

2080 OCEAN DRIVE



A Newsletter for the Residents of the 2080 Ocean Drive Condominium

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2080 Ocean Drive Condominium Association Inc.

2080 South Ocean Drive,
Suite# 110
Hallandale Beach, Florida 33009

ASSOCIATION OFFICERS

President..... Bill Ioannou
Vice President Ronald Girimonti
Treasurer Joseph Whelan
Secretary..... Stephen McGarvey
Director Saverino Sacchetti

PROPERTY STAFF

Managed By..... AKAM Onsite
Manager..... Albert Lazo
Manager@2080ocean.net
Admin. Assist...... Gabriella Eldik
Assistant@2080ocean.Net
Maintenance Sup. Terry Pierre

IMPORTANT NUMBERS

Main Office 954-456-5215
Front Desk..... 954-456-0200
Fax 954-456-5337



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April Is Stress Awareness Month

April has been designated Stress Awareness Month. Did you know that up to 60 percent of all visits to family physicians are stress related? And approximately 40 percent of employee turnover is related to stress. On an individual level, unmanaged stress is related to an increased risk of cancer, lung disease, heart disease, and suicide.

Some stress is normal. Stress can be negative, like a death, firing, or daily problems, or it can be positive, like planning a wedding, having a baby, or going on vacation. There are ways to manage the stress in your life. Consider these tips for coping.

Include exercise in your day, even if it is just a walk around the neighborhood. Exercise helps to dispel excess stress hormones from your body and boosts your energy level. Make sure you get enough sleep, at least seven to eight hours a night. Eat a healthy diet, limit alcohol and caffeine, and drink enough water each day. All of these will increase your general level of health, as well as decrease the effects of stress. Make sure that you take time for yourself each day. Leave time in your schedule for activities that you enjoy. If you feel overwhelmed, try writing down every task that you want to accomplish each day, crossing them off as you go.

Identify those things that are particular stressors for you. Make a list of alternative approaches to dealing with these, and start by trying the easiest approaches first. If they don't work, try something else. Above all, be flexible in dealing with those things that are challenging in life.

Remember that no one is perfect. Learn to set priorities in your life and focus on completing them as well as you can. When you are confronted with a stressful situation, change what you can, and don't waste energy on what you can't change. If you feel that the stress in your life is more than you can handle, there is help available. Seek the advice of a medical professional, mental health therapist, or a clergy member to explore all of your options.



STOP



Relax
Daily



Let Go of the
"Shoulds"



Get Some
ZZZs



Seek out
Support

Can You Count On Your Smoke Detector?

According to the U.S. Consumer Product Safety Commission (CPSC), millions of homes in the U.S. have smoke detectors that do not work, usually due to dead or missing batteries. Fire is the second leading cause of unintentional death in the home, making this an important safety concern.

CPSC recommends consumers test each smoke alarm every month to ensure it is working properly. Even alarms with long-life batteries should undergo a short monthly testing. A home should have a smoke detector on each level outside sleeping areas and inside bedrooms.

Proper installation of your smoke detectors and a quick check each month can mean the difference between safety and a tragedy. Don't delay to check your detectors and make a note on your calendar to check them again each month.



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HEALTH TIPS FOR SPRING ALLERGIES

- With the blooming plants and pollen in the air, springtime may be difficult to suffer through if you have seasonal allergies. To help deal with your runny nose and itchy, watery eyes, keep these tips in mind.
- When the pollen count is particularly high, limit your time outdoors. Keeping doors and windows shut can reduce the amount of pollen in your home. You can check the pollen count for your area in your local newspaper or on the Internet.
- Indoor air filters can also help reduce the amount of pollen and other allergens in your home. Vacuum your carpets regularly. If this aggravates your allergies, have someone do this chore for you.
- Change your bedding frequently to remove accumulated pollen and allergens. Do not wear clothing that you've worn outside to bed. You may also find it helpful to shower before bedtime in order to remove any pollen you may have picked up during the day.
- Some relief can be found from over-the-counter medications such as antihistamines, nasal sprays, and eye drops. Be sure to read the label to find the appropriate medications for you. Do not combine medications without consulting with a doctor or pharmacist first.
- Rubbing your eyes only increases the irritation and can lead to infection. Keep your hands away from your face if possible.
- Consult a physician if you've never had allergies before but are starting to develop symptoms. If you've had allergies in the past, but they are severe, are getting worse, or do not respond to over-the-counter remedies, you should also discuss this with your physician to see if other treatments may be available to you.





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Peanut Butter Easter Eggs

- 1 (16 ounce) package confectioners' sugar
- 1 cup creamy peanut butter
- ¼ cup butter
- 1 tablespoon milk
- 8 (1 ounce) squares semi-sweet chocolate
- 1 tablespoon shortening



1. In a mixing bowl, combine confectioners' sugar, peanut butter, butter and milk (if needed for moisture) until blended. Shape mixture into two 1/2 pound eggs or make a bunch of smaller eggs. Freeze eggs for 1 hour.
2. While the eggs are freezing, cut semi-sweet chocolate into small pieces and place in top of double boiler with shortening. Melt over medium heat, stirring frequently until smooth. Stick a long-tined fork in top of each peanut butter egg, dip it in melted chocolate to cover then drain on waxed paper. When the eggs are cooled and set, decorate the eggs to suit your fancy.

Passover Unstuffed Cabbage Soup

- 1 tablespoon olive oil
- 1 pound ground beef
- 1 yellow onion, chopped
- 3 cups water
- 2 cups tomato sauce
- 1 (16 oz) package shredded cabbage
- ¼ cup light brown sugar, packed
- 2 tablespoons lemon juice
- 2 tablespoons white vinegar
- 2 teaspoons salt
- 2 teaspoons white sugar
- 1 teaspoon ground black pepper
- ½ teaspoon onion powder



Heat oil in a pot over medium-high. Stir in ground beef and onion until beef is browned and onion is soft, 7 to 10 minutes. Add water, tomato sauce, cabbage, brown sugar, lemon juice, vinegar, salt, white sugar, black pepper, and onion powder to ground beef mixture. Bring to a boil, reduce heat to medium-low, cover the pot with a lid, and simmer until flavors combine and cabbage is tender, at least 2 hours.



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Amy R. - "The best service!! Had my house disinfected cleaned spotless!! Definitely will try it again!! Great job!!"

Dora K. - "I just had amazing experience, ...when it was done I didn't recognized my kitchen, so shiny, clean like it never was before, every handle, counters looked like brand new. Just amazing and trust me I took care of my kitchen before, but never with this result. Thanks, great job!"

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V O D K A

GOOD BOY
mule

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2 oz Good Boy Vodka
5 oz ginger beer
0.5 oz lime juice

DIRECTIONS
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GOOD BOY
V O D K A

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