



The Grandview Condominium Association, Inc.

Volume 10 Issue 11

April 2023

**Grandview Condominium
5900 Condo Association, Inc.**
5900 Collins Avenue
Miami Beach, Florida 33140

BOARD OF DIRECTORS

President..... Robert Hetzler
Vice President Jaime Zamudio
Secretary Luciana Gortari
Treasurer Carolina Rolim
Director Boris Pesetskiy

PROPERTY STAFF

Property Mgr. Ingrith Guerrero
Maint. Sup. Yoandry Varela
Front Desk Lead .. Concepcion Melian

IMPORTANT NUMBERS

Main 305-866-8608
Security 305-868-4958
Maintenance 305-866-8608
Fax 305-866-3323
Valet Supervisor ... Mariano Alvaro
Concierge .. Concepcion Melian-Ferran

Newsletter Editors

Ingrith Guerrero & Sidney Elkin



Published monthly at no cost for The Grandview 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.

Stress Awareness Month

STOP
Relax Daily
Let Go of the "Shoulds"
Get Some ZZZs
Seek out Support

DO YOU HEAR BUT NOT UNDERSTAND? WE CAN HELP!

Now Through
April 30th

Join Us For A Special Hearing Health Event

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

Melanie Plotkin, HAS, *Hearing Aid Specialist*

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

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



"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
- ½ cup light brown sugar
- ¼ tsp crushed red pepper
- 6 green onions, chopped, divided
- 4 cups hot cooked brown rice
- 1 tsp 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.





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!

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.





PATRICKJAIMEZ PA

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

www.patrickjaimez.com

COLDWELL BANKER
GLOBAL LUXURY

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	Property Website
Online Advertising	Customized Email Distribution
Social Media Posts	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.

7441 Wayne Ave
PARKVIEW POINT - #15B





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.cgpnewsletters.com



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



Scan me!

**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

DIAMOND REMODELERS

Full Service Contractors

Kitchen & Bathroom Remodeling

Satisfaction and Quality Guaranteed

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
305-865-9005
www.diamondremodelers.com
jeff@diamondremodelers.com

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
- Popcorn Ceiling Removal
- Smooth Ceilings
- Framing, Drywall & Finishes
- Full Service Contractors
- Plumbing & Electrical Service
- Doors / Windows
- Mirror Installation

EST. 1980

Receive a 15% discount on any remodeling job!



Painting & Services Unlimited Lic. CC94BS00437
Lasora Enterprises, Inc CGC031497 Licensed & Insured General Contractor

**15%
Off**

any
remodeling
job!

**10%
OFF**

Any
Service

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