

# Monthly **La Costa** Newsletter

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January 2020

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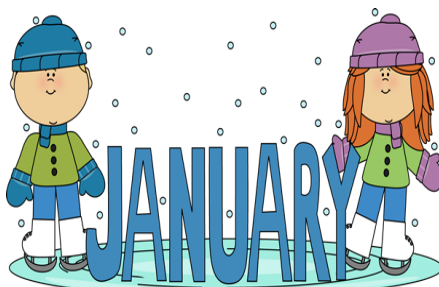
**OFFICE HOURS**

**Mon - Fri**..... 8 AM - 4 PM

**LA COSTA CONDOMINIUM**

5333 Collins Avenue

Miami Beach, FL 33140



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# NATIONAL FLORIDA DAY

National Florida Day on January 25 recognizes the 27th state to join the United States.



The Sunshine State is home to the oldest established city in the country. With over 400 years of history, St. Augustine's streets and colonial architecture have stories to tell.

With an average high temperature of 79.5°F, it should be no surprise that Floridian John Gorrie brought refrigeration and air conditioning to the world in 1851. Add to that, more than half the year with partly cloudy to sunny days, the invention of sunblock would be a necessity, too. Hungary born pharmacist, Benjamin Green, invented a sunscreen in 1944 which later became a tanning lotion known as Coppertone. Florida offers more than enough to do and see. From man-made worlds and relaxing beaches to long, colorful and intricate history, the Sunshine State's open spaces and sunny faces require more than one visit or enjoying Florida as a resident.

- State Flower - Orange Blossom
- State Tree - Sabal Palm
- State Beverage - Orange Juice
- State Capitol - Tallahassee
- State Song - Swanee River

## Dealing with the Flu

It's that time of year again! Flu season is here. You may find yourself suffering from fever, aches, and other symptoms of the flu. There really is no cure for the flu. But there are things you can do to make yourself more comfortable during the duration. The best course of action in dealing with the flu is to get plenty of rest and drink lots of fluids. What about chicken soup? Well, it can't hurt! Although it doesn't cure anything, it can soothe a sore throat, clear clogged passageways, and hydrate you. It is always good TLC at a difficult time. Remember to contact your doctor if your flu symptoms seem severe, you have trouble breathing, or if you have a fever that is not relieved with over the counter medication.



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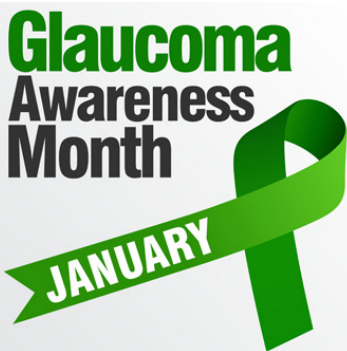
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## Glaucoma Awareness Month

Did you know that you could be going blind and not even know it? January is Glaucoma Awareness Month, a time to remind the public about the dangers of this disease. Glaucoma is the leading cause of blindness in all adults over the age of 60. In the African-American population, people over 40 are up to five times more likely to get glaucoma.

Glaucoma can't be cured, but if caught early, treatment options can reduce the risk of blindness. If you are over 60, or if you are African-American and over the age of 40, or you have a family history of glaucoma, talk to your doctor. You should have an eye exam every two years. It is painless, easy, and it could save your sight.



**Happy Holidays**

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