

PARKER OWER Monthly News

Volume 18 Issue 6 July 2020

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PARKER TOWER CONDOMINIUM

3140 South Ocean Dr. Hallandale Beach, FL 33009 www.ParkerTower.org



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JULY BIRTHDAYS & ANNIVERSARIES

BIRTHDAYS

UNIT#	NAME	DATE
405	Bertha Fortunato	4-Jul
1212	Doreen Levis	6-Jul
912	Janet Polizano	10-Jul
1107	Juan Romero	12-Jul
1201	William Schmidt	12-Jul
1107	Zoraida Romero	12-Jul
1210	Mikhail Lavitt	14-Jul
2306	Katalin Berley	14-Jul
1210	Svetlana Lavitt	15-Jul
1404	Carmen De Prosperis	16-Jul
2006	Viktoriia Ivakhnenko	17-Jul
1601	Natasha Kachkovsky	19-Jul
912	John Polizano	21-Jul
405	Robert Fortunato	22-Jul
1004	Sarah Norman	25-Jul
2010	Max Sonkin	26-Jul
2506	Jaime Velasquez	26-Jul
1512	Galina Donet	31-Jul



ANNIVERSARIES

UNIT# NAME DATE
2009 Mafrat & Ruben Puchaev 11-Jul

TESTING FOR COVID-19

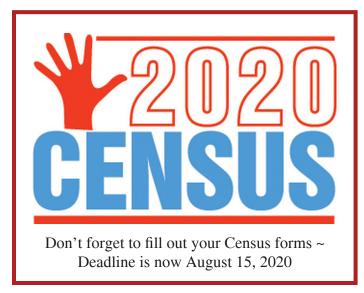
Two kinds of tests are available for COVID-19: <u>viral tests</u> and <u>antibody tests</u>.

- A viral test tells you if you have a current infection.
- An antibody test might tell you if you had a past infection. An antibody test might not show if you have a current infection because it can take 1–3 weeks after infection for your body to make antibodies. Having antibodies to the virus that causes COVID-19 might provide protection from getting infected with the virus again. If it does, we do not know how much protection the antibodies might provide or how long this protection might last.

If you test positive or negative for COVID-19 on a viral or an antibody test, **you still should take preventive measures to protect yourself and others.**

How to get tested for current COVID-19 infection

- To learn if you have a current infection, <u>viral tests</u> are used. Most people have mild illness and can recover at home without medical care. Contact your healthcare provider if your symptoms are getting worse or if you have questions about your health.
- Decisions about testing are made by state and local health departments or healthcare providers. You can visit your <u>state</u> or <u>local</u> health department's website to look for the latest local information on testing.
- If you have symptoms of COVID-19 and want to get tested, call your healthcare provider first.
- If you have symptoms of COVID-19 and are not tested, it is important to stay home. What to do if you are sick.
- If you have symptoms of COVID-19 and are not tested, it is important to stay home. Learn what to do if you are sick.









Greek Orzo Salad

- 1 1/2 cups uncooked orzo pasta
- 2 (6 ounce) cans marinated artichoke hearts
- 1 tomato, seeded and chopped
- 1 cucumber, seeded and chopped
- 1 red onion, chopped
- 1 cup crumbled feta cheese
- 1 (2 ounce) can black olives, drained
- 1/4 cup chopped fresh parsley
- 1 tablespoon lemon juice
- 1/2 teaspoon dried oregano
- 1/2 teaspoon lemon pepper
- 1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Drain artichoke hearts, reserving liquid.
- 2. In large bowl combine pasta, artichoke hearts, tomato, cucumber, onion, feta, olives, parsley, lemon juice, oregano and lemon pepper. Toss and chill for 1 hour in refrigerator.
- Just before serving, drizzle reserved artichoke marinade over salad.











Retired nurse looking for part time work caring for elderly patients. Has own car for help with transportation to and from doctor's appointments, shopping and errands.

786-486-9022

Excellent References Resume Available on Request

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