



360 CONDO NEWSLETTER

Volume 10 Issue 1

A Monthly Newsletter for the Residents of the 360 Condominium Association

April 2023



Condominium Association, Inc.

7900 Harbor Island Drive
North Bay Village, FL 33141

ASSOCIATION OFFICERS

President Jorge Gonzalez
Vice President Elva Williams
Secretary John Batista

PROPERTY MANAGEMENT

Property Manager Jason Apolinario
Chief Engineer Gilbert Cabrera

IMPORTANT NUMBERS

Main 305-397-8196
Fax 305-763-8304
Guardhouse 305-763-8239

OFFICE HOURS

Monday - Friday 9:00 am - 5:00 pm



Published monthly at no cost for
the 360° Condominium by
Coastal Group Publications, Inc.
Contact CGP at (305) 981-3503 or
www.cgpnewsletters.com
to ADVERTISE in one of our
newsletters or to get a FREE
newsletter for your property.

APRIL IS STRESS AWARENESS MONTH

Stress is present in everyone's life. April is recognized as National Stress Awareness Month to bring attention to the negative impact of stress. 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.

DO YOU HEAR BUT NOT UNDERSTAND? **WE CAN HELP!**

Join Us For A Special Hearing Health Event

Now Through
April 30th

INTRODUCING THE ALL NEW GENESIS^{AI} THE BIGGEST LEAP FORWARD EVER IN HEARING TECHNOLOGY.

COMPLETELY REIMAGINED FROM THE INSIDE OUT

Genesis AI is the only hearing technology system to feature an all-new processor, all-new sound, all-new design, and all-new fitting software.



LIMITED TIME OFFER!
\$1000 OFF

Towards the purchase of a new pair of Rx hearing aids.
Cannot be used on prior purchases or combined with another discount.

Melanie Plotkin, HAS, *Hearing Aid Specialist*
Javier Benitez, HAS, BC-HIS, *Hearing Aid Specialist, Board Certified in Hearing Instrument Sciences*



"Best hearing aid specialist office. Melanie is very knowledgeable and professional." - **P. Gomez**

"Javier took time out of his day to help me during a moment of crisis. He is very patient with his clients and provides excellent care." - **A. Gris**

Schedule your Hearing Screening today at NO COST TO YOU!



Scan the
QR code above

to schedule your complimentary hearing screening today!



www.HearAgainAmerica.com



19046 NE 29th Avenue, Aventura
222 95th Street, Surfside

Call Us Today!
(888) 272-9589



Easy Korean Ground Beef Bowl

This Korean beef bowl is quick and easy to make. Serve over warm rice or spiralized vegetables.

Ingredients

- 1 pound lean ground beef
- 5 cloves garlic, crushed
- 1 tbsp freshly grated ginger
- 2 tsp toasted sesame oil
- ½ cup reduced-sodium soy sauce
- ⅓ cup light brown sugar
- ¼ tsp crushed red pepper
- 6 green onions, chopped, divided
- 4 cups hot cooked brown rice
- 1 tbsp toasted sesame seeds

Heat a large skillet over medium-high heat. Add beef and cook, stirring and crumbling into small pieces until browned, 5 to 7 minutes. Drain grease. Stir in garlic, ginger, and sesame oil and cook until fragrant, about 2 minutes. Stir in soy sauce, brown sugar, and red pepper. Cook until beef absorbs some sauce, about 7 minutes. Add 1/2 of chopped green onions. Serve over hot cooked rice; garnish with sesame seeds and remaining green onions.



PATRICKJAIMEZ PA

Mobile (786)-277-7355
Direct (305)-459-5019
patrickjaimez@gmail.com

COLDWELL BANKER
GLOBAL LUXURY

www.patrickjaimez.com

Hablo Español / Falo Português
Selling Real Estate for over 20 years!

