Noise is a primary complaint among neighbors living in close quarters. Observe the rules in your building regarding noise levels after certain hours, and always show consideration for your neighbors who may maintain unusual work schedules. Don't stomp your feet, hammer nails, or drag heavy furniture around late at night. If you like to play your music full-blast, use headphones.
3. **Be Considerate if You Smoke.** Refrain from smoking in all common areas except those specifically designated as smoking areas. Do not litter the property with cigarette butts. Smoking is also an issue inside actual condo units, as smoke may seep through A/C vents from one unit to another, from the balcony to inside neighboring units, or from inside your unit to the hallway. Ask your neighbors if your smoking bothers them, and adjust accordingly.
4. **Contain Your Pets.** There are a variety of rules governing pets in condo buildings, but the most important thing to note is that pets must not make excessive noise nor should they be allowed to run free in common areas. Some of your neighbors might seem to like your cute little off-leash pet but frankly they might just be faking it to be nice, and others certainly will not appreciate it. And of course, pet poop must be dutifully disposed of so it does not become a nuisance for your pet-free neighbors.
5. **Respect Garbage and Recycling Rules.** Another point of contention in many condo buildings is the proper disposal of garbage. Condo associations usually have

very clear rules regarding which items should go in the garbage and which qualify for recycling, as well as the use of garbage chutes, and the disposal of items such as furniture and oversized cardboard boxes. Observing these rules will keep the peace among neighbors while also keeping odors and bugs under control.

6. **Be Respectful when Parking.** In buildings that have assigned parking, the rules are very straightforward: park in your own space. In buildings with non-assigned parking spaces, sometimes neighbors work out an agreement as to who uses which spaces. As far as guest parking, every building has its set of rules around that, and these should be observed. Taking up more than one space in the parking lot, using someone else's space, or parking in restricted No Parking areas should be avoided out of common courtesy and respect for your condo community.
7. **Treat Common Areas with Care.** Shared amenities such as pools, saunas, hot tubs, gym equipment, washing machines, and other resources that the building provides for the community should be respected as common areas. Don't leave stuff lying around in these areas, don't leave your laundry in the dryer for hours, wipe your sweat off the treadmill handles, and don't take up excessive space when using the sauna or whirlpool. Be respectful of noise levels as well as the hours of use that are allowed for each amenity.
8. **Observe Security Measures.** Safety and building security should be a priority for all residents in a condo community. Make sure that all doors, including parking lot entrances and areas such as the pool and deck, remain properly closed and/or locked at all times. Don't let strangers enter the building without verifying their reason for being there. Never tamper with security cameras or motion sensors located in any common areas of the property. If you witness any suspicious activity, report it immediately to the police as well as to the condo association.

One of the highlights of condo living is the chance to live in a great location, typically close to the best urban amenities your city has to offer, while having the opportunity to live amongst many interesting and diverse people. It's when everybody shows genuine respect, courtesy, and consideration -- aka condo living etiquette -- that we end up getting the best out of each other and, in turn, giving each other a much better quality of life.

HEALTH MATTERS

If you received the COVID vaccination(s), make sure you keep your white vaccination card in a safe place! This is the proof that you have been vaccinated. Soon you may need to prove you received the shots in order to travel, enter certain buildings or facilities, or receive certain medical treatments. **DO NOT LAMINATE YOUR CARD.**

Evidence Based Health and Nutrition Tips

- Don't drink sugar calories
- Eat Nuts
- Avoid processed junk food (eat real food instead)
- Don't fear coffee
- Eat fatty fish
- Get enough sleep
- Take care of your gut health with probiotics and fiber
- Drink some water, especially before meals
- Don't overcook your meat
- Avoid bright lights before sleep
- Take vitamin D3 if you don't get much sun exposure
- Eat vegetables and fruits
- Make sure to eat enough protein
- Do some cardio
- Don't smoke or do drugs, and drink in moderation
- Use extra virgin olive oil
- Minimize your sugar intake
- Don't eat a lot of refined carbs
- Don't fear saturated fat
- Avoid artificial trans fats
- Use plenty of herbs and spices
- Take care of your relationships
- If you have excess belly fat, get rid of it
- Eat eggs, yolk and all





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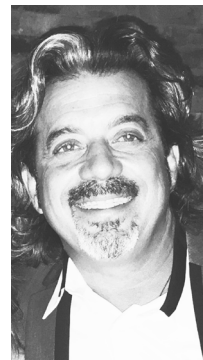

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DID YOU KNOW?: CAFFEINE TRIVIA

March is National Caffeine Awareness Month.

- Caffeine was on the International Olympic Committee list of prohibited substances until 2004. More than 12 micrograms of caffeine per milliliter of urine, about the amount in five cups of coffee, would have been cause for an athlete to be banned.
- The human body can absorb up to about 300 milligrams of caffeine at any given time. Any excess is secreted off.
- Twenty percent of the caffeine you've ingested is dissipated from your body every hour, so it takes about five hours for caffeine to fully leave your body.
- Dark roasted coffees have less caffeine than medium roasts. The longer coffee beans are roasted, the more caffeine burns off during the process.
- A strong cup of tea has about the same amount of caffeine as a cup of filtered coffee.
- Trimethylxanthine is the chemical term for caffeine.
- Seventy percent of all the sodas sold in the United States contain caffeine.
- In its pure state, caffeine is a crystalline white powder.
- Ten grams of caffeine is considered a lethal dose, the same as drinking 80 to 100 cups of coffee in rapid succession.
- Over 450,000,000 cups of coffee are consumed in the United States every day.
- Caffeine begins to affect your body's systems as soon as 15 minutes after it is consumed.



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