



# EMERALD

## Monthly Newsletter

### AT · BRICKELL

Volume 14 Issue 4

A Newsletter for the Residents of Emerald at Brickell Condominium Association

April 2022

### Emerald at Brickell Condominium Association

218 S.E. 14th Street  
Miami, Florida 33131

#### ASSOCIATION OFFICERS

- President**..... Jessica Melendez
- Vice President** .....Judy Santos
- Treasurer** ..... Hector Nieto
- Director** ..... Judith Aronson Roth
- Director** .....Melanie Paredes

#### PROPERTY MANAGEMENT

- Property Mgr.**..... Carolyn Bado  
manager@emeraldbrickellcondo.com
- Admin. Asst.** ..... Bryan Martin  
Admin@emeraldbrickellcondo.com
- Maint. Supervisor** ..... Victor Gonzalez
- Front Desk** .....305-416-6045

#### IMPORTANT NUMBERS

- Office:**..... 305-416-6065
- Security:**..... 305-416-6045
- Maintenance:**..... 305-416-6065
- Fax:** ..... 305-416-6067
- Direct TV:** .....1 (800) 897-9773
- Web pass:**.....1 (800) 932-7277

#### OFFICE HOURS

- Mon., Wed. & Fri**... 7:30 am - 4 pm
- Tues & Thurs** ....7:30 am - 6:30 pm



### 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**: A person meditating with icons for work, family, money, school, and life.
- Relax Daily**: A clock showing 12:00 Relax and 1:00.
- Let Go of the "Shoulds"**: A notepad with a pencil and the word "Should".
- Get Some ZZZs**: A person sleeping in bed.
- Seek out Support**: Two people sitting on a couch talking.

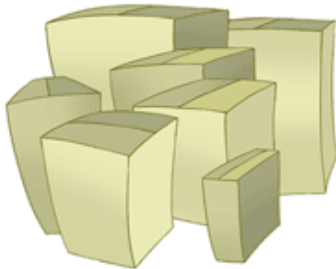
## Scooter/ Motorcycles & Bikes

Parking is required as we no longer allow parking on the ground level floor. Parking Fee: Scooters are \$35 monthly, Motorcycles are \$50 Monthly and Bikes are \$25 yearly. Must be registered in the office by resident in order to park.



## Empty Boxes

If you have empty boxes, DO NOT throw them down the trash chute. Please bring them to the recycling bins located on the ground floor behind the Security Desk. Thank you for your cooperation.



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Commissioner  
**Eileen Higgins**  
District 5

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*- Commissioner Eileen Higgins*



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305-375-5924

District5@miamidade.gov

@CommishEileen

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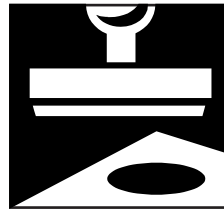
Retired nurse looking for part time work caring for elderly patients. Has own car for help with transportation to and from doctor's appointments, shopping and errands.

**786-486-9022**

Excellent References  
Resume Available on Request

### A/C Flush & Filter Change

Compare to an outside A/C company who's prices are high, we charge a minimal fee to have your air condition unit flushed & cleaned, and also replace the filter. This will prevent water from flooding into your unit and the units below.



### Notary Service

This service is available in the Management Office during normal business hours.

### ATM

#### Location

An ATM machine has been placed in the business center for your use and convenience.



### Leaky Toilets/Faucets

Please contact the management office if you suspect you may have a leak or running toilet in your unit.



**REMEMBER:** Small leaks not addressed could greatly impact the cost of utilities over time and may end up costing the Association more in the future if not addressed in a timely manner.



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Every Pour Helps a Pup.



**GOOD BOY**  
V O D K A  
*mule*

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

**DIRECTIONS**  
Combine vodka and ginger beer in a copper mug or highball glass filled with ice. Add lime juice. Stir gently and garnish with a lime slice.

**GOOD BOY**  
V O D K A

Facebook, Instagram, [goodboyvodka.com](http://goodboyvodka.com)

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