

COASTAL NEWS



A Newsletter for the Residents of The Coastal Towers Condominium

Volume 10 Issue 7

April 2023

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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



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 7 to 8 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.

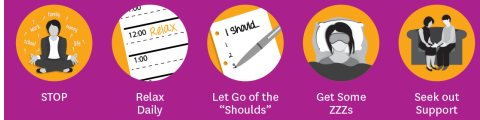
Make sure that you take time for yourself each day. Leave time in your schedule for activities that you enjoy. If you feel overwhelmed, try writing down every task that you want to accomplish each day, crossing them off as you go.

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



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"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**

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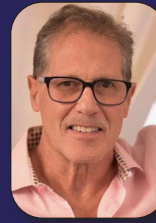
ATTENTION

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.



PATRICKJAIMEZ PA

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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.



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.

Room Board License #P176224

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.

DIAMOND REMODELERS

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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.*

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Kitchen & Bathroom Remodeling

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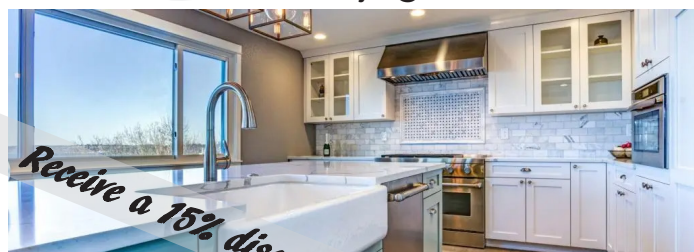
REMODELING • INSTALLATIONS

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

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Handyman"*

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