



# SOLARIS

## BRICKELL BAY

*A Monthly Newsletter for the Residents of Solaris at Brickell Bay*

### BOARD OF DIRECTORS

**President**.....  
**Vice President** .....  
**Secretary**.....  
**Treasurer** ..... Diego Juncadella  
**Director** ..... Michael Bernstein

### PROPERTY STAFF

**Property Manager**. Nicole Diego

### IMPORTANT #'S

**Office**..... 305.373.0012  
**Front Desk**..... 305.373.0013  
**Email** .....  
manager@solarisbrickellbay.com

### OFFICE HOURS

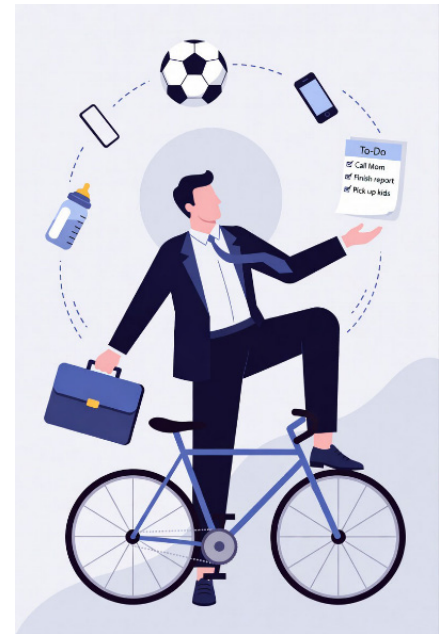
**Monday - Friday** 9AM – 5:00PM

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

## Beat The ‘Captivity of Activity’ with Rest

There’s a difference between accomplishing something and doing something. Our fast-track world honors constant activity, but those who aren’t selective about what they do can wind up with a lot of stress and feel like a mouse on a treadmill. They’re running fast, working hard, and not getting anywhere. Experts call it the “captivity of activity.” Here are some of the symptoms:

- You’re in a constant rush.
- You think that no matter how much you work, you’ll never have enough time to do it all.
- You are chronically tired and emotionally exhausted.
- You believe that if you stop, everything will fall apart.



It won’t. Here’s a radical notion that will help: Get some rest. That doesn’t mean rushing off for a vacation, because that could raise your stress level even higher. It doesn’t mean taking a less-stressful job, because every job includes stress. And it doesn’t mean putting your kids up for adoption, because you’ll continue to run anyway.

The key to resting is to actively do nothing for a while, and then do it some more.

Will the world fall apart if you say “no” more often? Will anyone care 10 years from now if your home isn’t very neat today? Will your kids be harmed if you tell them not to interrupt your down time? Will you lose your reputation by not volunteering for the next big project? If your stress level is pushing you toward burnout, you have to give careful thought to these questions.

Life isn’t going to slow down, but you can purposely find ways to do it when you need to and to get some rest. The trap of activity will always be there, waiting to pull you in.



*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.*

## 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.



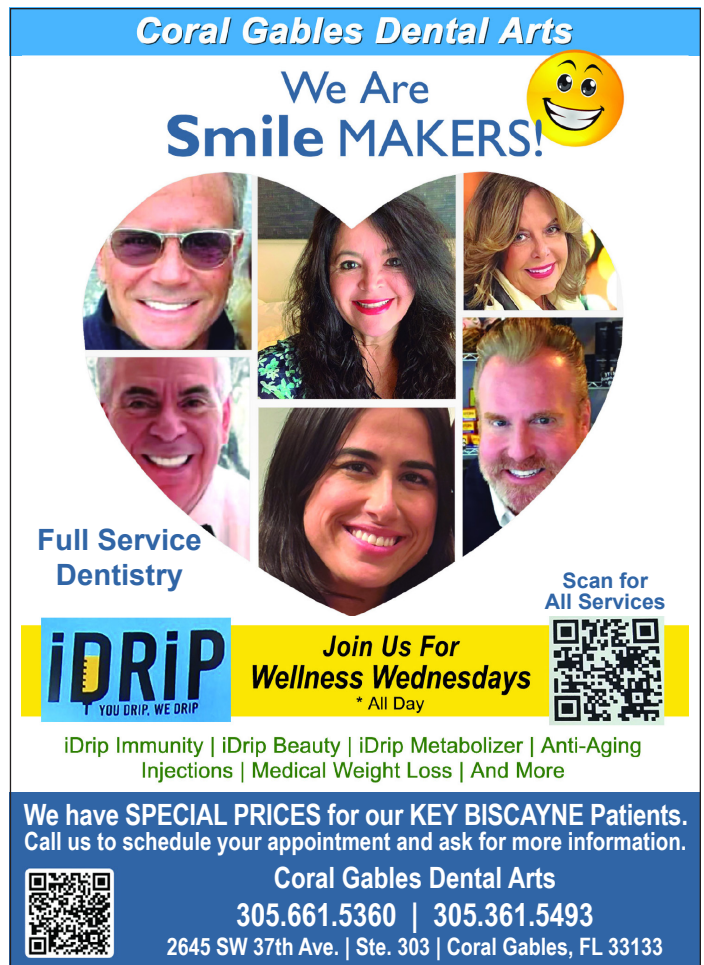
**COMMISSIONER VICKI L. LOPEZ**  
MIAMI-DADE COUNTY - DISTRICT 5

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)  
 📍 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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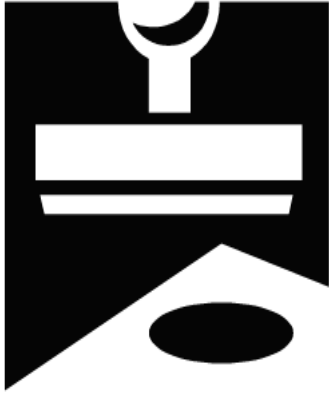
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## Notary Public

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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LEAKS FROM UNITS ABOVE?

AIR CONDITIONER LEAK?

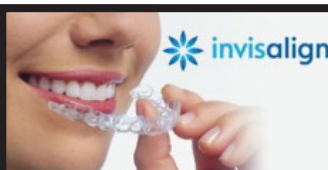
SHOWER PAN LEAK?



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 #P17524



Abraham Jaskiel, DMD  
Steven Jaskiel, DDS

1865 Brickell Ave #A207 Miami, FL 33129

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# What's My HOME WORTH?



ROSA JACQUELIN | BROKER ASSOCIATE

786.239.1283



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Contact Marc (the newsletter guy)  
cgpimarc@earthlink.net | 786-223-9417

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**NEW LOCATION APRIL 15!** 2655 South LeJeune Road Suite 402, Coral Gables, FL 33134

## NO JOB TOO SMALL

### PAINTING AND MINOR REPAIRS

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