



Commodore Club West Condominium

Volume 9 Issue 9

A Monthly Newsletter for the Residents of Commodore Club West Condominium

April 2023

COMMODORE CLUB WEST CONDOMINIUM ASSOCIATION, INC

155 Ocean Lane Drive
Key Biscayne, Florida 33149

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Front Desk.....305-361-7468
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Fax305-361-9033

OFFICE HOURS

Monday - Friday..8am - 4pm



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.



ATTENTION RESIDENTS

Please do not leave boxes inside the recycle bin, unfold them and leave them underneath the laundry room table. Be kind to your neighbors. No furniture, clothing, toys or appliances.

Thank you

ATENCIÓN RESIDENTES

Por favor no deje cajas dentro del contenedor de reciclaje, despléguelas y déjelas debajo de la mesa el cuarto de lavandería. Sea amable con sus vecinos. No se permite dejar muebles, ropa, juguetes o aparatos eléctricos.

Gracias

LAUNDRY ROOM RULES

- Each person/apartment using the laundry room may only use one washer or dryer at a time.
- After each use, the lint filter must be cleaned. Lint is a fire hazard.
- You are responsible to ensure washers are not overloaded with detergent in order to prevent flooding.
- Be courteous. Please remove clothes promptly. If you do not remove your clothes in the appropriate time, administration will remove the items, and they will be placed inside a plastic bag. Washer time: approx 35 min; dryer time: approx 45 min

REGLAS DE LAVANDERIA

- Solo una lavadora o secadora a la vez puede ser utilizada por cada persona/apartamento.
- El filtro de la secadora debe de limpiarse luego de usarla. La pelusa puede causar un incendio.
- Usted es responsable de no sobrecargar el detergente en la lavadora para evitar inundaciones. • sea cortés. Por favor sacar su ropa al tiempo indicado.
- Si usted no saca su ropa en el tiempo adecuado, ésta será removida y colocada en bolsas plásticas. Tiempo para lavar: aprox 35 minutos tiempo para secar: aprox 45 minutos

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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.





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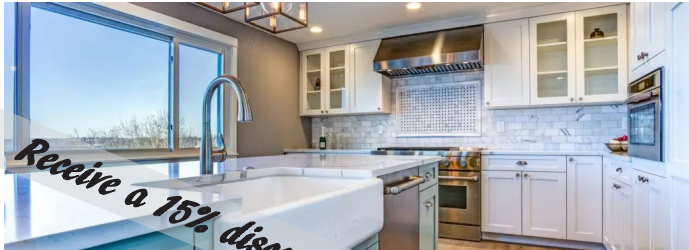
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