

Brickell Ten CONDOMINIUM



A Newsletter for the Residents of the Brickell Ten Condominium Association

Volume 3 Issue 3

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BRICKELL TEN
Condominium Association Inc.
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Vice President . Valeria Rodriguez
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Security.... 786-245-6984 Ext 102
Main Office 786-235-9196

OFFICE HOURS
Mon. - Fri..... 9:00 am - 5:00 pm



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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.

Pets Guidelines /

Access to Common Areas

According to Brickell Ten Condominium Rules and Regulations, your pets' access to the common areas is limited. We kindly ask that all current and prospective pet owners comply with the access restriction stated in the Rules and Regulations to ensure the safety and comfort of all Residents.



Please be informed that to use the Club Room, you must notify the management office Monday through Friday, between 9 AM and 5 PM. Additionally, you will need to complete the Club Room Package for us to reserve it on your behalf.

Be advised that certain fees apply when reserving the club room for a party or event. Under no circumstances will any party or gathering be allowed in the club room without prior notification to the office and payment of the required fees within the appropriate time frame.

RESERVE




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
- www.miamidade.gov/district05 | [@CommissionerVickiLLopez](https://twitter.com/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
- www.miamidade.gov/district05 | [@CommissionerVickiLLopez](https://twitter.com/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)


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Move In / Out Procedures

To facilitate your move-in or move-out process, we kindly ask that you email the management office with the exact date and time you would like to reserve the cargo elevator. Please ensure your reservation request is submitted at least three days in advance of your planned move or furniture deliveries. In addition, a Certificate of Insurance (COI) from your moving company is required. For your convenience, you can request a sample at brickelltenmanagement@gmail.com. Please note that we cannot confirm your reservation without this document.

The measurements for our cargo elevator are as follows:

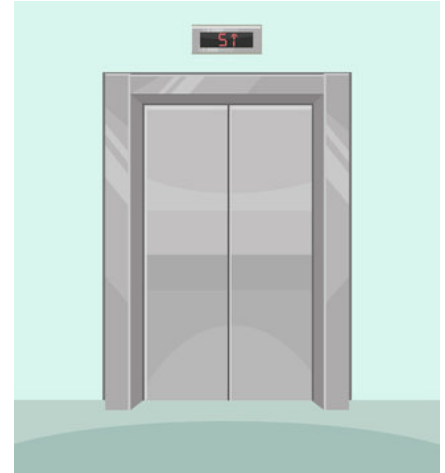
Height: 87 | Width: 86

We strongly recommend disassembling any furniture you may have, as items that exceed these dimensions will not fit in the elevator.

Thank you for your cooperation and understanding. Should you have any questions or need further assistance, please feel free to contact the management office at 786-238-9198.

Elevator Reservations

We strongly suggest that you reserve the elevator in advance. The sooner the better as we only reserve (1) Move/delivery daily. We do not have the parking or the elevator capacity to have more than (1) truck/delivery at a time.



Workers Access:
When coordinating and scheduling any workers to your unit, please inform management in advance so they can be added to the daily schedule. Only companies/workers that have submitted their required documents will be added to the schedule. Lastly, **WE DO NOT HAVE PARKING FOR WORKERS ONSITE.** Only moves/deliveries that reserve an elevator and submit the required fees and documents will have parking.

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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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Abraham Jaskiel, DMD
Steven Jaskiel, DDS

1865 Brickell Ave #A207 Miami, FL 33129

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MIAMI, FL 33134
305-643-1444

dredyaguerrads@gmail.com
WWW.DENTISTSURFSIDE.COM

What's My HOME WORTH?



ROSA JACQUELIN | BROKER ASSOCIATE
786.239.1283

