



SOLARIS

BRICKELL BAY

A Monthly Newsletter for the Residents of Solaris at Brickell Bay

Volume 7 Issue 10

April 2026

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Property Manager. Nicole Diego

IMPORTANT #'S

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Front Desk..... 305.373.0013
Email
manager@solarisbrickellbay.com

OFFICE HOURS

Monday - Friday 9AM – 5:00PM

SOLARIS@BRICKELL BAY
Condominium Association Inc.
186 SE 12 Terrace
Miami, FL 33131



Published monthly at no cost for Solaris at Brickell Bay by Coastal Group Publications. Contact CGP at (305) 981-3503 or www.cgpnewsletters.com to advertise in one of our newsletters or to get a free newsletter for your property.

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.

Package Policy Update –Effective Immediately

We are experiencing a high volume of packages, and our storage space is very limited. Please note the following:

Package Pickup:

- All parcels must be picked up on the day they arrive.
- Any parcel not collected within **1 day** from the front desk will be removed and held at the management office for a maximum of **5 days**.
- **After 5 days, packages will be returned to the sender.**
- Packages at the management office may be picked up between **10 am and 3 pm, Monday through Friday.**
- *(Please note the office may be closed if the manager is not onsite.)*
- If you will be out of town, please email us so we can hold your packages during your absence.

Packages for Unknown Persons or Missing Unit Numbers:

- Packages addressed to friends or family must include the correct unit number. Packages without a unit number will not be accepted and/or will be returned.
- This also applies to packages delivered to lockers. Please pick up packages daily or contact management to have

them removed. Removed packages will be checked in at the front desk and stored in the lobby or management office.

Restrictions:

- The front desk **cannot and will not accept** food deliveries, flowers, parcels over 50 lbs., keys, or cash.
- You must be home to accept perishable items such as food or flowers.
- Delivery people may not leave packages in hallways, even momentarily.

Authorization for Pickup by Others:

- If someone else will be picking up your package, you must provide **written authorization** including the person’s name.
- The person picking up the package must show valid ID.

Existing Packages:

- Any packages currently at the front desk for **2 days or more** will be moved to the management office starting today.

Thank you for your attention and cooperation. Your assistance helps us manage packages safely and efficiently.



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
 📍 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
 📍 2100 Coral Way, Suite 400, Miami, FL 33145 (Abierto de lunes a viernes, de 9 AM a 5 PM)
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Notary Public

Notary service is available at the management office, during regular Business hours. (Fee is applicable)



Wipes Clog Pipes!

Place these items in the **TRASH** and **NOT** the toilet:

- Disinfecting wipes
- Paper towels
- Baby wipes
- Towelettes
- Mop refills



Before You Leave

Before you leave your apartment for a long period of time, these quick, simple tasks can help prevent coming home to a disaster:

- Turn OFF the main water supply.
- Turn up the thermostat- but do not turn off the A/C Unit.
- Unplug electronics.





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Abraham Jaskiel, DMD
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