

PROPERTY MANAGEMENT

Property Mgr. Ivette Artega
mirasolmanager@gmail.com

Admin. Asst.
mirasolcondo@gmail.com

IMPORTANT #'S:

General..... (305)672-2642 or
(305)672-2643

Fax(305) 538-7753

Front Desk.....(305)532-0526

Email mirasolcondo@gmail.com

ASSOCIATION OFFICERS

President..... Kelly Swenson

Vice President Lee Tachman

Treasurer Peter Carril

Secretary..... Luis Ayala

Director Lilach Zusman

Director Michael Collin

OFFICE HOURS (HORAS DE OFICINA)

Mon-Fri (*lunes-viernes*)... 9:00am-5:00pm

Saturday (*sábado*) Closed (*Cerrado*)

Sunday (*domingo*) Closed (*Cerrado*)

Mirasol Ocean Towers

2655 Collins Avenue
Miami Beach, FL 33140



Published monthly at no cost for Mirasol Ocean Towers 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.

5 HEALTH BENEFITS OF REDUCING STRESS

Stress affects more than your mind. Here are five ways a stress management routine could help your body.



1 BETTER SLEEP

2 LOWER BLOOD PRESSURE

3 IMPROVED DIGESTION

4 REDUCED MUSCLE TENSION

5 BOOSTED IMMUNE SYSTEM

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.





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?

MENTION
THIS FLYER
FOR FREE
POLICY
REVIEW

**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.

Miami Beach License #PT175224



Commissioner
Eileen Higgins
District 5



"With offices in Miami and Miami Beach, we are here to listen to your concerns and connect you to the services and resources you need from Miami-Dade County."

COME VISIT

DISTRICT OFFICE
2100 Coral Way, Suite 400
Miami, Florida 33145
Monday - Friday / 9:00 am - 5:00 pm

MIAMI BEACH OFFICE
1700 Convention Center Drive, ground floor
Miami Beach, Florida 33139
Monday / Wednesday / 9:30 am - 4:30 pm

www.miamidade.gov/district05

305-375-5924

District5@miamidade.gov

 @CommishEileen

 @CommishEileen

 Inside D5 Newsletter

Fast Liquor Delivery
@Wholesale Prices

TAP THAT APP!

Scan, Add Save \$10
discount applies at checkout



"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

DO YOU HEAR BUT NOT UNDERSTAND? WE CAN HELP!

Join Us For A
Special Hearing Health Event
Now Through May 31st



Melanie Plotkin, HAS, Hearing Aid Specialist



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

COME TRY THE ALL NEW GENESIS^{AI} from

Hear better in more listening environments.

UP TO 51 HOURS ON A SINGLE CHARGE

Finally, a rechargeable hearing aid that need not be charged every night!

BEYOND IP68 BUILT-TOUGH DURABILITY

Repels moisture, survives drops and whatever else you can dish out.

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.



Here is an early review of the new Genesis AI hearing aids:



"...I have been in just about [every] noise environment that could be produced [and] the Genesis hearing aids with the new Starkey app have worked fantastic[.] Using Edge Mode is easy and controls the sound very well even for the TV... Also the batteries stay charged up to 80% after a long day of hard usage. I'm happy I made the switch to them!" - **V. Taporowski**, Hear Again America patient

Schedule your Complimentary Hearing Screening today!



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



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

Kitchen & Bathroom Remodeling

Satisfaction and Quality Guaranteed

REMODELING • INSTALLATIONS

- Kitchen / Bathroom
- New & Resurfaced Cabinets
- Cabinets / Vanities
- Custom Baseboards / Crown Moldings
- 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



Receive a 15% discount on any remodeling job!

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

- 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

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

7441 Wayne Ave

PARKVIEW POINT #15B



SOLD

Call Now!
 Rosa Jacquelin
 (786) 239-1283



Love Where You Live!



www.SignatureHomesOfMiami.com