



The Grandview Condominium Association, Inc.

Volume 9 Issue 11

April 2022

**Grandview Condominium
5900 Condo Association, Inc.**
5900 Collins Avenue
Miami Beach, Florida 33140

BOARD OF DIRECTORS

President..... Robert Hetzler
Vice President Jaime Zamudio
Secretary Luciana Gortari
Treasurer Carolina Rolim
Director Boris Pesetskiy

PROPERTY STAFF

Property Mgr. Ingrith Guerrero
Maint. Sup. Yoandry Varela
Front Desk Lead .. Concepcion Melian

IMPORTANT NUMBERS

Main 305-866-8608
Security 305-868-4958
Maintenance 305-866-8608
Fax 305-866-3323
Valet Supervisor ... Mariano Alvaro
Concierge .. Concepcion Melian-Ferran

Newsletter Editors

Ingrith Guerrero & Sidney Elkin



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

April Is Stress Awareness Month

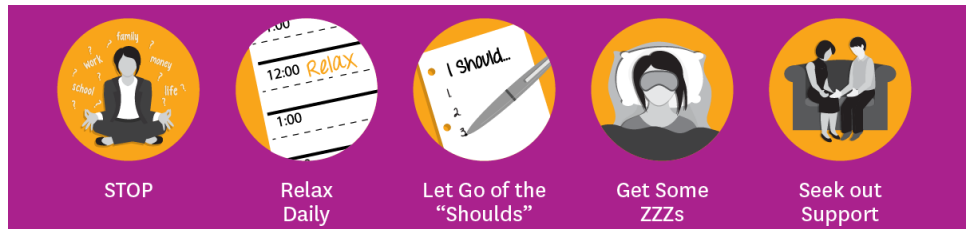
April has been designated Stress Awareness Month. Did you know that up to 60 percent of all visits to family physicians are stress related? And approximately 40 percent of employee turnover is related to stress. On an individual level, unmanaged stress is related to an increased risk of cancer, lung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



BASEBALL FUN

A guy goes into a bar with his dog. He is stopped by the bartender who says, "You can't bring a dog in here." The man replies, "But he's no ordinary dog-he can talk!" "Sure," says the bartender. "If he can talk, I'll give you a hundred bucks!" The man has the dog jump up onto a barstool. He asks the dog, "What is on top of a house?" "Roof!" says the dog. "What is on the outside of a tree?" "Bark!" "Good dog. And who is the greatest baseball player of all time?" "Ruth!" The man looks at the bartender. "Well, there you have it. I'll take my hundred bucks." The bartender takes the guy by the collar and throws him and his dog out the door. "Who do you think you're fooling?" Outside, the dog turns to the man and says, "I wonder if I should have said DiMaggio?"



Two old men, Bob and Frank, loved baseball since the time they were small boys. They had played in the minors, trained to become umpires, and eventually umpired in the majors. Now that they were older, they still caught every game they could together. One day they were wondering about whether there would be baseball in Heaven. They agreed that whoever died first would return somehow to tell the other if there was. Bob died first and went to Heaven. To his delight, he found baseball all around him. It took a while, but he finally was allowed to return to give Frank the message. He appeared to Frank in a dream. "Frank," he said, "I have good news and bad news." "What's the good news?" asked Frank. Bob said, "There is baseball everywhere here. I play all the time. In fact, I'm playing first base tomorrow night!" Frank was ecstatic. "That's wonderful! How could there be any bad news?" Joe slowly said, "You're playing third."



ALBANY HOMES CONSTRUCTION

General Contractor

www.AlbanyHomes.us
786-271-7192 | mts@albanyhomes.us

"WE MAKE HOMES BETTER"



SERVICES INCLUDE:
 Installation of quiet bath fans • Installation of screwless switch & outlet wallplates • Convert tub to walk-in shower • Painting • Wood & tile floors • New kitchens & bathrooms • Small & large jobs •







Commissioner
Eileen Higgins
District 5

WE ARE HERE TO SERVE YOU

"My office is here to listen to your concerns and connect you to the services and resources you need from Miami-Dade County."

- Commissioner Eileen Higgins

CONTACT MY OFFICE - FOLLOW US

☎ 305-375-5924
✉ District5@miamidade.gov




@CommishEileen

www.miamidade.gov/district05



SPRING INTO HEALTHY HEARING EVENT



Melanie Plotkin, HAS | Javier Benitez, HAS, BC-HIS

A commitment to providing quality hearing health care.



"Claudia and Melanie are great to work with and their knowledge is all encompassing." - R. Shipman

"A wonderful staff, Javier is very informative with hearing aids and it was a very comfortable experience. Nadina is very caring. Will recommend to all" - J. Schuerman



Now is the best time to try the all new

evolv^{AI}

Life-changing features!



- Activity Tracking
- Mask Mode
- Language Translation
- Fall Detection & Alert

Now through April 30th

0% Financing

on any new pair of Evolv AI digital hearing aids from Starkey!

For those who qualify. Other restrictions may apply.

Don't forget to mark your calendar and schedule your Hearing Screening at no cost to you! Call Us Today!



19046 NE 29th Avenue, Aventura

305-935-0200

222 95th Street, Surfside

305-854-8171

www.HearAgainAmerica.com

Miami's Own Online Liquor Store

Fast Liquor Delivery @ Wholesale Prices & Convenience Store Galore

Scan for 15% off your next order!



LiquorSplit
TAP THAT APP

Facebook, Instagram, Twitter, YouTube, LinkedIn, @LiquorSplit



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!

MIAMI-DADE (305) 396-9110
BROWARD (954) 376-6991
PALM BEACH (561) 404-3069

STELLARADJUSTING.COM

2450 NE MIAMI GARDENS DR. SUITE 200, MIAMI, FLORIDA 33180

WAS YOUR CLAIM DENIED OR UNDERPAID?

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 #PT13224

DIAMOND  REMODELERS
Full Service Contractors

Kitchen & Bathroom Remodeling
Satisfaction and Quality Guaranteed

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
jeff@diamondremodelers.com

REMODELING • INSTALLATIONS

- Kitchen / Bathroom
- New & Resurfaced Cabinets
- Cabinets / Vanities
- Custom Baseboards / Crown Moldings
- Granite / Marble / Quartz Counter Tops
- All Types of Tiles & Marble Installed

"Your Experienced Handyman"

PAINTING & SERVICES UNLIMITED

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

EST. 1980

Receive a 15% discount on any remodeling job!

15% Off any remodeling job!

10% OFF Any Service

Valid With Coupon. Not To Be Combined With Other Offers. Exp 5/31/2022

Painting & Services Unlimited Lic. CC94BS00437
Lasora Enterprises, Inc CGC031497 Licensed & Insured General Contractor

Published monthly at no cost for The Grandview 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.