



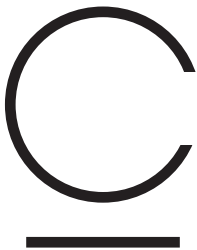
# CENTRO

*A Newsletter for the Residents of the Centro Downtown Condominium Association, Inc.*

Volume 7 Issue 4

April 2024

**CENTRO DOWNTOWN**  
**Condominium Association, Inc.**  
151 SE 1st Street  
Miami, Florida 33131



## PROPERTY STAFF

**Manager..** Lauren Gutierrez, LCAM  
manager@centrocondominium.com  
**Admin Asst.....** Sohely Ortez  
admin@centrocondominium.com  
**Front Desk.....**

Front Desk is available to residents 24/7  
[Frontdesk@centrocondominium.com](mailto:Frontdesk@centrocondominium.com)

Packages are available to be picked up at Amazon Hubs and/or Front Desk at any time.

## ASSOCIATION OFFICERS

**President..** Juan Pablo Alvarez  
**VP/Treas...** Levi Hernandez Viera  
**Secretary ...** Jorge Sierra Bejas

## IMPORTANT NUMBERS

**Main .....** 305-440-0566

## OFFICE HOURS

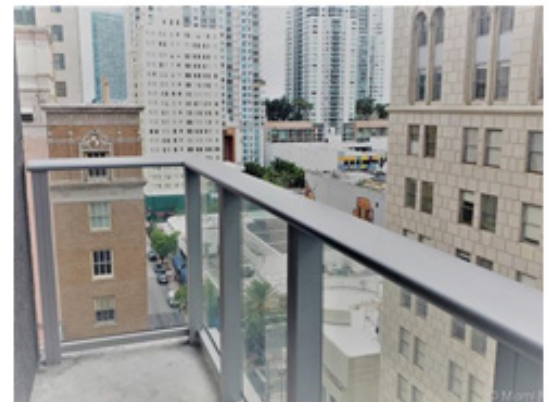
**Mon - Fri..** 9:00 am - 5:00 pm



Published monthly at no cost for the Centro Condominium by Coastal Group Publications. Contact CGP at (305) 981-3503 or [www.cgpnnewsletters.com](http://www.cgpnnewsletters.com) to advertise in one of our newsletters or to get a free newsletter for your property.

## BALCONIES

- No sweepings or other substances shall be permitted to escape to the exterior of the building from the windows, doors, balconies or terraces of individual Units.
- Residents shall not allow anything to be thrown or to fall from windows, doors, balconies, walkways or terraces.
- Pets not permitted to be left unattended on balconies.



### When cleaning there are some things to keep in mind:

- Be sure to sweep the dirt or debris into the middle of the balcony before sweeping it up with a dustpan.
- Use a damp mop to clean the surface of the balcony.
- Cover the edges of the balcony with rolled up towels to help with avoiding any water or dirt from being pushed over the edge.

## PACKAGE PICK UP REMINDERS



- We ask that all residents pick up their packages within 3 days of receiving delivery notification. This will help staff and delivery drivers effectively manage storage space and ensure smooth operations.
- If you are unable to retrieve your package(s) within the requested time- frame, please make arrangements with the Frontdesk and/or Management Office.



- NOTE: When ordering packages to the building, it is crucial to include a unit number and resident's name. We kindly request that you please do not ship packages under guest names as it can cause a confusion with staff and delivery drivers. Accurate and complete information will ensure an efficient delivery package service for everyone.

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

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



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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.

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District 5

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Miami, Florida 33145  
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**MIAMI BEACH OFFICE**  
1700 Convention Center Drive, ground floor  
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