



Volume 2 Issue 4 A Monthly Newsletter for the Residents of Gardens on the Bay Miami Beach Condominium February 2026

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Happy Valentine's Day

It's February and we can't help of Valentine's Day. We want to take a moment to celebrate the love and kindness within our community. Whether you're spending time with a loved one, friends, or simply treating yourself, we hope your month is filled with joy and warmth.

SPRING FORWARD
Sunday March 8, 2026

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 8, 2026.**

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.

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.



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.

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.

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.

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

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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