



A Newsletter for the Residents of The Nirvana Condominium Associations 1, 2, 3, 4, 5. Inc.

Volume 13 Issue 3 January 2020

## **Nirvana**

Condominium Association, Inc. 703 NE 63 Street Miami, FL 33138 www.nirvanacondos.net

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#### **IMPORTANT NUMBERS**

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 305-762-4111

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 305-754-0762

## **OFFICE HOURS**

Monday-Friday ...8:00 AM - 5:00 PM



Nirvana. We feel fortunate to have you all as our residents.



Dave feels so lucky when he wins a free ticket to the Super Bowl in his company's raffle. But

once he gets to the stadium, he feels gypped. His seat is in the last row in the corner of the stadium. After watching the game for half an hour, Dave notices that there is an empty seat right on the 50 yard line, 10 rows up from the field. He decides to take a chance and dodges the security guards to make his way to the empty seat. As he sits down, he asks the man sitting next to him, "Excuse me, is anyone sitting here?" The man says no, so Dave settles in to watch the game.

## **Super Bowl Fun**

Dave asks the man next to him, "Why would anyone who has a seat this good not show up for the Super Bowl?" The man replies, "Well, actually that seat belongs to me. My wife and I have come to every Super Bowl since we married 30 years ago. But she recently passed away." "I'm so sorry," says Dave. "But couldn't you have found any family or friends to bring with you?" "No," the man replies. "They're all at the funeral."

During the Super Bowl, there was another football game of note between the big animals and the little animals. The big animals were crushing the little animals and at half-time, the coach made a passionate speech to rally the little animals. At the start of

the second half, the big animals had the ball. The first play, the elephant got stopped for no gain. The second play, the rhino was stopped for no gain. On third down, the hippo was thrown for a 5 yard loss. The defense huddled around the coach and he asked excitedly, "Who stopped the elephant?"

"I did," said the centipede.

"Who stopped the rhino?"

"Uh, that was me too," said the centipede.

"And how about the hippo? Who hit him for a 5 yard loss?"

"Well, that was me as well," said the centipede.

"So where were you during the first half?" demanded the coach.

"Well," said the centipede, "I was having my ankles taped."

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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.



## **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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