



Happenings IN TOWER 100

Volume 8 Issue 12

A Monthly Newsletter for the Residents of Mystic Pointe Tower 100

February 2019

MYSTIC POINTE TOWER 100

19195 Mystic Pointe Drive
Aventura, Florida 33180

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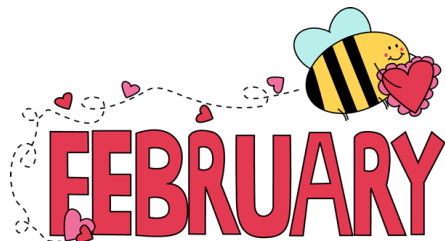
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Mon. - Fri....8:30 am-5:00 pm
Closed for lunch... 12:15-1:15pm



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GET AN INSURANCE CHECKUP

Just as your body needs a checkup once a year, you should consider giving your insurance the once over occasionally as well. People's lives can change very rapidly. But one thing many of us forget is to adjust our insurance coverage along with these changes. If it has been several years since you've sat down and reviewed your insurance coverage, now is the perfect time.



Start with your life insurance. If the number of dependents you have has increased due to a new birth or a marriage, you will need to consider both the amount of life insurance you have, and who is named as beneficiary. If your children have grown, you may find that you no longer need the same type of insurance that you had before. If you are approaching retirement or are already retired, consider sitting down with an insurance professional to determine whether you have the right coverage for you—you may find that the type of insurance you have is no longer necessary.

Next, take a look at your auto insurance. You probably obtained collision insurance when you bought your new car. It makes sense to carry this type of insurance on newer models of cars. But as your car ages, this type of insurance may no longer be necessary. The value of a car decreases as time goes by. To gauge whether this type of insurance makes sense, compare the value of the car, and the cost of repairing it, to the cost of the collision insurance premiums. The most cost effective solution may be to assume the risk of repairing your car yourself.

While evaluating your renter's or homeowner's insurance, be sure to consider whether you have added any items of monetary significance to your home in the past few years. If you have purchased expensive jewelry, furs, or other big-ticket items, you may need to add some insurance coverage for these items.

Make it a habit to review your insurance coverage whenever a policy comes up for renewal. You will save yourself from being underinsured in certain situations and will save money by eliminating unnecessary coverage in others.

ASSISTED LIVING: QUESTIONS TO ASK

Choosing an assisted living facility for yourself or a loved one can be a challenge. This decision should be made by the person considering moving, family members, and his or her doctors. Be sure to take your time and visit as many facilities as possible. Once you've narrowed down your list, try to visit each facility more than once at different times of day, including mornings, evenings, and mealtimes. Before you begin your search, consider these questions to ask:

- What are the admission requirements?
- What services are offered?
- Is the facility licensed?
- How often is the facility assessed and monitored?
- How long has the facility been operating?
- What is the monthly cost?
- Are there any extra costs for additional services?
- Do they accept Medicare or Medicaid?

- How often are rates increased?
- Are there any restrictions on the type of patients they admit?
- Are there full-time physicians, registered nurses, and social workers on staff?
- Under what circumstances would a resident be forced to leave?
- How are complaints handled?
- What is done in medical emergencies and what emergency care is available?
- What security measures are in place?
- Are transportation services available?
- Are pets allowed?
- Are residents able to bring their own furniture?
- Are rooms shared or private?
- What types of meals are offered?
- What activities are available?



