

Monthly *La Costa* Newsletter

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October 2020

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OFFICE HOURS

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

LA COSTA CONDOMINIUM

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DON'T FORGET...

Spring Forward...Fall Back...

Daylight Saving Time begins for most of the United States at 2 a.m. on the **Second Sunday in March** and lasts until 2 a.m. on the **First Sunday of November**.

**Be sure to set your clocks back one hour at
2 a.m. on November 1, 2020.**

This is also a great time to change the batteries in your smoke and carbon monoxide detectors. Many fire departments encourage people to change their batteries in these detectors when they change their clocks, because it can be so easy to forget otherwise. "A working smoke detector more than doubles a person's chances of surviving a home fire," says William McNabb of the Troy Fire Department in Michigan. More than 90 percent of homes in the United States have smoke detectors, but one-third are estimated to have worn-out or missing batteries.





HOW CAN I FIND BREAST CANCER EARLY?

The best way to find breast lumps that may be cancer is to do 3 things:

- Have regular mammograms.
- Have your doctor check your breasts.
- Check your breasts yourself every month.
- Doing all of these things gives you the best chance to find cancer as early as you can. Finding breast cancer early makes treatment much easier and more effective. More than 90 out of 100 women whose breast cancer is found early will be cured.

CHANGES TO LOOK FOR IN YOUR BREASTS

- Any new lump (which may not be painful or tender)
- Unusual thickening of your breasts
- Sticky or bloody discharge from your nipples
- Any changes in the skin of your nipples or breasts, such as puckering or dimpling
- An unusual increase in the size of one breast
- One breast unusually lower than the other

For more information you can visit the American Cancer Society's breast cancer Web site at www.cancer.org/ or call 800-ACS-2345. You can also visit the Breast Cancer Network's Web site at www.breastcancer.net.

NOV. 3 VOTE RUBIN YOUNG

LET'S PUT OUR COMMUNITY FIRST

MAKE THE RIGHT **DECISION** EVERY VOTE HAS **POWER**

Punch #57

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October Is Breast Cancer Awareness Month

How can I find breast cancer early?


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Commissioner
Eileen Higgins
District 5



"During these challenging times, rest assured that my office is here to listen to your concerns and connect you to the services and resources you need from Miami-Dade County."

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<p>COVID-19 RELIEF</p> <p>See a full list of relief programs for individuals and businesses at bit.ly/covid19reliefprograms</p>	<p>BE ELECTION READY</p> <p>Election Day is November 3, 2020. Update your voter registration & request a Vote By Mail ballot at bit.ly/mdcelections</p>	<p>STAY INFORMED</p> <p>Text DISTRICT5 to 42828 to receive a weekly update from Commissioner Higgins and the D5 team</p>
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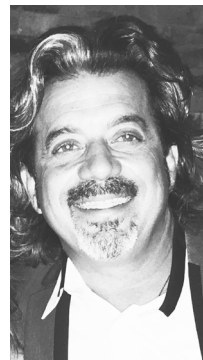
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