



*A Newsletter for the Residents of the Brickell Harbour Condominium*

Volume 22 Issue 5

April 2026

**BRICKELL HARBOUR**  
**Condominium Association Inc.**  
200 SE 15th Road  
Miami, Florida 33129

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**Property Mgr** ..... Lorena Cantillo

**IMPORTANT NUMBERS**

**Front Desk**....305-854-6144 ext. 1  
**Emergency** .....1-800-514-5770

**OFFICE HOURS**

**Monday-Friday** 9:00 AM - 5:00 PM  
Please email [lcantillo@kwpmc.com](mailto:lcantillo@kwpmc.com)  
to make an appointment with  
management



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**STRESS AWARENESS MONTH**

*Are your symptoms stress-related?*

Stress isn't just about your emotions -- it affects your physical wellbeing, too, with physical symptoms and potential health consequences that can manifest before you're even ready to acknowledge how stressed-out you really are.

Our body's natural stress response -- the fight-or-flight instinct -- helps us manage stressful situations. But according to the Cleveland Clinic, our stress response can wreak havoc on our bodies if we're struggling with chronic long-term stress, such as high-pressure jobs, long-term illness or financial hardship.

Some of the symptoms of chronic stress include:

- Body aches and pains
- Problems with sleep, such as extreme fatigue or insomnia
- Chest pain or a racing pulse
- Elevated blood pressure
- Headaches, dizziness, shaking
- More frequent illness from a weakened immune system
- Hives
- Psychological symptoms like anxiety, depression, or panic attacks
- Substance abuse
- Excessive gambling, shopping, or other compulsive behaviors



Chronic stress can also contribute to long-term problems with your immune, digestive, cardiovascular, and reproductive systems.

There are things you can do to manage stress and protect your health. Daily physical activity, positive thinking, and taking the time to set achievable goals can all help you manage day-to-day stress. Your doctor or a therapist can also evaluate your symptoms and determine whether medication or talk therapy might be appropriate for you.

Remember that stress happens in life. While you can't always control the sources of your stress, you can control how you respond to it.

## Want a refund? First, try asking

There's a good chance that you spend more -- way more -- than you think you spend on subscriptions. In a subscription-heavy economy that willingly extracts monthly fees for premium content, razors, air fresheners, food deliveries, and dog toys, it's pretty easy to do. According to CNBC, around a third of consumers spend \$100 to \$199 more than they think they do on subscriptions, and more than 40 percent of consumers are still paying for forgotten subscriptions that they never use.

If you want to trim all the fat for good, you'll need to take the time to go through your emails and credit card statements to identify all the things you're paying for that you don't actually want. But there may be an upside: When you decide which companies to contact to cancel subscriptions, you can also ask for refunds.

For companies that deal in digital-only products and services, you might be pleasantly surprised at how easily you can claw back at least some of that wasted cash. Writing for the Guardian, Chloe Hamilton asked Amazon to refund several months of unused credit when she canceled a forgotten Audible subscription. To her surprise, the customer service representative immediately agreed, and the money reappeared in her bank account within a few days.

After finding out that she'd been subscribing to Babel for a full year without realizing it, another consumer requested a refund and to her amazement, promptly received it.

If you're going to the trouble of figuring out all your subscriptions and canceling them, you might as well take a few extra minutes to ask for your money back. The worst they can say, after all, is no.




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COMMISSIONER  
**VICKI L. LOPEZ**  
MIAMI-DADE COUNTY - DISTRICT 5



My Miami and Miami Beach offices are open and ready to welcome you. If you have a concern, need assistance, or want to connect with County services, my team and I are here to listen and support you.

**CONTACT US:**

☎ 305-375-5924 ✉ [district5@miamidade.gov](mailto:district5@miamidade.gov)  
 🌐 [www.miamidade.gov/district05](http://www.miamidade.gov/district05) 📍 @CommissionerVickiLLopez

📍 2100 Coral Way, Suite 400, Miami, FL 33145 (Open M-F, 9 AM - 5 PM)  
 📍 1700 Convention Center Drive, 1st Floor, Miami Beach, FL 33139 (Open M & W, 9 AM - 5 PM)

Mis oficinas en Miami y Miami Beach están abiertas y listas para recibirle. Si tiene alguna inquietud, necesita asistencia o desea conectarse con servicios del Condado, mi equipo y yo estamos aquí para escucharle y brindarle apoyo.



**CONTÁCTENOS:**

☎ 305-375-5924 ✉ [district5@miamidade.gov](mailto:district5@miamidade.gov)  
 🌐 [www.miamidade.gov/district05](http://www.miamidade.gov/district05) 📍 @CommissionerVickiLLopez

📍 2100 Coral Way, Suite 400, Miami, FL 33145 (Abierto de lunes a viernes, de 9 AM a 5 PM)  
 📍 1700 Convention Center Drive, 1st Floor, Miami Beach, FL 33139 (Abierto los lunes y miércoles, de 9 AM a 5 PM)



April Showers

International Beaver Day, April 7



Today, manmade (mitigation) wetlands cost from \$10,000 to 100,000 per acre to build, while each beaver family creates and maintains several acres of wetlands — for free.

April is

# NATIONAL CAR CARE MONTH

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**SHOWER PAN LEAK?**

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## GOT PROPERTY DAMAGE? GET HELP NOW!

THIS IS SOLICITATION FOR BUSINESS. IF YOU HAVE HAD A CLAIM FOR AN INSURED PROPERTY LOSS OR DAMAGE AND YOU ARE SATISFIED WITH THE PAYMENT BY YOUR INSURER, YOU MAY DISREGARD THIS ADVERTISEMENT.

Rami Boaz, License #PT17624

**Abraham Jaskiel, DMD**  
**Steven Jaskiel, DDS**

**1865 Brickell Ave #A207 Miami, FL 33129**

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The patient and any other person responsible for payment has a right to refuse to pay, cancel payment, or be reimbursed for payment for any other service, examination, or treatment that is performed as a result of and within 72 hours of responding to the advertisement for the free, discounted fee, or reduced fee service, examination, or treatment.

# What's My HOME WORTH?

ROSA JACQUELIN | BROKER ASSOCIATE  
786.239.1283

**TWO CONVENIENT LOCATIONS**

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

9456 HARDING AVENUE SURFSIDE, FL 33154  
305-866-2626

4011 WEST FLAGLER ST, SUITE 506 MIAMI, FL 33134  
305-643-1444

[dredyaguerradds@gmail.com](mailto:dredyaguerradds@gmail.com)  
[WWW.DENTISTSURFSIDE.COM](http://WWW.DENTISTSURFSIDE.COM)

## BRICKELL HARBOUR CONDO

200 SE 15th Rd, Miami, FL 33129

### MOST RECENT SALES

Apt	Bed	Bath	Sold Price
4-E	1	1.5	\$385,000
7-H	1	1.5	\$415,000
5-K	2	2	\$595,000



**ALYESKA SEMSCH  
JOSE CARLOS JIMENEZ**  
**786-326-7655**  
info@semschrealty.com



### SEMSCH REALTY

200 Crandon Blvd Suite 204, Key Biscayne, FL 33149

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Information is believed accurate, but not guaranteed. Information obtained from Miami-Dade public records.

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