

# 5825 ORINTHIAN ONDOWNINA

Volume 5 <u>Issue 6</u>

A Newsletter for the Residents of the The Corinthian Condominium Association, Inc.

February 2025

#### **5825 CORINTHIAN**

#### **Condominium Assoc., Inc.**

5825 Collins Avenue Miami Beach, Florida 33140 GM@5825corinthian.com FSRsouth.FSRconnect.com/ 5825CorinthianCondo

#### **ASSOCIATION OFFICERS**

President	John Vest
Vice President	Maria Chirino
Treasurer	Mirna Serrano
Secretary	Alicia Aloise
Director	Derrick Attard
Director	William Manso

#### **PROPERTY STAFF**

Managed By: . Firs	t Service Residential
Manager	Alex Comesana
Gm@5	825corinthian.com
Admin Asst	Claudia Aparicio
Admin@5	825corinthian.com

#### **IMPORTANT NUMBERS**

Main	.305-865-3506
Fax	.305-865-3508
Front Desk	.305-866-6666
24-hour Cust Care	866-378-1099

#### **OFFICE HOURS**

Monday-Friday	. 9:00 AM - 5 PM
Holidays	CLOSED

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#### OFFICE CLOSED

In observance of Presidents' Day, the Management Office will be closed on Monday, February 17, 2025.

Please also remember that on holidays no contractor work is allowed, or deliveries accepted.

In case of an emergency please contact the Front Desk at 305-866-6666. They will contact the necessary personnel to handle the emergency.



#### REMINDER

#### LAUNDRY ROOM ETIQUETTE

We have recently received several complaints regarding the many ongoing issues with the laundry room and we would like to take a moment to address these issues.

Please be advised that it is important to follow laundry room etiquette to keep the laundry room clean and in order.



See below highlight points of ongoing issues:

- No trash is permitted to be left on top of the washing machines or garbage bags left in front of the trash chute on the floor Please use the trash chute to dispose of your trash/garbage bags
- Laundry Room door must remain closed at all times If you see the door open kindly close it
- Dirty pizza boxes or food containers cannot be left on top of the laundry table or in recycling bins Only boxes/containers free of food residue and/ or grease may be placed in the recycling bin (please use dumpster located in the garage if boxes are dirty) Improper disposal of trash may cause roach/ ant activity

#### **Reminders** (cont. from page 1)

- Please rinse all recyclables before placing them in the recycling bin
- Improper disposal of cardboard boxes All boxes must be flattened and placed in recycling area or in dumpster located in the garage if oversized
- Washing Machines and Dryers must be used in a timely manner. Please do not leave clothes unattended for long periods of time.

Please be respectful and considerate of your neighbors. We appreciate your cooperation.

#### **SMOKING:**

It has come to the attention of Management that cigarette and other smoke are seeping into the common areas of the building. This is a nuisance and has led to the discomfort of many residents and poses a potential health and safety concern.



The Association Rules and Regulations 4.1.15 regarding smoking complies with The Florida Clean Air Act and states that any smoking inside of the Units or limited common elements must not constitute a nuisance to other occupants of the Association. We kindly ask all residents and their guests to be mindful of this rule to ensure a clean and healthy living environment for everyone.

If you are smoking inside your unit, please take necessary precautions to prevent smoke from entering shared spaces, such as using proper ventilation, sealing the doors, installing an air filter.

We appreciate your cooperation in maintaining a comfortable and pleasant atmosphere for all residents. If you have any questions or concerns, please feel free to contact the Management Office.

Thank you for your understanding and support.

#### Uplift

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#### **MAINTENANCE ITEMS**

Dash Door replaced the lobby front entrance door faulty hinges. The doors were adjusted.



Old hinges



new piano hinges

As a courtesy the Association disposed of residents' Christmas tree.



Fixxt Plumbing while shutting off the gas line to the pool equipment noticed the gas line had a hole. Fixxt replaced the corroded gas line that goes to the pool equipment. The gas line going into the pool equipment room was shut off for the pool demo.





City Cool replaced the faulty exhaust fan of the garage equipment room.



Old exhaust fan





new

Fantasy Gates & Electric replaced the burned upper deck gate electronic board. The gate was not working.







new electronic board





#### DON'T FORGET...SPRING FORWARD

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 ahead one hour at 2 a.m. on Sunday, March 9<sup>th</sup>.