Gloria Hincapie

BODY CONTOUR ✦ ART

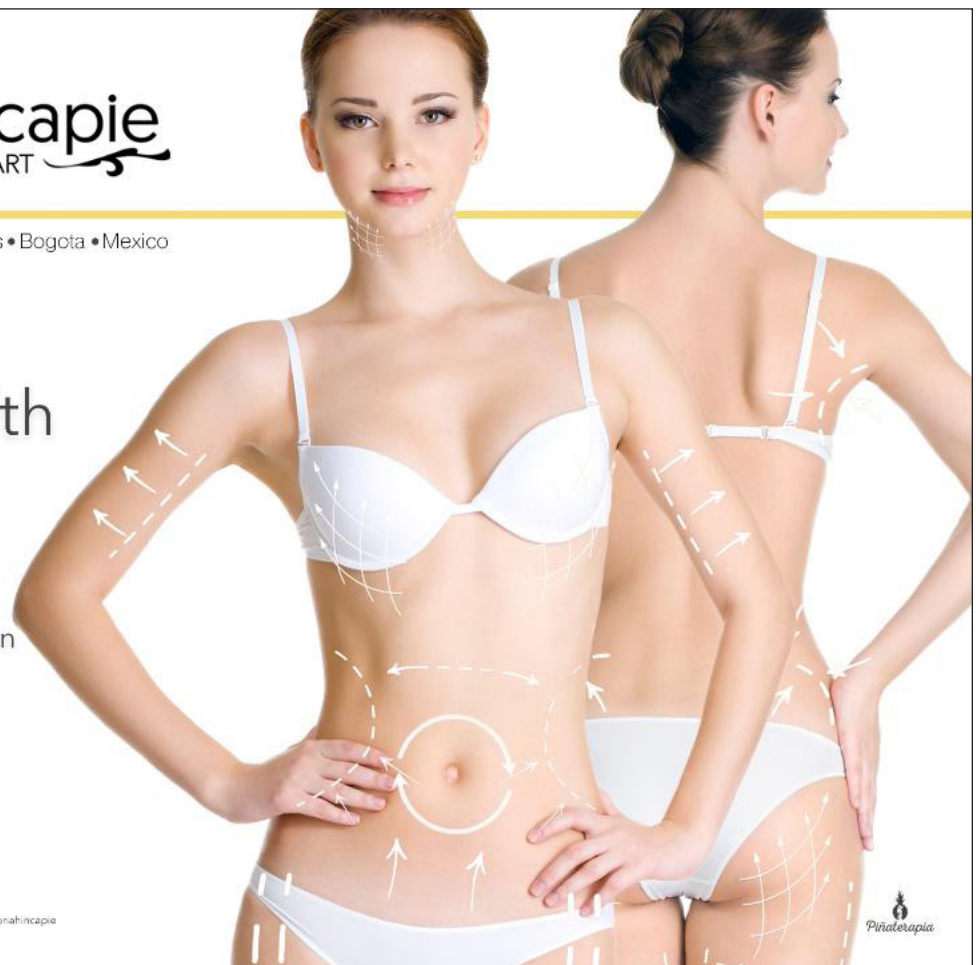
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SHRIMP SCAMPI

Try this delicious meal to serve to your loved ones in February!

- 1 (8 oz) package angel hair pasta
- 1/2 cup butter
- 4 cloves minced garlic
- 1 pound shrimp, peeled & deveined
- 1 cup dry white wine
- 1/4 teaspoon ground black pepper
- 3/4 cup grated Parmesan cheese
- 1 tablespoon chopped fresh parsley

Directions

1. Bring a large pot of salted water to a boil. Stir in pasta and return pot to boil. Cook until al dente. Drain well.
2. Melt butter in a large saucepan over medium heat. Stir in garlic and shrimp. Cook, stirring constantly, for 3 to 5 minutes.
3. Stir in wine and pepper. Bring to a boil and cook for 30 seconds while stirring constantly.
4. Mix shrimp with drained pasta in a serving bowl. Sprinkle with cheese and parsley. Serve immediately.



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Active	1206	3/3	1,722	\$549,000
Active	2501	2/2	1,353	\$525,000
Active	503	2/2	1,183	\$365,000
Active	602	2/2/1	1,365	\$337,500

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

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Random Acts of Kindness Day

February 17th is Random Acts of Kindness Day. And, you know what to do...perform a few random acts of kindness. Almost any kind deed will do. And, we highly recommend you perform kind acts on as many people as you can.

This is a favorite day of many people and groups. People like the idea of showing a little kindness to others. It's a fun and good thing to do. And, they like being on the receiving end of this day as well. It makes both the giver and the receiver feel good.

Schools have used this day as an educational event, and to promote the value of kindness. Organizations have used this day to promote their cause, and for fundraisers.

Caution: What comes around, goes around. Random Acts of Kindness is highly contagious.



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Getting the Best Mileage

The way you drive your vehicle can have a big impact on your fuel economy. Although the type of car you drive is the most important factor in fuel economy, the way you drive is significant as well. Keep these tips in mind next time you get behind the wheel to increase your fuel economy.



Warm Up Your Engine: Engines run more efficiently when warmed up. You don't need to let your car idle in the driveway to warm up. Simply start driving slowly and avoid making separate short trips with a cold engine. It is better to group your trips to allow your engine to warm up completely, and stay warm, as you drive.

Drive Smoothly: Hard acceleration and braking can reduce fuel efficiency by up to 2 to 3 mpg. The harder you accelerate the more fuel you will use. Hard braking causes you to waste the additional fuel you need to get up to speed. Try to anticipate the traffic ahead to allow for smooth accelerations and braking. This will not only save you in fuel, but in the wear and tear on your engine, transmission, brakes, and tires.

Eliminate Unnecessary Drag: Carrying items on the top of your vehicle can cut your fuel efficiency by up to 6 mpg. Even empty racks for bicycles or ski equipment can cause excess drag. Remove these racks if you are not using them.

Slow Down: The faster you drive, the more fuel you will use, as aerodynamic drag increases exponentially the faster you drive. Driving within the speed limit is not only safer, but it will save you fuel costs in the long run



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