

# Monthly **Southview** Newsletter

AT AVENTURA

CONDOMINIUM ASSOCIATION INC

*A Newsletter for the residents of the Southview at Aventura Condominium Association*

Volume 12 Issue 8

April 2022

**Southview at Aventura  
Condominium Association**  
3440 & 3350 NE 192 Street  
Aventura, FL 33180

**PROPERTY STAFF**

**Emergency After Hours** 800-927-4599  
**Manager** ..... Lazaro Aguilar  
**Maintenance** .... Jean Richemond  
**Janitorial Staff**.. Provided by FSR  
Idalmis

**ASSOCIATION OFFICERS**

**President** ..... Mr. Faouzi Chbani  
**Vice Pres.** ..... Hernando Giraldo  
**Treasurer** ..... Saguit Hazan  
**Secretary** ..... Holger Velastegui  
**Director** ..... John Davila

**IMPORTANT NUMBERS**

**Office**..... 305-792-7766  
**Fax** ..... 305-792-7786  
**Email:** southviewcondo@ymail.com  
**Southview community website:**  
[http://fsrsouth.fsrconnect.com/  
southviewataventura](http://fsrsouth.fsrconnect.com/southviewataventura)  
**First Service 24 Hr Customer  
Care Center** ..... 866-378-1099

**NEW OFFICE HOURS**

**Monday - Friday**.....9am - 4pm  
*By appointment only*



Published monthly at no cost for Southview  
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## New Southview Board Treasurer

We thank Lina for her contributions to the community over the past 16 months and we know she will continue to be an active and helpful part of our community through her volunteer efforts. Now, we are pleased to announce that the BOD has appointed Saguit Hazan as the new Treasurer. Saguit and her family have lived in our community for over 10 years. Saguit, has earned a Master’s degree in Taxation and she is the Manager of Mergers & Acquisitions and planning for a large Healthcare organization. Her accounting and business background will be a great benefit to our community. The board would like to wish Saguit all the best on her new endeavors as a volunteer director at Southview at Aventura.

## 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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# SPRING INTO HEALTHY HEARING EVENT



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

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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”

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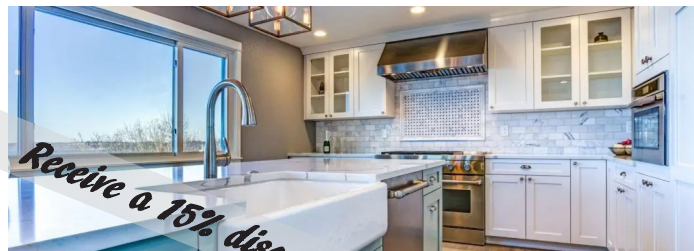
## REMODELING • INSTALLATIONS

- Kitchen / Bathroom
- New & Resurfaced Cabinets
- Cabinets / Vanities
- Custom Baseboards / Crown Mouldings
- Granite / Marble / Quartz Counter Tops
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