SONDOMINIUM ASSOCIATION, INC.

Volume 17 Issue 1 April 2024

ISOLA Condominium Association, Inc.

770 Claughton Island Drive Miami, Florida 33131

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CPSC recommends consumers test each smoke alarm every month to ensure it is working properly. Even alarms with long-life batteries should undergo a short monthly testing. A home should have a smoke detector on each level outside sleeping areas and inside bedrooms.



Proper installation of your smoke detectors and a quick check each month can mean the difference between safety and a tragedy. Don't delay to check your detectors and make a note on your calendar to check them again each month.

HAPPY PASSOVER

Passover is the 8-day observance commemorating the freedom and exodus of the Israelites (Jewish slaves) from Egypt during the reign of the Pharaoh Ramses II. A time of family gatherings and lavish meals called Seders, the story of Passover is retold through the reading of the Haggadah. With its special foods, songs, and customs, the Seder is the focal point of the Passover celebration. Passover begins on the 15th day of the Jewish month



of Nissan. As the Jewish day begins at sundown the night before, this year (2024) the first night of Passover is Saturday April 22nd and end on April 30th.

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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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