

COASTAL NEWS



A Newsletter for the Residents of The Coastal Towers Condominium

Volume 10 Issue 6

March 2023

PROPERTY STAFF

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IMPORTANT NUMBERS

Main 305-945-6326

Fax 305-944-7341

Security/Lobby 305-945-2471

Security Gate 305-944-5778

Email ..coastaltowersops@gmail.com

OFFICE HOURS (Unit Owners Only)

Mon. - Fri. 8:30 AM-4:30 PM

Closed 12:00 PM-1:00 PM

Realtor Hours M-F 10-10:30 AM
3:30-4:30 PM



COASTAL TOWERS
Condominium Association, Inc.
400 Kings Point Dr,
Sunny Isles Beach, FL 33160



March is National Kidney Month

Get to know your hard working kidneys

6 WAYS KIDNEYS KEEP YOU HEALTHY



Regulate fluid levels

Activate Vitamin D for healthy bones

Filter wastes from the blood

Directs production of red blood cells

Regulate blood pressure

Keep blood minerals in balance

8 PROBLEMS KIDNEY DISEASE CAN CAUSE



Nerve damage



Cardiovascular disease



Heart attack



Stroke



Anemia/ low red blood cell count



High blood pressure



Kidney Failure

4 RISK FACTORS

Diabetes

High blood pressure

Age 60+

Family history

7 SYMPTOMS



Swelling: face, hands, abdomen, ankles, feet

Blood in urine
Foamy urine

Puffy eyes

Difficult, painful urination

Increased thirst

Fatigue

2 TESTS YOU CAN TAKE (BLOOD AND URINE)



Urine albumin-to-creatinine ratio estimates the amount of a type of protein, albumin, that you excrete in your urine.

Glomerular Filtration Rate (GFR) tells how well your kidneys are working to remove wastes from your blood. It is the best way to check kidney function. Doctors measure blood creatinine (waste build up) levels and perform a calculation based on race, age and gender.



National Kidney Foundation

Learn more at kidney.org

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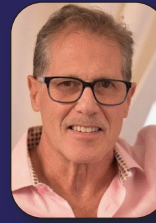
ATTENTION

Lobby/shopping carts are only to be used for groceries, luggage or small items not for contractor use. Violators will be subject to fines. Please use service elevator when using bell carts. Shopping carts can be used in all elevators. ID is required in order to use lobby/shopping carts please see front desk for service.



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Call for Appointment. Walk-ins Welcome. Last appointment 6 pm.
*Hours subject to change.

Please call ahead to confirm.

PEST CONTROL

Tuesday's starting at 9:00 am

1st Tuesday of the Month:

Floors 16 thru 12

2nd Tuesday of the Month:

Floors 11 thru 8

3rd Tuesday of the Month:

Floors 7 thru 4

4th Tuesday of the Month:

Floors 3 thru 1

Please see Security guard in the lobby to schedule spraying of your unit.



PATRICKJAIMEZ PA

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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.

Bonni Boaz, License #P15224

ATTENTION RESIDENTS

Be advised of the following rules and regulations of our condo association.

BICYCLES: Bicycles may be stored in the bicycle storage room. Each unit may gain access only by requesting the key from the lobby concierge. Bicycles must be transported through the service entrance and corridor and on the service elevator. They are not permitted in the lobby and may not be stored on the common elements or limited common elements. All bicycles must display an identification label attached to the crossbar.

PACKAGES: All packages must be addressed to registered owners and residents. The maximum dimensions of any package(s) **cannot exceed 36"x 36" and the weight cannot exceed 30 pounds.** Both first name and last name and unit / apartment number must match the name of the registered Resident. Please note that packages not addressed to registered Residents will be returned to sender. Pack-

ages that exceed the minimum required dimensions or weight will not be accepted by the concierge staff / security. The package will be denied. Packages may only be picked up by the registered owner / resident or pre-approved designee.

GARBAGE DISPOSAL: All garbage must be placed in a plastic bag and secured before being thrown down the trash chute or into the dumpster. Garbage must not be left on the trash room floors. Any spilled liquids or garbage must be cleaned up. Cardboard boxes and/or large pieces of cardboard should be broken down and flattened placed in the trash room or placed in the **YELLOW LID RECYCLE CONTAINER** located in the loading dock area. Coastal Towers Condo Association is in compliance with Miami Dade county recycling regulations. Newspapers, glass, metal cans and plastics must be disposed of separately. You may place items in a garbage bag or in the 6 yarder container

that is located in the loading dock area.

BULK GARBAGE: Bulk items are not to be left in the loading dock area or in the maintenance corridors of the building. Do not place discarded items in the loading dock area such as **old water heaters, old dishwashers, old mattresses, old dressers, old furniture.** It is against Miami Dade County regulations to discard any construction material into the garbage containers. Be advised that there are cameras located in the loading dock area. Any resident or construction worker caught throwing any material that is banned or left in the loading dock area will be fined accordingly.

STORAGE AREAS: All storage areas will be cleaned on a monthly basis. Any items that are not properly secured within the storage areas will be discarded. All storage areas must keep the walk areas free and clear of any debris and items.

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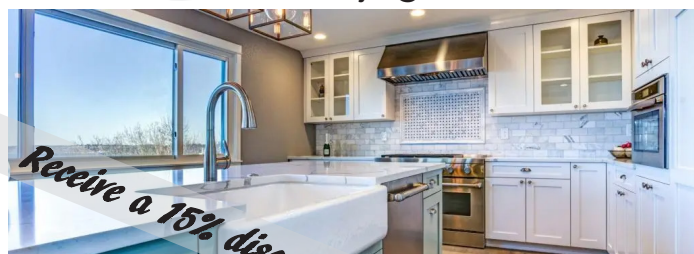
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