

BONAVIDA Monthly Newsletter

Volume 9 Issue 10

A Monthly Newsletter for the Residents of Bonavida Condominium

April 2022

Bonavida Condominium Association, Inc

20100 W Country Club Drive
Aventura, Florida 33180

ASSOCIATION OFFICERS

President..... Roger Manterola
Vice President Andres Serra
Secretary..... Jason Freitas
Treasurer Maria Schmalbach
Director Israel Kohn
Director Carlos Rodriguez
Director ... Rodolfo Roccetagliata

PROPERTY STAFF

SUNRISE MANAGEMENT

Interim Manager ... Erica Bitonti
(305) 935-1319
manager@bonavidacondominium.com
Asst Manager..... Felicia Bitonti
(305) 935-1319
assistant@bonavidacondominium.com
Maintenance Sup. .. Brian Boone
Maintenance Alrremi Jimenez
Housekeeping .. Auristela Gonzalez

IMPORTANT NUMBERS

Main305-935-1319
Fax305-933-3365
Security786-288-6570



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.

April Is Stress Awareness Month

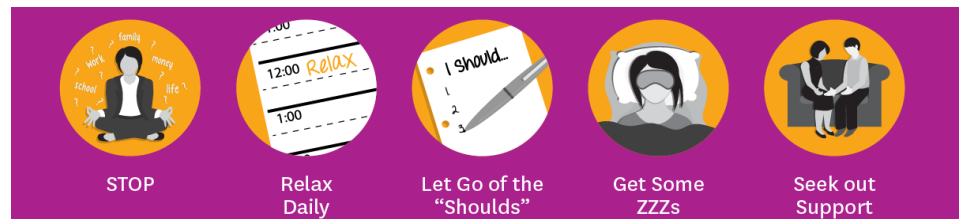
April has been designated Stress Awareness Month. Did you know that up to 60 percent of all visits to family physicians are stress related? And approximately 40 percent of employee turnover is related to stress. On an individual level, unmanaged stress is related to an increased risk of cancer, lung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



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.



EVERMIST CLEANING & CONCIERGE

Artisanal Cleaning - Premium Residential Cleaning at the Highest Level

A PROFESSIONAL, RELIABLE, TRUSTWORTHY, AND IMMACULATE HOUSE CLEANING SERVICE operating in a seamless, customer-centric manner. Professional cleaners using technologically advanced steam vapor cleaning equipment redefining clean.

We go beyond asking "does it smell and look clean?"

Full residential cleaning services range from the kitchen, bathrooms, bedrooms to deep cleanings using sanitizing equipment that can disinfect. House, condominium, multi-unit common space, post construction and other specialty cleaning. We allow the time to ensure an intensive and quality cleaning. Our protocol is geared towards sanitizing and disinfecting in addition to typical cleaning standards.

We are eco-friendly and "green".

Cheryl K - "Thank you so much for today's cleaning. I just love how everything looks and it just smells clean...I am beyond happy."

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"

INSURED and BONDED

Professional House Cleaning Certification by ARCSI
(Association of Residential Cleaning Services International)
Servicing MIAMI-DADE, BROWARD & PALM BEACH COUNTIES

CALL: 305.954.0474 | 305.965.4338

19201 Collins Avenue #Cu134 Sunny Isles Beach, FL 33160

E-mail: steven@evermistcleaning.com

Website: <https://www.evermistcleaning.com>

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.




Mobile (786)-277-7355
Direct (305)-459-5019
patrickjaimez@gmail.com

COLDWELL BANKER
GLOBAL LUXURY

www.patrickjaimez.com

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!

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

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

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 •



**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/>

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™
 @LiquorSplit

Looking for an agent?

Isac *Keboudi*

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

Hablo Español/Falo Português

Website www.miamiocean.com
 Phone (305) 606-7879
 Email miamiocean88@gmail.com

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 Molding
- Granite / Marble / Quartz Counter Tops
- All Types of Tiles & Marble Installed

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

Receive a 15% discount on any remodeling job!

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

15% Off
 any remodeling job!

10% OFF
 Any Service

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