



Mimosa Monthly News

Volume 9 Issue 11

A Monthly Newsletter for the Residents of Mimosa Condominium

January 2019

MIMOSA CONDOMINIUM ASSOCIATION, INC

4747 Collins Avenue
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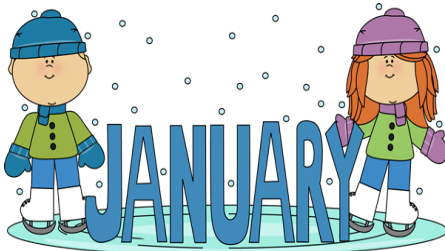
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T'was the Month After Christmas

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



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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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



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