

# BONAVIDA

## Monthly Newsletter

Volume 9 Issue 4

A Monthly Newsletter for the Residents of Bonavida Condominium

October 2021

### Bonavida Condominium Association, Inc

20100 W Country Club Drive  
Aventura, Florida 33180

#### ASSOCIATION OFFICERS

**President**..... Roger Manterola  
**Vice President** ..... Juan Porras  
**Secretary**..... Jason Freitas  
**Director** ..... Israel Kohn  
**Director** ..... Carlos Rodriguez  
**Director** ..... Andres Serra  
**Director** ..... Maria Schmalbach

#### PROPERTY STAFF

##### SUNRISE MANAGEMENT

**Manager** ..... Daniel Sharón  
(305) 935-1319  
manager@bonavidacondominium.com  
**Asst Manager**..... Felicia Bitonti  
(305) 935-1319  
assistant@bonavidacondominium.com  
**Maintenance Sup.** .. Brian Boone  
**Housekeeping** .. Auristela Gonzalez

#### IMPORTANT NUMBERS

**Main** ..... 305-935-1319  
**Fax** ..... 305-933-3365  
**Security** ..... 786-288-6570



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

## DON'T FORGET...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 AM on Sunday, November 7, 2021.**

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 National 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/](http://www.cancer.org/) or call 800-ACS-2345. You can also visit the Breast Cancer Network's Web site at [www.breastcancer.net](http://www.breastcancer.net).



### ALBANY HOMES CONSTRUCTION *General Contractor*

[www.AlbanyHomes.us](http://www.AlbanyHomes.us)  
786-271-7192 | [mts@albanyhomes.us](mailto:mts@albanyhomes.us)



#### SERVICES INCLUDE:

Bathrooms • Kitchens • Wood & Tile  
Floors • Patio & Driveways • Interior  
Trim • Painting • Small & Large Jobs

**"We Make Homes Better"**

### 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/>



## Funny Epitaphs

Talk about getting the last laugh!  
These epitaphs are from actual  
tombstones around the world.

Ann Mann

Here lies Ann Mann,  
Who lived an old maid  
But died an old Mann.

Here lies the body  
of Jonathan Blake  
Stepped on the gas  
Instead of the brake.

Harry Edsel Smith

Born 1903 - Died 1942  
Looked up the elevator shaft  
To see if the car  
Was on the way down.  
It was.

Sacred To The Remains of

Jonathan Thompson  
A Pious Christian and  
Affectionate Husband.  
His disconsolate widow  
Continues to carry on  
His grocery business  
At the old stand on  
Main Street: Cheapest  
and best prices in town.

"I told you I was sick!"

**HAPPY  
HALLOWEEN**



PATRICKJAIMEZ PA

Mobile (786)-277-7355

Direct (305)-459-5019

patrickjaimez@gmail.com

www.patrickjaimez.com

**COLDWELL  
BANKER**  
**GLOBAL  
LUXURY**

Hablo Español / Falo Português  
Selling Real Estate for over 20 years!

## DON'T LET COVID-19 STALL YOUR SALE

*My exclusive marketing program will reach buyers quickly and virtually through:*

Property Video Tour  
Online Advertising  
Social Media Posts

Property Website  
Customized Email Distribution  
Virtual Showings

**CONTACT ME TODAY TO TELL YOU ABOUT HOW I CAN GET  
THE MOST ONLINE ATTENTION FOR YOUR PROPERTY.**

**Call me today for a FREE, no cost obligation, comprehensive market analysis of your property.**

**stellar**  
Public Adjusting Services  
Professional Insurance Claim Representation

**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**

**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.

License #PT1524

## 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 | bcaits@bellsouth.net**

**"A man who stops advertising to save money is like a  
man who stops a clock to save time." — Henry Ford**

CGP publishes monthly newsletters for over 50 condos; each written &  
delivered to each resident by the board & management.

Advertise to over 30,000 condo residents.

**COASTAL GROUP  
PUBLICATIONS, INC.**

305-981-3503 [www.cgpnewsletters.com](http://www.cgpnewsletters.com)

Looking for an agent?

*Isac*  *Keboudi*

**BUYING, SELLING OR  
RENTING. I'M A CALL AWAY!**

Hablo Español/Falo Português

Website [www.miamiocean.com](http://www.miamiocean.com)  
Phone (305) 606-7879  
Email [miamiocean88@gmail.com](mailto:miamiocean88@gmail.com)



**PLEASE  
WEAR  
MASK**

## 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 *Remodeling Experts*, **family owned for 40 years.**

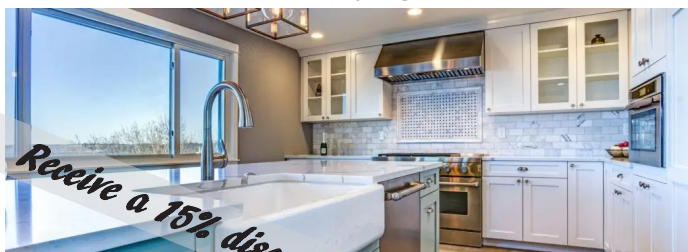
*specializing  
in condo &  
apartment interiors*

Jeff Diamond & Anthony Lasorsa

**305-865-9005**

[www.diamondremodelers.com](http://www.diamondremodelers.com)

[jeff@diamondremodelers.com](mailto: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 / Quartz Counter Tops
- All Types of Tiles & Marble Installed

*"Your Experienced  
Handyman"*

### PAINTING & SERVICES UNLIMITED

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

EST. 1980

- 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 11/30/2021

Published monthly at no cost for the Bonavida Condominium by Coastal Group Publications, Inc. Contact CGP at (305) 981-3503 or [info@cgpnewsletters.com](mailto:info@cgpnewsletters.com) to advertise in one of our newsletters or to get a free newsletter for your property.