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Bel Mare Condominium Association

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Community Update

Jani King, our janitorial staff, is still on property during their regular work hours to maintain the cleanliness and sanitization of the property. Additionally, the Management and Maintenance Staff continue to sanitize on your behalf.

The support and cooperation of the Bel Mare community has been overwhelming and much appreciated.

Health & Wellness

We want to ensure that all of our residents can stay healthy and fit while also preventing the spread of the Coronavirus. Here are a few videos to help you stay fit and healthy, and a few apps where you can order grocery and restaurant delivery.

Stay Fit & Active

Online Yoga Tutorials – [Click Here](#)

Sunrise Tai Chi – [Click Here](#)

1.0 Mile Happy Walk – [Click Here](#)

Home Fitness App – [Click Here](#)

Stay Healthy

Right now the most important thing we can do to stay healthy is being sure that we are thoroughly washing our hands, below is a quick video tutorial on how to best wash your hands to avoid the spread of germs and viruses.

[Click Here](#)

Stay Stocked & Prepared

The apps listed below can deliver restaurant meals or grocery items straight to your door.

(Please note that many of these delivery services are currently backlogged, you should check their anticipated “deliver by” date & time).

Groceries & Household Items

Shipt

Instacart

Amazon Prime

Walmart

Restaurant Delivery

GrubHub

UberEats

DoorDash

PostMates

Bite Squad

Cooks Corner Featured Recipe

Shrimp Fried Rice

Ingredients

- 2 tablespoons vegetable oil, divided
- 2 large eggs, beaten
- 2 tablespoons minced garlic
- ½ lb of raw shrimp, shelled and deveined
- 2 stalks of green onion, diced
- 4 cups cooked rice (white or brown) –can substitute raw cauliflower rice
- 1 cup peas and carrots, frozen and defrosted
- 1 tablespoon soy sauce (or add in the desired amount for your taste) – can use gluten-free or low-sodium soy sauce if there are dietary restrictions
- Salt
- Pepper



Directions

- 1) Sprinkle shrimp with salt and pepper, then set aside for 10 minutes to bring to room temperature
- 2) Heat pan on high heat, when very hot swirl in 1 tablespoon of vegetable oil
- 3) Sear shrimp on both sides, spread them out in a single layer. Let them fry in the pan without moving them for 30 seconds before you flip them. Cook on each side for 30 seconds. Once cooked place shrimp in a bowl.
- 4) Lower the heat to medium (add a little additional oil if needed) and then add the beaten eggs, stir them quickly to scramble them while they cook. Once eggs are mostly cooked but still a bit runny, add them to the bowl with the shrimp
- 5) Return the pan to high heat and add the remaining oil and the green onions. Then immediately add in the cooked rice. Cook for 1 to 2 minutes and then turn it over in the pan and cook for a minute longer.
- 6) Add in carrots, peas, shrimp, eggs, and soy sauce. Stir to combine well. Heat until everything is sizzling hot and then serve.

In Your Home

This is a great time to accomplish that home or DIY project you have been meaning to get to.

Home Organization & Cleaning Tips

- 1) Is there grime stuck on your pots, pans, & cookie sheets? Simply put your dirty pot or pan in the sink with dish soap, warm water, and a dryer sheet, then let them sit for 1 to 2 hours, the mess will easily wipe away.
- 2) Need to clean your windows and mirrors? Use newspaper instead of paper towels to get that streak (and lint) free shine.
- 3) Need help organizing your pantry? An over the door (clear) shoe organizer can be used to sort snacks and cooking utensils.
- 4) Looking for a place to store all those takeout menus? Clear plastic folders can be adhered to the inside of your cabinet doors for easy storage.

DIY – How to Propagate a Plant

- 1) Sterilize your plant shears (or scissors) before you cut the plant.
- 2) Identify the node on the stem of the plant where you would like to cut.
- 3) Cut the stem of the plant just below the node.
- 4) Place your new cutting in a glass jar full of water, and put it in a warm, bright location where it can soak up indirect sunlight. Keep it there until it grows roots that are between 1 and 3 inches long.
- 5) When your cutting has rooted, remove it from the water and plant it in a small planter with fresh soil, be sure to water it well. Now all you have to do is water it regularly and watch it grow.

Staying Connected

Don't let social distancing keep you from connecting with your neighbors, friends, and family. I will continue to share different ways to stay connected while still practicing social distancing.

Games & Apps to Stay Connected

Words with Friends – It's a free, fun social word game where your word building skills are tested (think scrabble on your phone.) The app can be downloaded on your smart phone, iPad, or tablet and you can invite your friends & family to a friendly game.

Interactive Bridge Lessons – [Click Here](#)

Online Mahjong – [Click Here](#)

Netflix Watch Party – [Click Here](#)
(must be on Google Chrome)

A new way to watch Netflix together. Netflix Party allows you to watch Netflix with your friends online. It synchronizes video playback and adds group chat to your favorite Netflix shows.

World Museum & Zoo Tours

Below is a list of a few museums and zoos that are offering online tours so that you can enjoy them from the comfort of your own home. New tours will be included each week.

The Louvre Museum in Paris – [Click Here](#)

National Women's History Museum – [Click Here](#)

Smithsonian's National Zoo & Conservation Biology Institute – [Click Here](#)



Virtual Tours from Tampa to Jacksonville

Morse Museum – [Click Here](#)

The Dali Museum – [Click Here](#)

Walt Disney World – [Click Here](#)

Universal Orlando – [Click Here](#)

Cape Canaveral Air Force Station – [Click Here](#)



Grocery Delivery & Pickup:

<https://delivery.publix.com/>

<https://www.thefreshmarket.com/>

<https://www.wegoshop.com/location64.html>

<https://grocery.walmart.com/locations/delivery/Walmart-Bradenton-FL-Supercenter-3474>

Take-out & Delivery:

www.grubhub.com

www.doordash.com

www.ubereats.com

www.bitesquad.com

www.postmates.com

Home Fitness & Virtual Classes:

www.wellbeats.com

<https://www.youtube.com/planetfitness>

<https://www.youtube.com/user/LAfitness>

<https://www.fitnessblender.com/>

https://www.youtube.com/channel/UCOGt_IpceP_xQhhCMCrut_A

<https://www.corepoweryogaondemand.com/keep-up-your-practice>

<https://www.youtube.com/user/yogawithadriene>

Virtual tours of local museums, zoos, aquariums, etc.:

<https://thedali.org/exhibit/visit-us-virtually/>

<https://artsandculture.withgoogle.com/en-us/national-parks-service/dry-tortugas/near-little-africa-tour>

<http://www.flaquarium.org/sea-span?fbclid=IwAR2QPoaKKEKE3HziZBu9bZqJruE3F5JWW9so0CwXBCv-isrjt0iGxANwWAK>

<https://www.flaglermuseum.us/visiting/virtual-tours>

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

<https://www.timeout.com/travel/coronavirus-virtual-museum-tours>

Other interesting things to do while home:

<https://www.coolmath4kids.com/>

<https://code.org/>

<https://www.getepic.com/>

<https://www.vooks.com/>

<https://www.gonoodle.com/>

<https://classroommagazines.scholastic.com/support/learnathome.html>

<https://www.123homeschool4me.com/101-fun-things-to-do-in-covid-19-isolation/>

<https://rochester.kidsoutandabout.com/content/250-creative-ways-keep-your-family-sane-during-covid-19-crisis>



What to do if you are sick with coronavirus disease 2019 (COVID-19)

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.



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Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

For more information: www.cdc.gov/COVID19