



# THE WILSHIRE NEWSLETTER

A MONTHLY NEWSLETTER FOR THE WILSHIRE RESIDENTS

Volume 12 Issue 7 April 2023



**Condominium Association Inc.**  
1250 NE Miami Gardens Drive  
Miami, Florida 33179  
TheWilshireCondo1250@gmail.com  
**Community Website:**  
www.wilshireresidents.com



**ASSOCIATION OFFICERS**  
**President**.....David Zuckerman  
**Vice President** ..... Clara Schuster  
**Treasurer** .....Daniel Lopez  
**Secretary**..... Cristina Gehami  
**Director** ..... Amanda Cardenas  
**Director** ..... Jose Pineda  
**Director** ..... Rosa Vicente

**PROPERTY STAFF**  
**Manager** ..Luis E. Gamero LCAM, CMCA  
**Asst. Manager** ..... Gianmary Fazio  
**Maintenance** ..... Charles Laguerre  
**Maintenance** ..... Jesus Pereda  
**Janitor** ..... Nilo Remedios  
**Janitor** ..... Ramiro Gonzalez

**IMPORTANT NUMBERS**  
**Main** ..... 305-947-1418  
305-947-1415  
**Security** .....786-238-5249  
**Security Hours**..... M-F: 6PM - 7AM  
Sat-Sun: 24 Hours  
**Fax** ..... 305-940-6534

**OFFICE HOURS**  
**Mon.- Fri.** .....8:00 am - 5:00 pm

## 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.



## Illegal Dumping & Trash Disposal

No dumping is allowed in the service areas on both buildings, this attracts roaches that will end up in your apartments. In addition to this, if you have any delivery, for example a mattress; the company doing such delivery must take your old mattress. **Please do not leave anything on these service areas or you will be fined, cameras are recording 24/7.**

## Laundry Rooms

Please make sure you turn off the lights of the laundry room after you are done with your laundry, this helps the association with keeping the electrical bill on a budget. Also, make sure you use liquid laundry detergent and not powder as this causes the washers to clog and malfunction.

## Locked out of your apartment?

The Management office would be happy to assist you during Business hours Monday – Friday 8:00AM to 5:00PM. Make sure we have a copy to your unit in the office. If you need assistance after hours, please contact **ABC Locks at 305-935-1666**. The office will not be available to assist you after hours and weekends.

## Pet Walking Inside the Property

Pet owners keep on walking their dogs from their units to the elevator, and house-keeping can't keep up with the cleaning of spots in the carpets after the dogs relieve themselves in the hallways. In addition to this, owners use any elevator and not the designated service elevator as it should be. In addition to this, visitors are bringing pets into the building and walking them through the lobby. Visitors are not allowed to bring their pets unless it is a service dog. Please remember that you all live in a condominium and that it requires to follow rules of community living. You must only use the side and back doors of the building, you are not permitted to use the front entrance and you must only use the freight elevator. We are asking you kindly to please obey all the pet rules and regulations taking in consideration that you have been allowed to keep your pet in the community. Dogs are not permitted at the Wilshire only if your dog is grandfathered in or a registered service dog and they must still be registered with the office and you are still required to provide the office with current vaccination information. Violation to the rules may cause you a fine of \$100 per day to a Maximum of \$1,000 per incident.

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