

# NIRVANA

## News & Views



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

Volume 12 Issue 3

January 2019

### Nirvana

Condominium Association, Inc.  
703 NE 63 Street  
Miami, FL 33138  
[www.nirvanacondos.net](http://www.nirvanacondos.net)

#### ASSOCIATION OFFICERS

##### Building A

**President**.....Kenneth Dyman  
**Vice Pres.**..... Lina Maria Nasser  
**Secretary/Treas**.....Alan Smith

##### Building B

**President**..... Kenneth Mills  
**Vice President** ..... Vanessa Billot  
**Secretary/Treas**.....Giselle Mesa

##### Building C

**President**..... Elizabeth Vasile  
**Vice President** .Giancarlo Palladino  
**Secretary/Treas** ..... Nury Torres

##### Building D

**President**.....Ken Ward  
**Vice President** .....Salvatore Russo  
**Secretary/Treas** ..... Ian Woods

##### Building G

**President**.....Margaret Rose  
**Vice President** .....Patricia Hornia  
**Secretary/Treas.** . Piero Minnicucci

#### PROPERTY STAFF

**Maria Machin**, LCAM ... Property Mgr.  
[maria.machin@nirvanacondos.net](mailto:maria.machin@nirvanacondos.net)

**Elaine Bello**..... Office Assistant  
[accounting@nirvanacondos.net](mailto:accounting@nirvanacondos.net)

#### IMPORTANT NUMBERS

**Main** ..... 305-762-4111  
**Fax** ..... 305-762-4112  
**Security** ..... 305-754-0762

#### OFFICE HOURS

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

## 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



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



### Law Office of JACQUELINE SCHNEIDER, P.A.

Serving Your Estate and Long-Term  
Care Medicaid Planning Needs



**Jacqueline Schneider, Esquire**  
Florida Bar Board Certified in Elder Law

Estate Planning  
LTC Medicaid Planning  
Uncontested Probate Proceedings

2525 Ponce de Leon Blvd, Suite 300  
Coral Gables, FL 33134

Website: [www.florida-elderlaw.us](http://www.florida-elderlaw.us) Phone: (305) 919-7730



### DAVILA CONSTRUCTION GROUP LLC.

General Contractor CGC 1521462  
403 NW 10 Terrace, Hallandale FL 33090  
Office/Showroom (by appt. only)

**305.747.6707 / 954-842-4342**  
Contact@Davila-Construction.com



23 Years of Experience • Bathroom & Kitchen  
Remodeling • General Construction • Free Estimates  
We Don't Subcontract Jobs • Affordable Prices  
**ASK FOR OUR CONDO UPGRADE PACKAGES!**

Published monthly at no cost to the Nirvana Condominium by Coastal Group Publications, Inc. Contact CGP at (305) 981-3503 to advertise in one of our newsletters or to get a free newsletter for your property.




## 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.



**WWW.MKOTLER.COM**



**ERIC BROAD**  
BROKER ASSOCIATE

**305.318.2385**  
EJBROAD@GMAIL.COM

305.866.2423  
305.866.2410

ERIC BROAD - REALTOR  
@BESTOFMIAMIBEACH

M. KOTLER REALTY, INC.

**stellar**  
Public Adjusting Services  
Professional Insurance Claim Representation

**GOT PROPERTY DAMAGE?  
GET HELP NOW!**

RE-OPEN OLD & DENIED CLAIMS  
FREE CLAIM INSPECTION

IS YOUR ROOF LEAKING?  
ARE YOU HAVING PLUMBING BACKUPS?  
DO YOU HAVE WATER DAMAGE?  
DOES YOUR DRAIN LINE NEED TO BE REPLACED?

RESIDENTIAL • COMMERCIAL  
COMMUNITY ASSOCIATIONS

Roof Leaks	Water Damage	Vandalism Damage	Loss of Income
Fire Damage	Flood Damage	Hurricane Damage	Mold Damage

**STELLARADJUSTING.COM**

MIAMI-DADE (305) 396-9110  
BROWARD (954) 376-6991  
PALM BEACH (561) 404-3069

This is solicitation for business. If you have had a claim for an insured property loss or damage and you are satisfied with the payment by your insurer, you may disregard this advertisement.

