



Bayview Towers

News and Views

A Newsletter for the Residents of Bayview Towers

Volume 11 Issue 2

January 2026

BAYVIEW TOWERS Dome Condominium Association, Inc.

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Mon - Fri.. 9:00 am - 4:00 pm

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EDITOR'S MESSAGE

January has long been treated as a doorway rather than a destination. Across cultures and centuries, it marks a pause, a moment between what has ended and what has yet to begin. Even the month's name reflects this role. January is named after Janus, the Roman god with two faces, one looking backward and one looking forward, symbolizing reflection and renewal at the same time.

Historically, January was less about reinvention and more about intention. Ancient calendars treated this period as a time to take stock, settle obligations, and prepare for what lay ahead. The emphasis was not on dramatic change or instant transformation, but on clarity, understanding where you have been before deciding how to move forward. This framing makes January a natural moment to think not only about personal goals, but also about shared responsibility and values.

That broader reflection is reinforced by Martin Luther King Jr. Day, Monday, January 19th. Established as a federal holiday in 1983, the day honors Dr. King's leadership while emphasizing service, equity, and civic responsibility. Often described as a day on, not a day off, it invites reflection on how progress is built through sustained effort, moral courage, and everyday choices rather than singular moments.

Here in South Florida, January means cooler mornings, longer walks, and more time spent outdoors encourage a slower, more deliberate pace. Across Miami Dade, Broward, and South Beach, residents often take advantage of free public offerings during this time of year, from outdoor art walks and community festivals to library programs, museum open days, and neighborhood wellness events. These experiences reflect January's quieter spirit, not a rush forward, but a thoughtful step into the year.

In our community, January's themes show up in subtle but meaningful ways. They appear as routines are reestablished, shared expectations are revisited, and small habits are renewed. Leadership here is expressed through courtesy, participation, patience, and care for shared spaces. January does not demand sweeping resolutions and big, hairy audacious goals (smile). Instead, it invites intention, a chance to move forward with awareness, responsibility, and respect for the people and place we share.



MENSAJE DEL EDITOR

Enero siempre se ha considerado más una puerta de entrada que un destino. En todas las culturas y a lo largo de los siglos, marca una pausa, un momento entre lo que ha terminado y lo que está por comenzar. Incluso el nombre del mes refleja este papel. Enero recibe su nombre de Jano, el dios romano de dos caras, una que mira hacia atrás y otra hacia adelante, simbolizando la reflexión y la renovación al mismo tiempo.

Históricamente, enero se centraba menos en la reinención y más en la intención. Los calendarios antiguos consideraban este período como un momento para hacer balance, saldar deudas y prepararse para el futuro. El énfasis no estaba en el cambio drástico ni en la transformación instantánea, sino en la claridad, en comprender de dónde venimos antes de decidir cómo avanzar. Este enfoque convierte a enero en un momento ideal para reflexionar no solo sobre metas personales, sino también sobre la responsabilidad y los valores compartidos.

Esta reflexión más amplia se ve reforzada por el Día de Martin Luther King Jr., que se celebra el lunes 19 de enero. Establecido como día festivo federal en 1983, este día honra el liderazgo del Dr. King, al tiempo que enfatiza el servicio, la equidad y la responsabilidad cívica. A menudo descrito como un día para la acción, no para el descanso, invita a reflexionar sobre cómo el progreso se construye a través del esfuerzo constante, el coraje moral y las decisiones cotidianas, en lugar de momentos puntuales.

Aquí en el sur de Florida, enero significa mañanas más frescas, paseos más largos y más tiempo al aire libre, lo que fomenta un ritmo más pausado y reflexivo. En Miami-Dade, Broward y South Beach, los residentes suelen aprovechar las actividades públicas gratuitas durante esta época del año, desde paseos artísticos al aire libre y festivales comunitarios hasta programas de bibliotecas, jornadas de puertas abiertas en museos y eventos de bienestar en

los barrios. Estas experiencias reflejan el espíritu más tranquilo de enero, no una carrera hacia adelante, sino un paso reflexivo hacia el nuevo año.

En nuestra comunidad, los temas de enero se manifiestan de maneras sutiles pero significativas. Aparecen a medida que se restablecen las rutinas, se revisan las expectativas compartidas y se renuevan los pequeños hábitos. El liderazgo aquí se expresa a través de la cortesía, la participación, la paciencia y el cuidado de los espacios compartidos. Enero no exige grandes propósitos ni metas ambiciosas (sonrisa). En cambio, invita a la reflexión, a la oportunidad de avanzar con conciencia, responsabilidad y respeto por las personas y el lugar que compartimos.



