



# HOLLYWOOD STATION CONDOMINIUM Monthly Newsletter

*A Newsletter for the Residents of Hollywood Station Condominium Association.*

Volume 9 Issue 5

April 2022

## HOLLYWOOD STATION Condominium Association

140 South Dixie Highway  
Hollywood, FL 33020

### PROPERTY STAFF

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Kimberly Geffrard

**Maintenance Staff**..... Nelson Luna  
Joshua Valentin  
Itoro Nelson

**Housekeeping Staff** ..... Dunia Oliva  
Vilma Caceres

### IMPORTANT NUMBERS

**Main** .....954-921-3100

**Fax** .....954-921-3132

**Front Desk**..... 954-921-3100 Xtn. 1

**Management**.. 954-921-3100 Xtn. 2

**Valet**..... 954-921-3100 Xtn. 3

### OFFICE HOURS

Monday – Friday... 9:00am – 5:00pm



Published monthly at no cost for Hollywood Station Condominium by Coastal Group Publications, Inc. Contact CGP at (305) 981-3503 or [info@cgpnewsletters.com](mailto:info@cgpnewsletters.com) to advertise in one of our newsletters or to get a free newsletter for your property.

## April Is Stress Awareness Month

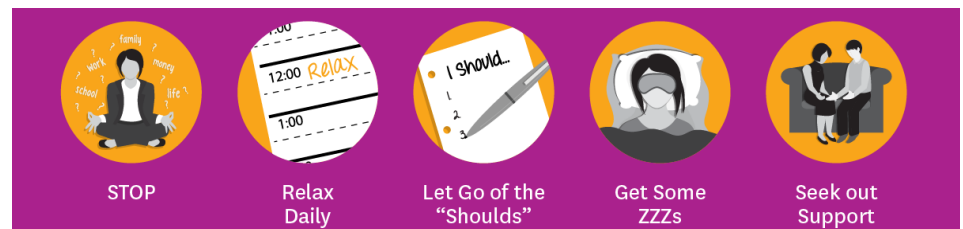
April has been designated Stress Awareness Month. Did you know that up to 60 percent of all visits to family physicians are stress related? And approximately 40 percent of employee turnover is related to stress. On an individual level, unmanaged stress is related to an increased risk of cancer, lung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



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

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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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## REMODELING • INSTALLATIONS

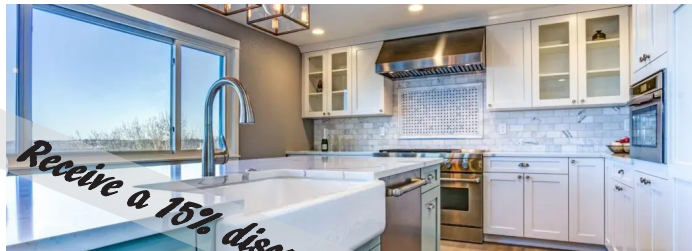
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