

BONAVIDA Monthly Newsletter

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A Monthly Newsletter for the Residents of Bonavida Condominium

February 2026

Bonavida Condominium Association, Inc

20100 W Country Club Drive
Aventura, Florida 33180

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Dearest Gentlest Readers (Owners/Tenants),

Let's get right to the point by deciding who to choose and what is best for our Bonavida Community.

This is a very important time for us all. Do your diligence duty and research to select the new board members that plan to run during these elections. Ask questions, interview the candidates, know the history of previous board members, and designate the right ones.

Volunteering to run as a board member may sound prestigious, look good on a resume, get kick backs/ benefits and feed egos. We need to know clearly the roles and responsibilities of each board member. (<https://condominiumassociates.com/blog/the-role-of-the-board-of-directors>)

What we all need to do is read our bylaws and know them well, so the decisions made for the owners does not go without discussion and input from all board members/ owners.

We request for a board that can work together with good communication skills, be respectful for one another, be able to be resourceful and heed others feedback.

Good luck to all of us, we are going to need it.

Yours truly (Neighbor/Owner)

"A good Board of Directors team is one where ideas are flowing fluidly - and where each idea is met with an initial welcome, an intellectual challenge, an expression of gratitude, a rigorous scrutiny, and a readiness for action." By Hendrith Vanlon Smith Jr.

BLACK HISTORY MONTH MARKS 100 YEARS

This year, Black History Month will mark 100 years of educating Americans about the history of the African-American community. During the past century, Black History Month has evolved from an observance into an American institution -- and it all started with Carter G. Woodson, a determined historian with an idea.

Born in 1877 to formerly enslaved parents in Virginia, Woodson's early schooling was sporadic at best, and had to delay his high school education until age 20 to work in a coal mine. He went on to earn a bachelor's degree in literature in 1903, and graduate degrees from the University of Chicago in 1908. And in 1912, he became the second African-American student (after W.E.B. DuBois) to earn a doctorate from Harvard University.



Disappointed with the limited career opportunities for African-American history scholars and the absence of any structured Black history research program in higher education, Goodson decided to create his own. He founded the ASLNH, now known as the Association for the Study of African American Life and History. And in 1926, Goodson promoted a new big idea -- Negro History Week, which grew into today's Black History Month.

The celebration has evolved and expanded over the years, but the central idea remains unchanged: that African-American history is inseparable from the American story, and a scholarly pursuit worth fighting for.

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Sweaters from seaweed?

A new effort to find a planet-friendly clothing material took a deep dive into fibers and landed on kelp.

Yes, that's seaweed and it has some things going for it. It's abundant. It grows back easily. It doesn't contain pesticides or fertilizers, and isn't infected by microplastics. Plus, when kelp is turned into fiber, it helps create a flame-resistant, biodegradable, non-toxic material.

The developer, Keel Labs, calls the kelp fiber kelsun and it has already partnered with Stella McCartney and Outerknown to release the clothes made of the fiber.







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FEBRUARY IS AMERICAN HEART MONTH

All about AEDs

You've probably seen them mounted on walls in offices, schools, and public buildings, but do you really know what they're for? They're called automated external defibrillators, or AEDs -- sophisticated medical devices that just about anyone can use to provide lifesaving assistance to people in cardiac arrest.



According to the American Red Cross, sudden cardiac arrest is one of the leading causes of death in the United States, with more than 350,000 cases each year. Defibrillation is the only way to restore regular heart rhythm, and readily accessible AED devices allow laypersons to intervene and buy time until first responders arrive. And during cardiac arrest, that extra time matters -- each minute without defibrillation reduces the odds of survival by about 10 percent.

How AEDs work

According to AED manufacturer Avive, AEDs consist of adhesive electrode pads that read the patient's heart rhythm and deliver controlled electric shocks if necessary, a processor to analyze heart rhythm data and determine if and when electric shocks are appropriate. There are

several FDA-approved models on the market, and all of them provide voice and visual instructions to guide users through the process. While CPR/AED certification can be very helpful and make you feel more confident during an emergency, they are not required to use an AED.

How to get an AED

All fifty states require AEDs in certain public gathering places, though the specific regulations vary by jurisdiction. But even in spaces where AEDs are not required -- which often includes churches, private clubs, businesses, and residential areas -- they can still be installed and used to provide lifesaving assistance.

FDA-approved AEDs can be purchased through a number of manufacturers and organizations, and generally have a base cost between \$1,000 and \$3,000, plus extra for any accessories. Individuals can generally purchase devices with pre-tax HSA dollars, and businesses can write off the cost as a business expense. Individuals, churches, nonprofit organizations and schools may also be able to fully or partially fund the purchase of AEDs with grants through a variety of charitable organizations and government programs.

If you purchase an AED individually or for an organization, make sure to account for maintenance costs. Prices and support can vary by vendor.

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