DON'T LET COVID-19 STALL YOUR SALE

My exclusive marketing program will reach buyers quickly and virtually through:

Property Video Tour
Online Advertising
Social Media Posts

Property Website
Customized Email Distribution
Virtual Showings

**CONTACT ME TODAY TO TELL YOU ABOUT HOW I CAN GET
THE MOST ONLINE ATTENTION FOR YOUR PROPERTY.**

Call me today for a FREE, no cost obligation, comprehensive market analysis of your property.

stellar
Public Adjusting Services
Professional Insurance Claim Representation

*CALL US BEFORE YOUR
INSURANCE COMPANY!!*

(305) 396-9110
STELLARADJUSTING.COM



RE-OPEN OLD & DENIED CLAIMS

WATER DAMAGE TO KITCHEN OR FLOORS?

LEAKS FROM UNITS ABOVE?

AIR CONDITIONER LEAK?

SHOWER PAN LEAK?

**GOT PROPERTY DAMAGE?
GET HELP NOW!**

MENTION THIS FLYER FOR FREE POLICY REVIEW

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.

Rami Boaz License #P11524

7441 Wayne Ave
PARKVIEW POINT - #15B

SOLD



Call Now!
Rosa Jacquelin
(786) 239-1283

*Love Where
You Live!*

Video Tour: www.SignatureHomesOfMiami.com

**"A man who stops advertising to save money is like a
man who stops a clock to save time." — Henry Ford**

CGP publishes monthly newsletters for over 50 condos; each written & delivered to each resident by the board & management.

Advertise to over 30,000 condo residents.

**COASTAL GROUP
PUBLICATIONS, INC.**

305-981-3503 www.cgpnnewsletters.com

DIAMOND**REMODELERS****Full Service Contractors**

We are committed to the fulfillment of your home improvement needs with an eye towards increasing the value of your real estate asset. Whether you are remodeling a kitchen, bathroom, complete residence or room addition; we are the *Remodeling Experts*, **family owned for 40 years.**

*specializing
in condo &
apartment interiors*

Jeff Diamond & Anthony Lasorsa

305-865-9005www.diamondremodelers.com

jeff@diamondremodelers.com



Receive a 15% discount on any remodeling job!



Painting & Services Unlimited Lic. CC94BS00437

Lasorsa Enterprises, Inc CGC031497 Licensed & Insured General Contractor

Kitchen & Bathroom Remodeling

Satisfaction and Quality Guaranteed

REMODELING • INSTALLATIONS

- Kitchen / Bathroom
- New & Resurfaced Cabinets
- Cabinets / Vanities
- Custom Baseboards / Crown Mouldings
- Granite / Marble / Quartz Counter Tops
- All Types of Tiles & Marble Installed

*"Your Experienced
Handyman"*



PAINTING & SERVICES UNLIMITED

- Painting, Condo, House, Apt. Roof Painting
- Full Service Contractors
- Popcorn Ceiling Removal
- Plumbing & Electrical Service
- Smooth Ceilings
- Doors / Windows
- Framing, Drywall & Finishes
- Mirror Installation

EST. 1980

- Design & Management Services
- No Job Too Small
- Free Estimates
- Service & Quality at Reasonable Prices
- Commercial & Residential
- Habla Español

**15%
Off**

*any
remodeling
job!*

**10%
OFF
Any
Service**

Valid With Coupon.
Not To Be Combined
With Other Offers.
Exp 5/31/2023



M. KOTLER
REAL ESTATE

Buying, selling or renting real estate?

Let's chat.

Contact me today!



ERIC BROAD
Broker

305-318-2385

ejbroad@gmail.com
www.mkotler.com

9585 Harding Ave.
Surfside, FL 33154



**TWO
CONVENIENT
LOCATIONS**



**EMERGENCY
CARE 24/7**

DR. EDY A. GUERRA

New Patient Special \$79
(D0210, D0150, D110)

**9456 HARDING AVE.
SURFSIDE, FL 33154
(305) 866-2626**

**4011 W. FLAGLER ST.
CORAL GABLES, FL 33134
(305) 643-1444**

dredyaguerradds@gmail.com

www.dentistsurfside.com