Burleigh House

Monthly Newsletter

Volume 22 Issue 9 April 2025

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OFFICE HOURS

Monday - Friday..... 9:00 to 5:00
Lunch 1:00-2:00 p.m. .....Closed
Wednesday.....Closed to the Public
Saturday & Sunday.....Closed

IMPORTANT NUMBERS

Office.....(305) 866-7314
Fax.....(305) 866-8733
Security.....(305) 861-1869

BURLEIGH HOUSE

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Miami Beach, FL 33141

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On behalf of the Board and Management, we would like to wish all who observe a Happy Pesach and Happy Easter.

APRIL IS STRESS AWARENESS MONTH

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.

CHOCOLATE TOFFEE MATZO

- 6 whole matzos
- 1 cup salted butter
- 1 cup packed dark brown sugar
- 20 oz semisweet chocolate chips
- ½ cup chopped pecans

Preheat the oven to 325 degrees F. Line baking sheets with aluminum foil, and grease with butter. Place matzos onto prepared baking sheets, breaking in half as needed. Melt butter and brown sugar in a saucepan over medium heat. Bring to a boil, then reduce heat, simmering until thickened, about 5 minutes. Pour mixture over matzos, using a rubber spatula to cover. Bake for 20 minutes. Cool until toffee is firm, about 15 minutes. Place chocolate chips into a microwave-safe bowl. Microwave on low until just melted. Spread melted chocolate over toffee-coated matzos; sprinkle chopped pecans on top. Place baking sheets in the refrigerator until matzos are cold, about 30 minutes. Break matzos into pieces. Store in an airtight container or resealable plastic bags in the refrigerator or freezer.

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Announcements • Posters-Banners • Vehicle Wraps

Contact Marc *(the newsletter guy)*
cgpimarc@earthlink.net | 786-223-9417

TWO CONVENIENT LOCATIONS

EMERGENCY CARE 24/7

DR. EDY A. GUERRA
NEW PATIENT SPECIAL $79
(D0210, D0150, D1110)

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305-643-1444

dredyaguerradds@gmail.com
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Condo Resident Perks

WE ARE NOT FOOLING With This SALE!

Hearing Health Event
Now Through April 30

Melanie Plotkin, HAS, Hearing Aid Specialist

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

Exclusive Offer for Condo Residents!

$1000 OFF the purchase of a pair of the all new Starkey Edge AI Rx hearing devices.[1]

Starkey's all new Edge AI is no joke!

- **Waterproof [2] up to 1 meter** Built tough to be waterproof, sweatproof and everyday-proof.
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Google ★★★★★ **Customer Reviews**

"The staff is so friendly. They treat you like family. My issue was easily and quickly resolved." ***- C. Pleach***

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1. Cannot be used on prior purchases or combined with prior discounts.
2. up to 1 m, not intended for swimming. Rechargeable styles only.

CAN YOU COUNT ON YOUR SMOKE DETECTOR?

According to the U.S. Consumer Product Safety Commission (CPSC), millions of homes in the U.S. have smoke detectors that do not work, usually due to dead or missing batteries. Fire is the second leading cause of unintentional death in the home, making this an important safety concern.

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.

KITCHEN & BATHROOM REMODELING
SATISFACTION AND QUALITY GUARANTEED
NO JOB TOO SMALL

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Cabinets | Vanities (New & Resurfaced)
Baseboards & Crown Molding | Mirrors
Quartz, Marble & Granite Countertops
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Impact Windows & Doors
Ceramic Tile & Marble Installed
Plumbing & Electrical Service

PAINTING
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Stucco | Drywall & Framing

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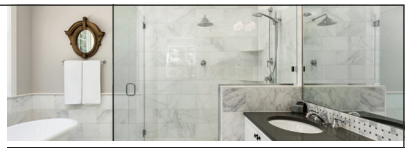
Free Estimates
Service & Quality
Commercial & Residential



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