



Lake Point Tower

Monthly Newsletter

Volume 14 Issue 3

A Monthly Newsletter for the Residents of Lake Point Tower Condominium

October 2023

BOARD OF DIRECTORS

President..... Matthew Hasson
Vice President... Franco Bartolotta
Treasurer..... Rosa Gomez
Secretary..... Rosa Gomez
Director..... Bob Miller
Director..... Tamara Malkina

PROPERTY STAFF

Manager..... Inessa Pogorelis
propertymanager@lakepointtower.net
Maint. Sup. Oscar Quesada

IMPORTANT NUMBERS

Office 754-232-3313
Guard House 754-303-9043

OFFICE HOURS

Monday - Friday..... 9am - 12pm



Lake Point Tower
Condominium, Inc.
100 Golden Isles Drive
Hallandale Beach, FL 33009

DON'T FORGET...

Spring forward...Fall back...

Daylight Saving Time begins for most of the United States at 2 a.m. on the **Second Sunday in March** and lasts until 2 a.m. on the **First Sunday of November**.

Be sure to set your clocks back one hour at 2 AM on Sunday, November 5, 2023.

Change your clock,



CHANGE your batteries

This is also a great time to change the batteries in your smoke and carbon monoxide detectors. Many fire departments encourage people to change their batteries in these detectors when they change their clocks, because it can be so easy to forget otherwise. "A working smoke detector more than doubles a person's chances of surviving a home fire," says William McNabb of the Troy Fire Department in Michigan. More than 90 percent of homes in the United States have smoke detectors, but one-third are estimated to have worn-out or missing batteries.



HAPPY HALLOWEEN



OCTOBER IS BREAST CANCER AWARENESS MONTH

HOW CAN I FIND BREAST CANCER EARLY?

The best way to find breast lumps that may be cancer is to do 3 things:

- Have regular mammograms.
- Have your doctor check your breasts.
- Check your breasts yourself every month.
- Doing all of these things gives you the best chance to find cancer as early as you can. Finding breast cancer early makes treatment much easier and more effective. More than 90 out of 100 women whose breast cancer is found early will be cured.

CHANGES TO LOOK FOR IN YOUR BREASTS

- Any new lump (which may not be painful or tender)
- Unusual thickening of your breasts
- Sticky or bloody discharge from your nipples
- Any changes in the skin of your nipples or breasts, such as puckering or dimpling
- An unusual increase in the size of one breast
- One breast unusually lower than the other

For more information you can visit the American Cancer Society's breast cancer Web site at www.cancer.org/ or call 800-ACS-2345. You can also visit the Breast Cancer Network's Web site at www.breastcancer.net.



Advertisement for Colben Plumbing. At the top is a logo consisting of a stylized blue and grey 'C' and 'P' with the word "Colben" in a script font and "PLUMBING" in a blue box below it. Below the logo is the slogan "We Show Up" in a large, light blue, cursive font. Underneath the slogan are three small images showing plumbers working on pipes and equipment. At the bottom, there is a dark blue banner with white text: "Building Plumbing Solutions, YOU NEED", "Ask about our maintenance plans Services, Inspections, Installation", "24 / 7 EMERGENCY SERVICES", and a large phone number "954-533-9875" in white.

Advertisement for Restored Dry. At the top is a logo with a colorful circular graphic and the text "RESTORED DRY" in blue, with "MASTERS OF DISASTERS" in smaller grey text below it. Below the logo is the slogan "We take a Manager's Perspective" in a black, italicized font. Underneath is a photograph of a room with blue and yellow hoses and equipment. Overlaid on the photo is the text "3 PROVEN STEPS:" followed by a bulleted list: "• Predictability", "• Simplification", and "• Solutions". At the bottom, there is a light blue banner with white text: "24 / 7 Emergency Services", a large red phone number "305-456-0314", "Flexible Billing Options", "Fully Licensed and Insured", and "REQUEST A FREE ERP" in bold blue letters.

Slow Cooker Chicken Tortilla Soup

- 1 lb shredded, cooked chicken
- 1 (15 oz) can whole peeled tomatoes, mashed
- 1 (10 oz) can enchilada sauce
- 1 (4 oz) can chopped green chiles
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 cups water
- 1 (14.5 oz) can chicken broth
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 1 bay leaf
- 1 (10 oz) package frozen corn
- 1 tablespoon chopped cilantro
- Tortilla chips (crumbled)
- Toppings (optional)

Directions

Place chicken, tomatoes, enchilada sauce, green chiles, onion, and garlic into a slow cooker. Pour in water and chicken broth; season with cumin, chili powder, salt, pepper, and bay leaf. Stir in corn and cilantro. Cover and cook on Low for 6 to 8 hours or on High for 3 to 4 hours. Sprinkle tortilla chips, and serve with grated cheese, sour cream and any other topping you like!