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.



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#### KITCHEN AND BATHROOM SPECIALISTS

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Condo Resident perks

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#### The FSR associates got together for the monthly safety meeting for the month of Febraury, which was held in both English and Spanish.

Safety Topic | February 2025 Muscle & Body Movement; **Proper Lifting** 





Global Service Standard #10 - Safety and Security are everyone's responsibility. We follow safety policies and procedures, and we know our individual and collective roles in emergency situations.

Did you know? Back injuries are the most common type of incident in the workplace Strains and sprains make up an average of 1/3 of the workplace injuries that are reported annually in the United States. The human body is made up of approximately 600 muscles. Each of these muscles can be damaged by movement, repetition, or other forms of injury.

Body movement is the way your muscles, joints and bones move to produce motion that is safe, energy-conserving, and efficient. They work together to make your body a movable machine, and your overall health plays a vital role in how well it performs. Just like any machine, your body can suffer damage if it is not maintained properly.

There are several factors that can affect body movement and, as a result, can impact your safety and workplace performance.

- Practice exercises that help strengthen your
- · Always wear glasses and contacts, if needed. Prepare for strenuous activities by warming up and stretching to prepare your muscles to move and work.
- Use caution when walking or moving. Avoid twisting and always place one foot solidly on the ground in front of the other while walking.
- Always test the weight of an item before attempting to lift or move it. When you ar lifting, practice safe lifting by using your lenot your back muscles.
- When performing repetitive tasks, take regular breaks to stretch and relax the muscles you are engaging in.

- Perform the same task repeatedly without giving your body a break.

Life, simplified.<sup>™</sup>

- Apply more force than needed to get the job done. Ask for help!
- Come to work without proper glasses and PPE needed for the day. This can include but is not limited to proper shoes, hats, and clothing.

Tema de Seguridad | febrero de 2025

Movimiento muscular y corporal; levantamiento adecuado





Estándar de servicio global nº 10 - La seguridad y la protección son responsabilidad de todos. Seguimos las políticas y los procedimientos de seguridad y conocemos nuestros roles individu colectivos en situaciones de emergencia.

¿Sabía usted? Las lesiones de espalda son el tipo más común de incidente en el lugar de trabajo. Las distensiones y los esguinces representan, en promedio, un tercio de las lesiones en el lugar de trabajo que se reportan informadas anualmen los Estados Unidos. El cuerpo humano está compuesto por aproximadamento 600 músculos. Cada uno de estos músculos puede sufrir daños a raíz del movimiento, la repetición u otras formas de lesión.

El movimiento corporal es la forma en que se mueven los músculos, las articulaciones y los huesos para producir un movimiento seguro, eficiente y que dorre energía. Trabajan juntos para hacer de su cuerpo una máquina móvil y su solud general juega un rol vital en su rendimiento. Como cualquier máquina, su cuerpo puede sufrir daños si no se mantiene adecuadamente.

Hay varios factores que pueden afectar el movimiento del cuerpo y, como resultado, pueden afectar su seguridad y rendimiento en el lugar de trabajo.

- Practique ejercicios que ayuden a fortalecer el equilibrio.
- Use siempre gafas y lentes de contacto, si es necesario.
- Entre en calor y estírese para preparar los músculos para moverse y trabajar durante las actividades extenuantes.
- Tenga cuidado al caminar o moverse. Evite torcerse y siempre coloque un pie frente al otro firmemente en el piso al caminar.
- Pruebe siempre el peso de un artículo antes de intentar levantarlo o moverlo. Cuando lo levante, hágalo de forma segura con las piernas, no los músculos de la espalda.
- Cuando realice tareas repetitivas, haga pausas periódicas para estirar y relajar los músculos con los que está trabajando.

- Aplicar más fuerza de la necesaria para realizar el trabajo. ¡Pida ayuda!
- Realizar la misma tarea repetidamente sin darle un descanso a su cuerpo.
- Venir a trabajar sin las gafas adecuadas y el EPP necesario para el día. Esto puede incluir, entre otras cosas, zapatos, sombreros y ropa adecuados.
- Estar en una postura incómoda que pueda comprimir músculos, tendones, nervios y vasos sanguíneos.

Life, simplified.sm

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