



# Grandview PALACE *Newsletter*

Volume 11 Issue 3

A Newsletter for the Residents of Grandview Palace Condominium Association

April 2022

## GRANDVIEW PALACE Condominium Association, Inc.

7601 E Treasure Drive #25  
North Bay Village, Florida 33141

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**Monday - Friday**..... 8 a.m. - 6 p.m.

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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

# 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."



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**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

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