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?



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.

We offer a variety of services and treatments, exclusive 1 on 1, in the comfort of your own home.

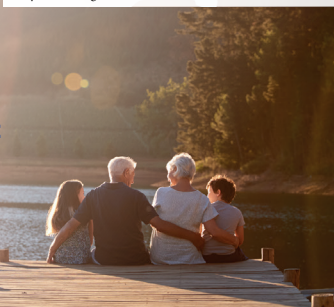
- Ultrasound and Massage for Pain Management
- Balance & Vestibular Therapy
- Cardiac, Neurological and Senior Rehab
- Relaxation Techniques
- Protective Equipment Protocols

THERAPY IN YOUR OWN HOME
Licensed Medicare Provider FL8318



BRIAN CAITS
(954) 328-1505

B C O T ASSESSMENT & SERVICES
PHYSICAL & OCCUPATIONAL THERAPY
Are you suffering from Back Pain, Poor Balance or Weakness?



RAYMOND JAMES of Aventura

мы говорим по русски

אנחנו מדברים עברית

Nosotros hablamos Español

מיר רעדן יידיש

Falamos Portugues



Financial & Estate Planning	Saving for College	Domestic & International
Investments & Risk Management	Insurance	Customized Solutions
Pension/Retirement	Lending Solutions	

It's been our privilege for more than 55 years to support the goals of our clients and to give back to the communities in which we live and work – and we look forward to continuing to do so for many, many years to come. To take a "scroll" down memory lane, explore our history at RAYMONDJAMES.COM.

CALL TO SET UP AN APPOINTMENT TODAY!

18851 NE 29th Ave, Suite 407 | Aventura, FL 33180
Direct: 305-466-4655 | Fax: 866-522-9641 | Toll Free: 800-731-6121
<https://www.raymondjames.com/rjamiamic/aventura.asp>

Raymond James & Associates, Inc. Member New York Stock Exchange / SIPC. Lending Services provided by Raymond James Bank N.A., a fully chartered national bank affiliated with Raymond James & Associates, Inc. Certified Financial Planner Board of Standards Inc. owns the certification marks CFP, Certified Financial Planner and CFP in the U.S.

7441 Wayne Ave

PARKVIEW POINT - #15B



Call Now!
Rosa Jacquelin
(786) 239-1283

Love Where You Live!

Video Tour: www.SignatureHomesOfMiami.com

NATIONAL DENTAL HYGIENE MONTH

National Dental Hygiene Month began in 1985 as National Dental Hygiene Week, as an observance designed to raise awareness about preventive oral health care and promote the role of dental hygienists. By 1993, activities had grown so varied and widespread that a week was not enough, so the observance was expanded to include the entire month of October.



IT'S A FACT

- Tongue and lip piercing can cause blood poisoning, prolonged or permanent drooling, damaged sense of taste, toxic shock syndrome, permanent damage to tooth enamel and oral tissue, and transmission of infections such as hepatitis B and HIV.
- Tobacco is the primary cause of oral cancers. Smoking a pack of cigarettes a day or using smokeless tobacco quadruples the risk of developing oral cancer. Oral cancer occurs twice as frequently in men as women.
- Toothbrushes should be replaced every two-three months and after illnesses, like a cold or flu. Three out of four patients don't change their toothbrush as often as they should.
- Two out of three dental hygienists report that they see signs of hypertension and heart disease in some of their patients.
- Chewing gum can help eliminate food particles caught between teeth after a meal and also helps prevent plaque build up by stimulating saliva production.

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

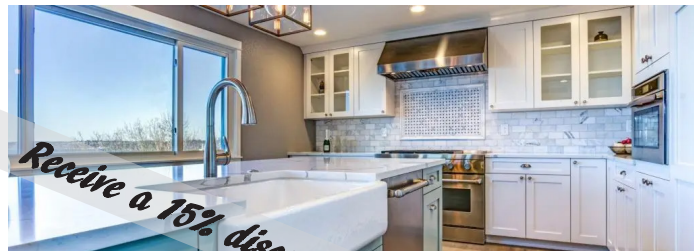
REMODELING • INSTALLATIONS

- Kitchen / Bathroom
- New & Resurfaced Cabinets
- Cabinets / Vanities
- Custom Baseboards / Crown Molding
- 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 EST. 1980
- 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 11/30/2023

Published monthly at no cost for Lake Point Tower 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.