

THE VOICE OF CORONADO



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A Monthly Newsletter for the Residents of Coronado Condominium

January 2019

**Coronado Condominium
Association, Inc**
20301 W Country Club Drive
Aventura, Florida 33180

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OFFICE HOURS

Mon- Fri 9am-5:00pm

HAPPY NEW YEAR

T'was the Month After Christmas

T'was the month after Christmas,
and all through the house,
nothing would fit me,
not even a blouse;
The cookies I'd nibbled,
the eggnog I had to taste,
at the holiday parties had
gone to my waist;

When I got on the scales
there arose such a number!
When I walked to the store
(less a walk than a lumber),
I'd remember the marvelous meals
I'd prepared,
The gravies and sauces and
beef nicely rared;

The wine and the rum balls;
the bread and the cheese,
and the way I'd never said,
"No thank you, please."
As I dressed myself in my husband's
old shirt,
and prepared once again to do
battle with dirt,
I said to myself, as only I can,
"You can't spend a winter
disguised as a man!"

So, away with the last of the
sour cream dip.
Get rid of the fruit cake,

every cracker and chip.
Every last bit of food that I like must
be banished,
'til all the additional ounces
have vanished.

I won't have a cookie--
not even a lick.
I'll want only to chew on
a long celery stick.
I won't have hot biscuits,
or corn bread, or pie,
I'll munch on a carrot
and quietly cry.

I'm hungry, I'm lonesome,
and life is a bore,
But isn't that what January is for?
Unable to giggle, no longer a riot.
Happy New Year to all
and to all a good diet!

Author Unknown



Dealing with the Flu

It's that time of year again--flu season is here. Each year as many as 30 million people contract the flu in the United States, leading to 20,000 deaths a year. At most risk is the elderly, those with chronic disease like diabetes, asthma, or heart disease, and infants.



The flu is like a cold in many ways. Both are respiratory infections, but the symptoms can vary. A fever, general aches and pains and fatigue usually accompany the flu. You may also experience a sore throat, coughing or sneezing. If a cold is misdiagnosed as the flu, there is usually no problem. But the flu misdiagnosed as a cold can possibly lead to serious complications like pneumonia being overlooked. If you have any symptoms of the flu, you should contact your doctor as soon as possible.

There 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. Fever can be treated with acetaminophen. Be sure to talk to your doctor to get advice about using a decongestant/antihistamine to treat nasal congestion. Antibiotics have no effect on the flu because it is caused by a virus.

And 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 good TLC at a difficult time.

If you do find that you are suffering from the flu, consider getting the flu shot next year. These are generally given in the fall, and must be received each year, as the strains of flu vary from year to year. In the meantime, remember that time and rest is the best cures of all for flu sufferers.



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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.



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Sold	20379 W Country Club Dr 1534	2/2	1,157	\$305,000	\$290,000
Sold	20379 W Country Club Dr 2234	2/2	1,157	\$219,900	\$207,000
Sold	20301 W Country Club Dr 2624	2/2	1,138	\$168,000	\$168,000
Sold	20301 W Country Club Dr 727	1/1/1	913	\$148,500	\$135,000

Active & Sold Listing data was accessed through the MLS and information is deemed accurate, but not guaranteed.

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Toasting To a New Year

Toasts have existed for almost as long as drinking itself. To help you bring in the New Year properly, here are some great Irish toasts.



- In the New Year, may your right hand always be stretched out in friendship but never in want.
- May you be in heaven a full half hour before the devil knows you're dead.
- May you be poor in misfortune, rich in blessings, slow to make enemies, quick to make friends. But rich or poor, quick or slow, may you know nothing but happiness from this day forward.
- May the roof above us never fall in, and may we friends gathered below never fall out.
- Here's to you and yours and to mine and ours, and if mine and ours ever come across you and yours, I hope you and yours will do as much for mine and ours as mine and ours have done for you and yours.

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Slow Cooker Chicken Taco Soup for Cold Winter Days

Ingredients

- 1 onion, chopped
- 1 (16 oz) can chili beans
- 1 (15 oz) can black beans
- 1 (15 oz) can corn, drained
- 1 (8 oz) can tomato sauce
- 1 (12 fluid oz) can or bottle beer
- 2 (10 oz) cans diced tomatoes with green chilies, undrained
- 1 (1.25 oz) package taco seasoning
- 3 skinless, boneless chicken breasts
- 1 (8 oz) package shredded Cheddar
- sour cream
- crushed tortilla chips

Directions

1. Place the onion, chili beans, black beans, corn, tomato sauce, beer, and diced tomatoes in a slow cooker. Add taco seasoning, and stir to blend. Lay chicken breasts on top of the mixture, pressing down slightly until just covered by the other ingredients. Set slow cooker for low heat, cover, and cook for 5 hours.
2. Remove chicken breasts from the soup, and allow to cool long enough to be handled. Stir the shredded chicken back into the soup, and continue cook-

ing for 2 hours. Serve topped with shredded Cheddar cheese, a dollop of sour cream, and crushed tortilla chips, if desired.



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Electrifying News

Ways to Save Money on Your Electric Bill

Along with your other holiday bills coming due, you still will receive your regular bills, including utility bills. If the cost of electricity is getting you down, consider these ways to make your next bill smaller.

- Make sure that you set your thermostat to a comfortable level. Generally, this means your thermostat should be set to no higher than 70 degrees in the winter.
- If there is a dryer in your home, try removing clothing when it is still slightly damp and hanging it to dry. Not only do you save electricity, your clothes will last longer and require less ironing.
- Taking a long, hot shower is something that would show up on a water bill. Remember that heating water is expensive also. Take care to not let hot water run when shaving or washing dishes.
- Keep your refrigerator clean and vacuum the motor and coils at least once every three months. If your freezer is somewhat empty, fill empty milk jugs with water and keep them in the freezer.
- Use fluorescent bulbs in place of incandescent bulbs, and always use the lowest wattage necessary. Remember to turn off lights when you are not using them.
- Do not use the heated dry setting on your dishwasher. Instead let your dishes air dry.

By taking these simple steps, you can save money on your utility bills next time around. You are also helping to protect the environment by reducing your energy consumption.

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