



360 CONDO NEWSLETTER

Volume 10 Issue 10

A Monthly Newsletter for the Residents of the 360 Condominium Association

January 2024



Condominium Association, Inc.
7900 Harbor Island Drive
North Bay Village, FL 33141

ASSOCIATION OFFICERS

President Jorge Gonzalez
Vice President Elva Williams
Secretary John Batista

PROPERTY MANAGEMENT

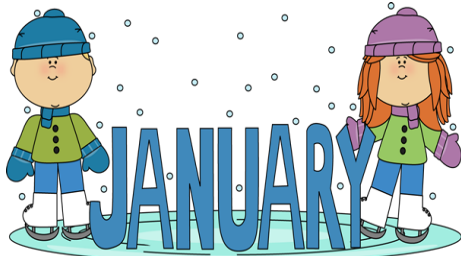
Property Manager Jason Apolinario
Chief Engineer Gilbert Cabrera

IMPORTANT NUMBERS

Main 305-397-8196
Fax 305-763-8304
Guardhouse 305-763-8239

OFFICE HOURS

Monday - Friday 9:00 am - 5:00 pm



Published monthly at no cost for the 360° Condominium 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.



POPULAR NEW YEAR'S RESOLUTIONS

What was your resolution last year? And did you follow through? If you are like most people, you gave up by the time February rolled around. See how you compare with the rest of the country. The six most common resolutions of last year were:

1. Lose weight.
2. Pay off debt.
3. Stop smoking.
4. Drink less alcohol.
5. Increase level of physical activity.
6. Improve interpersonal relationships.

This list generally stays the same every year, but the order changes from year to year. Why is it so hard to keep your resolutions? Many people feel ambivalent about such a drastic lifestyle change. This makes it hard to follow through and commit to the changes required.

To improve your chances of keeping this year's resolutions, start with a specific plan. Rather than saying, "I'm going to lose weight," commit to reducing desserts to one day a week and going for a daily walk. That way, you will know each day if you are still on track.

Also give yourself some room for slip-ups. Many people break a resolution and then decide it is not worth it to start all over again. Rather, they choose to wait a whole year until New Year's comes again to attempt their lifestyle changes. Know ahead of time that you will make mistakes, and come up with a plan for getting back on track. Don't be too hard on yourself and don't panic. Simply start again with your commitment to bettering your life. You will find that this may be the year you live up to all of your own expectations.



HEAR IT FOR YOURSELF!

Recent technology has revolutionized how Hearing Aid Specialists can resolve hearing loss. On your first appointment, we will demonstrate cutting edge technology, and how it can impact how well you hear - whether it be a noisy environment, or the quiet of your home. We will also show you the power of Bluetooth and devices that work with your phone to improve your hearing.



Melanie Plotkin, H.A.S., Hearing Aid Specialist



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



Scan me to find our nearest office & to request an appointment online.

CALL US TODAY! (888) 272-9589

19046 NE 29th Avenue, **Aventura**
222 95th Street, **Surfside**

www.HearAgainAmerica.com

BRING IN THE NEW YEAR WITH BETTER HEARING!

Get fully digital Rx Hearing Aids with LIFETIME SERVICE starting at

\$1495 *per pair*

Upgrade your health with Rx hearing devices that last all day long!

Starkey's **Genesis AI** hearing aids feature a waterproof design & rechargeable battery than can last up to 51 hours on a single charge.‡

Get \$1000 OFF your purchase of a new pair of Genesis AI hearing aids.*



*Cannot be used on prior purchases or combined with another discount.

DEALING WITH THE FLU

It's that time of year again--flu season is here. Each year as many as 30 million people contract the flu in the United States, leading to 20,000 deaths a year. At most risk is the elderly, those with chronic disease like diabetes, asthma, or heart disease, and infants.

The flu is like a cold in many ways. Both are respiratory infections, but the symptoms can vary. A fever, general aches and pains and fatigue usually accompany the flu. You may also experience a sore throat, coughing or sneezing. If a cold is misdiagnosed as the flu, there is usually no problem. But the flu misdiagnosed as a cold can possibly lead to serious complications like pneumonia being overlooked. If you have any symptoms of the flu, you should contact your doctor as soon as possible.



There is no cure for the flu, but there are things you can do to make yourself more comfortable during the duration. The best course of action in dealing with the flu is to get plenty of rest and drink lots of fluids. Fever can be treated with acetaminophen. Be sure to talk to your doctor to get advice about using a decongestant/antihistamine to treat nasal congestion. Antibiotics have no effect on the flu because it is caused by a virus.

And what about chicken soup? Well, it can't hurt! Although it doesn't cure anything, it can soothe a sore throat, clear clogged passageways, and hydrate you. It is good TLC at a difficult time.

If you do find that you are suffering from the flu, consider getting the flu shot next year. These are generally given in the fall, and must be received each year, as the strains of flu vary from year to year. In the meantime, remember that time and rest is the best cures of all for flu sufferers.



ALBANY HOMES CONSTRUCTION
General Contractor

www.AlbanyHomes.us
786-271-7192 | mts@albanyhomes.us
CGC1524580

"WE MAKE HOMES BETTER"



SERVICES INCLUDE:
Any small or large construction project
Bathrooms • Kitchens • Painting
• Tile, wood and vinyl floors
• Interior doors • Popcorn removal
Quiet exhaust fans • General repairs




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.

Rami Baroz, License #P17524

Published monthly at no cost for the 360° Condominium by Coastal Group Publications, Inc. Contact CGP at (305) 981-3503 or www.cgpnnewsletters.com to ADVERTISE in one of our newsletters or to get a FREE newsletter for your property.

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



M. KOTLER
 REAL ESTATE

Buying, selling or renting real estate?
Let's chat.

Contact me today!



ERIC BROAD
 Broker
 305-318-2385
ejbroad@gmail.com
www.mkotler.com

9585 Harding Ave.
 Surfside, FL 33154



DIAMOND

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

REMODELERS

Full Service Contractors

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

<ul style="list-style-type: none"> • Painting, Condo, House, Apt. Roof Painting • Popcorn Ceiling Removal • Smooth Ceilings • Framing, Drywall & Finishes 	<ul style="list-style-type: none"> • Full Service Contractors • Plumbing & Electrical Service • Doors / Windows • Mirror Installation <p style="text-align: right; font-size: small;">EST. 1980</p>
---	---

- 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 2/29/2024