License #P175224

**BLINDS & SHADES**

FREE SHOP AT HOME SERVICE  
WE BEAT ANY ESTIMATE  
BLINDS, SHADES, SHUTTERS  
FREE MEASURING & INSTALLATION

**FAST SERVICE, LOWEST PRICES GUARANTEED!**

**20% OFF Motorized Shades**  
exp. 2/28/19  
must present coupon

**MOTORIZED SPECIALIST**  
VERTICALS REPAIRED & CLEANED  
SHADES REPAIRED & CLEANED


WE ALSO DO REPAIRS  
VERTICAL FRACKS REPAIRED

**305-469-8162 WE SHOW UP! 25 Years in Biz**

**Luxury Condo Unit HO-6 Wind INSURANCE**

Call us today & check our rates  
Business Insurance  
Association Master Policy

**GEORGE ZEIN**  
(305) 414-1112  
(954) 454-9599  
Info@floridainsurance.ws



Since 1987

## Disclaimer:

The merchandise and service offered in the Nirvana News & Views Newsletter are the responsibility of the Coastal Group Publications, Inc. The advertisements included in the Newsletter are not recommended or endorsed by the Nirvana Condominium Association. Readers considering purchases from the vendors or service providers do so at their own risk.

## Top 5 Reasons to Select Suddath® for Your Move

After a century of moving Floridians, we have learned everything there is to know about the industry – and we've used that knowledge to distinguish ourselves from competitors and serve customers better.

### Here are 5 ways Suddath provides the best service Miami has to offer:

- 1. America's #1 Mover.** Suddath has offices in Miami, Ft. Lauderdale, Tampa, Melbourne, Orlando and headquartered in Jacksonville. We are the largest agent in the United Van Lines family, which allows us to provide you with consistent, high-quality services at origin and destination.
- 2. Highest Caliber Crews and Drivers.** Drivers are the unsung heroes of the moving industry and have a big impact on the ease of your move. That's why we only hire the best, award-winning, tenured and fully-background checked crews.
- 3. Safety Record.** Suddath is a safety-first organization. We take pride in our ability to consistently maintain some of the highest safety ratings in our industry.
- 4. Range of Services.** Suddath offers a multitude of solutions to fit any budget or lifestyle. From packing and storage to convenience services and destination information, we have you covered.
- 5. Competitive Rates.** With all of the above, and so much more, Suddath still provides the best value at competitive rates. Let us prove it to you!

Google ★★★★★ 4.9 out of 5 stars from 51 reviews



**George Camacho**  
305.910.2079  
George.Camacho@suddath.com



## One Dollar Emergency Dental Visit Including Necessary X-Rays

NEW PATIENTS ONLY.



Meet Your  
Neighborhood Dentist  
**Dr. Edy A. Guerra**

Over 20 years in Surfside / Bay Harbour / Bal Harbour

### Two Locations to Better Serve You

9456 Harding Ave.  
Surfside, FL 33154

4011 W. Flagler St.  
Coral Gables, FL 33134

**(305) 866-2626**

<http://www.dentistsurfside.com/>



### CUBIC USA LLC. GENERAL CONTRACTORS

20515 East Country Club Drive-Unit 1949, Aventura, FL 33180  
**Tel: 954-614-8665 • www.CubicUSA.com**

**We Offer a Full Range of Interior Renovations**  
**We can provide Architectural Plans**

We are fully licensed & insured **15 years**  
of construction experience in South Florida.

License CGC#1524469

**FREE ESTIMATES**

Español, Hebrew Spoken

Condo Managers • Tenants • Kitchens • Windows  
Plumbing • Electrical • A/C • Drywall • Bathrooms  
Flooring • Painting • among others

