



Mar Del Plata
Condominium Assoc., Inc.
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<http://mardelplatamiamibeach.com>

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MESSAGE FROM THE PRESIDENT

Happy Easter Everyone,

Thanks to those who showed up at the Manager’s Meeting last month. I think it was great to ask Mr. Hajjar, our engineer, questions directly and get answers from the horse’s mouth. We plan to hold more meetings like this, so please join us and ask about anything troubling you or if you have questions. Of course, our manager, Nelson, will always be available to answer any questions you may have in the interim.

If you haven’t had a chance, please stop by and experience the newly decorated Card Room on the mezzanine floor. Teresita Pastorisa and Leslie Cortina put it together with much creativity and dedication. Much of the room was assembled or, let me say, recycled with many of our existing pieces. Although not 100% complete, the card room is now available for get-togethers and/or private parties. I can’t begin to tell you how many positive comments I’ve received. We also moved the pool table and added a ping pong table upstairs to the penthouse in what we now call “The Game Room.” I’ve been told that we’re getting plenty of usage. Paddles and balls are available at the front desk.

The biggest things on our plates besides the ongoing concrete work (*that is, the priority because we’re about safety first) are dealing with the cost of insurance, a much-needed new roof, and the concrete work on impact windows.

A grant from the Florida legislature may be available to us in July. Teresita and I chanced upon it when we joined a meeting attended by legislators, insurance concerns, and engineering companies. It’s not an earth-shattering amount, but at this stage, any influx of funds will be welcomed. We’re keeping our eyes on it, so stay tuned.

Yoga. We’ve added another yoga class on Saturdays. So now you can choose between Thursday at 4:30-6:00 and/or 10:30-12:00. Classes are \$15 per session and are taught by the gifted yoga instructor Risa Ruvin.

Lastly, I’d like to give a call out to Dabia and the front desk crew, who do, among many other things, such a fabulous job delivering our packages. Lost and stolen deliveries have become a prevalent problem, and our people keep track of our packages and deliver them without a hitch to our doorstep. *Gracias!*

Happy Trails!
 Ernesto

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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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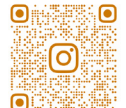
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