An advertisement for home valuation services. It features a kitchen scene with a QR code on a smartphone. Text includes "What's My HOME WORTH?", "BJ.AREAHOMEVALUES.NET", and "Find out what your home might be worth in today's market." The name "Rosa Jacquotin | Realtor" and phone number "(786) 239-1283" are also present.

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MANAGER'S REPORT: Welcome Cynthia Alonso!

We are excited to announce the new arrival of Cynthia Alonso, our new property manager for Dome Condominium. As she gets up to speed on all pending matters and new issues, her immediate focus will be to work on accommodation (i.e., cooling tower), access (i.e., elevator), and liability issues to get everything to run as smoothly as possible.

Please note that the previous management's email address will be used for notices only. For all property management matters, please send an email to: domecondominiummanagement@gmail.com. When sending an email/correspondence, please include your building and unit number in the subject line. This will help to expedite your resolution.

A special thank-you to Alfredo Silva, our assistant-manager whose reliability during the holidays was a great help to the community. I look forward to working with all of you and continuing to make our community a great place to live. Thank you all for your warm welcome!

Manager's Reports and the Presidents Letter will resume in next month's newsletter.

INFORME DEL GERENTE ¡Bienvenida, Cynthia Alonso!

Nos complace anunciar la llegada de Cynthia Alonso, nuestra nueva administradora de propiedades para el Condominio Dome. Mientras se familiariza con todos los asuntos pendientes y las nuevas cuestiones, su prioridad inmediata será trabajar en temas relacionados con las instalaciones (como la torre de enfriamiento), el acceso (como el ascensor) y la responsabilidad, para que todo funcione de la mejor manera posible.

Tenga en cuenta que la dirección de correo electrónico de la administración anterior se utilizará únicamente para avisos. Para todos los asuntos relacionados con la administración de la propiedad, envíe un correo electrónico a: domecondominiummanagement@gmail.com. Al enviar un correo electrónico o cualquier otra comunicación, incluya el número de su edificio y unidad en el asunto. Esto ayudará a agilizar la resolución de su solicitud.

Un agradecimiento especial a Alfredo Silva, nuestro asistente de administración, cuya dedicación durante las fiestas fue de gran ayuda para la comunidad. Espero con interés trabajar con todos ustedes y seguir haciendo de nuestra comunidad un excelente lugar para vivir. ¡Gracias a todos por su cálida bienvenida!

Los informes de la administración se reanudarán en el boletín informativo del próximo mes.



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Rami Bazar, License #P16324

January's Word Search

Sopa de letras de enero

January national days word search



Printable from Always the Holidays

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 K O D D A Y S E E I N G E Y E D O G D A Y
 O T Y A D D R A O B N O I S I V N Y R D H
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|---------------------------|--------------------|------------------|
| MARTIN LUTHER KING JR DAY | HOT CHOCOLATE DAY | IRISH COFFEE DAY |
| PUZZLE DAY | STICKER DAY | SNOWMAN DAY |
| ORGANIZE YOUR HOME DAY | MILK DAY | VISION BOARD DAY |
| DAY OF PEACE | DAISY DAY | SHORTBREAD DAY |
| KOREAN AMERICAN DAY | SEEING EYE DOG DAY | BIRD DAY |
| POPCORN DAY | NEW YEARS DAY | BLOODY MARY DAY |
| CURRIED CHICKEN DAY | BIRD DAY | SPAGHETTI DAY |
| SPOUSES DAY | HYPNOTISM DAY | KETO DAY |
| HOT BUTTERED RUM DAY | PIE DAY | WORK HARDER DAY |
| PEANUT BUTTER DAY | HAT DAY | BEAN DAY |
| HOT TEA DAY | CARNATION DAY | BACKWARDS DAY |
| | | FIG NEWTON DAY |

JUST FOR CHUCKLES

SOLO PARA REÍRSE

THE HAT STORE



Pest Control Schedule



Both buildings will be serviced by our current vendor on Tuesday, January 27th and Wednesday, January 28th. The 2100 building is scheduled from 9 a.m. to 2 p.m. on Tuesday and the 2150 building is scheduled from 9:00 a.m. to 2:00 p.m. on Wednesday. Please look for notices posted at the elevator lobbies for schedule changes.

Programa de control de plagas

Ambos edificios recibirán servicio de nuestro proveedor actual el martes 27 de enero y el miércoles 28 de enero. El edificio 2100 estará disponible de 9:00 a 14:00 el martes y el 2150 de 9:00 a 14:00 el miércoles. Consulte los avisos publicados en los vestíbulos de los ascensores para informarse sobre los cambios de horario.

