

A T · B R I C K E L L Nows Cotton

Volume 15 Issue 4

A Newsletter for the Residents of Emerald at Brickell Condominium Association

April 2023

Emerald at Brickell Condominum Association

218 S.E. 14th Street Miami, Florida 33131

ASSOCIATION OFFICERS

President	Jessica Melendez
Vice President	Judith Aronson
Treasurer	Hector Nieto
Secretary	Mario Rojas
Director Ch	ristiane Hoeninger

PROPERTY MANAGEMENT

Property Mgr	.Michael Basanta
manager@emeraldath	orickellcondo.com
Admin. Asst	Tiziana Ferrari
Admin@emeraldatbrickellcondo.com	
Maint. Supervisor Victor Gonzalez	
Front Desk	305-416-6045

IMPORTANT NUMBERS

Office:	305-416-6046
Front Desk:	305-416-6946
Maintenance:	305-416-6946
Fax:	305-416-6067
Direct TV: 1 ((800) 897-9773
Web pass:1 ((800) 932-7277

OFFICE HOURS

Monday - Friday.... 8:30 am - 5 pm



Birthday Corner

Roberto Rodriguez (Maintenance) 10th Shantrell Jones (Front desk) 13th



Anniversary CornerBelinda Salas 1 year

April Is Stress Awareness Month

Stress is present in everyone's life. Consider these tips for coping.

- Include exercise in your day, even if it is just a walk around the neighborhood.
- 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.
- Make sure that you take time for yourself each day.
- 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 Told Transport Stop Relax Daily Relax Shoulds" Let Go of the "Shoulds" Get Some ZZZZs Seek out Support

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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 tbsp toasted sesame seeds



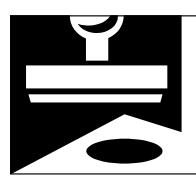
Heat a large skillet over medium-high heat. Add beef and cook, stirring and crumbling into small pieces until browned, 5 to 7 minutes. Drain grease. Stir in garlic, ginger, and sesame oil and cook until fragrant, about 2 minutes. Stir in soy sauce, brown sugar, and red pepper. Cook until beef absorbs 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.



Leaky Toilets/Faucets

Please contact the management office if you suspect you may have a leak or running toilet in your unit. **REMEMBER**: Small leaks not addressed could greatly impact the cost of utilities over time and may end up costing the Association more in the future if not addressed in a timely manner.





Notary Service

This service is available in the Management Office during normal business hours.

A/C Flush & Filter Change

Compare to an outside A/C company who's prices are high, we charge a minimal fee to have your air condition unit flushed & cleaned, and also replace the filter. This will prevent water from flooding into your unit and the units below.

ATM Location

An ATM machine has been placed in the business center for your use and convenience.



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Scooter/ Motorcycles & Bikes

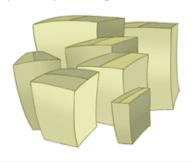
Parking is required as we no longer allow parking on the ground level floor. Parking Fee: Scooters are \$35 monthly, Motorcycles are \$50 Monthly and Bikes are \$25 yearly. Must be registered in the office by resident in order to park.





Empty Boxes

If you have empty boxes, DO NOT throw them down the trash chute. Please bring them to the recycling bins located on the ground floor behind the Security Desk. Thank you for your cooperation.







"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.

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