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HEALTHY LIVING

Laying the Foundation: Why January Habits Matter More Than January Goals

January is often framed as a month of resolutions, but Dr. Mark Hyman’s work on longevity suggests a more useful lens, foundations over goals. According to Dr. Hyman, long term health is rarely the result of dramatic overhauls. Instead, it is shaped by small, repeatable habits that quietly influence inflammation, metabolism, energy, and resilience over time.

One of the key ideas in Dr. Hyman’s Longevity Journal is that the body responds best to consistency, not intensity. After the disruptions of the holiday season, irregular meals, altered sleep schedules, and higher stress, January becomes an opportunity to gently recalibrate. This does not require perfection. It requires awareness. Simple patterns, practiced most days, send powerful signals to the body that support healing, balance, and long-term vitality.

What this looks like in real life does not need to be complicated. Dr. Hyman emphasizes focusing on a few core pillars and letting them reinforce one another:

- **Eat to stabilize, not restrict.** Prioritize whole, minimally processed foods, adequate protein, healthy fats, and fiber rich vegetables. The goal is steady energy and balanced blood sugar, not deprivation.
- **Move in ways your body welcomes.** Daily walking, gentle strength work, or stretching all count. Consistency matters more than duration or intensity.
- **Protect sleep as a health tool.** Regular bedtimes, reduced evening screen exposure, and calming nighttime routines support hormonal balance and cognitive health.
- **Lower stress in small, repeatable ways.** Short outdoor walks, deep breathing, quiet moments, or brief screen breaks help regulate the nervous system.

Remember, it’s not about getting everything right. It is about choosing a few supportive habits and practicing them often enough that they become automatic. Over time, these small decisions compound. As Dr. Hyman often notes, longevity is not built in grand gestures, but in daily patterns repeated quietly and consistently.

Source: Dr. Mark Hyman, Longevity Journal – drhyman.com

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VIDA SALUDABLE

Construyendo la Base: Por Qué los Hábitos de Enero Importan Más que los Propósitos

Enero suele presentarse como el mes de los propósitos, pero el trabajo del Dr. Mark Hyman sobre longevidad propone una perspectiva diferente, bases antes que metas. Según el Dr. Hyman, la salud a largo plazo rara vez proviene de cambios drásticos. Se construye, más bien, a partir de hábitos pequeños y repetibles que influyen silenciosamente en la inflamación, el metabolismo, la energía y la resiliencia con el paso del tiempo. Enero importa no porque exija transformación, sino porque ofrece una pausa natural para establecer ritmos sostenibles.

Una de las ideas centrales del Diario de Longevidad del Dr. Hyman es que el cuerpo responde mejor a la constancia que a la intensidad. Después de las alteraciones propias de la temporada de fiestas, horarios irregulares, cambios en la alimentación y mayor estrés, enero se convierte en una oportunidad para reajustar de manera gradual. No se trata de perfección, sino de conciencia. Los patrones simples, practicados la mayoría de los días, envían señales poderosas al cuerpo que favorecen el equilibrio y la vitalidad a largo plazo.

En la práctica, estos hábitos no tienen que ser complicados. El Dr. Hyman recomienda enfocarse en algunos pilares fundamentales y permitir que se refuercen entre sí:

- **Comer para estabilizar, no para restringir.** Priorice alimentos integrales, proteína adecuada, grasas saludables y vegetales ricos en fibra. El objetivo es energía constante y equilibrio metabólico, no privación.
- **Moverse de manera sostenible.** Caminar a diario, ejercicios suaves de fuerza o estiramientos regulares son suficientes. La constancia es más importante que la duración o la intensidad.
- **Cuidar el sueño como herramienta de salud.** Mantener horarios regulares, reducir el uso de pantallas por la noche y crear rutinas relajantes favorecen el equilibrio hormonal y la salud mental.
- **Reducir el estrés con acciones pequeñas y repetibles.** Caminatas al aire libre, respiración profunda, momentos de silencio o pausas breves del uso de pantallas ayudan a regular el sistema nervioso.

Enero no exige hacerlo todo bien. Invita a elegir algunos hábitos de apoyo y practicarlos con regularidad hasta que se vuelvan naturales. Con el tiempo, estas pequeñas decisiones se acumulan. Como señala con frecuencia el Dr. Hyman, la longevidad no se construye con grandes gestos, sino con patrones diarios sostenidos de forma constante.

Fuente: Dr. Mark Hyman, Longevity Journal – drhyman.com

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