

Monthly La Costa Newsletter

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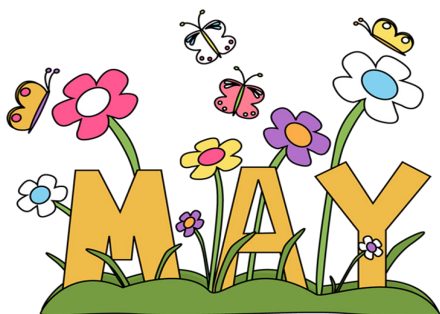
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OFFICE HOURS

Mon - Fri..... 8 AM - 4 PM

LA COSTA CONDOMINIUM

5333 Collins Avenue
Miami Beach, FL 33140



Hurricane Season is Fast Approaching. Are you prepared? Hurricane Season is June 1 to November 30

Hurricane preparedness is a natural part of living in Miami-Dade County. Below are some key tips to include in your personal hurricane plan. Make sure everyone in your household knows what they are supposed to do.

Have disaster supplies on hand.

- Flashlight and extra batteries
- Portable, battery-operated radio and extra batteries
- First aid kit and manual
- Emergency food and water
- Non-electric can opener
- Essential medicines
- Cash and credit cards
- Sturdy shoes

Check your insurance coverage and be sure it includes replacement coverage, especially for renters.

Evacuation Plans:

- **Rehearse your evacuation plan** with your household and leave extra time for traffic.
- If you live in an evacuation zone, make plans to move inland to a friend or family member's home.
- If you are electrically dependent you should evacuate for any category of tropical storm or hurricane.
- Residents who may need assistance evacuating from disaster should register for the Emergency Evacuation Assistance Program by calling the Office of Emergency

Management at (305) 513-7700 to receive an application.

Communications:

- **Assign** someone in your home the job of a checking the weather everyday during Hurricane Season.
- **Develop an emergency communication plan.** In case family members are separated from one another during a disaster (a real possibility during the day when adults are at work and children are at school), have a plan for getting back together.
- **Ask an out-of-state relative or friend to serve as the "family contact."** After a disaster, it's often easier to call long distance. Make sure everyone in the family knows the name, address, and phone number of the contact person.

Pets: Evacuation Centers will only accept service animals for people with disabilities. Make plans to board your pets with friends or at an inland pet shelter.

Water Is Life:

- The most important part of your hurricane kit is water. Have 1 gallon per person per day.
- Your water heater can store several gallons of fresh water to use if there is no water pressure, especially in high-rise buildings.

SUMMER ROLLS WITH PEANUT DIPPING SAUCE

INGREDIENTS

For Summer Rolls:

3 oz. rice vermicelli noodles
12 large shrimp, peeled and deveined
1 large carrot, julienned
2 cucumbers, julienned
8 oz. Napa cabbage, thinly sliced
1 tbsp. fish sauce
1 tbsp. brown sugar
1/4 c. rice vinegar
12 large rice paper sheets
2 tbsp. black sesame seeds
12 fresh mint leaves
12 fresh basil leaves

For Peanut Sauce:

1/2 c. smooth peanut butter
1 tbsp. low-sodium soy sauce
2 tbsp. rice vinegar
1 clove garlic, grated
1 tbsp. freshly grated ginger
4 tbsp. boiling water
1/4 c. crushed, peanuts, for serving

DIRECTIONS

For Summer Rolls:

Place noodles in medium heatproof bowl, cover with boiling water; let stand about 5 minutes or until just tender, drain. Using kitchen scissors, cut noodles into random lengths. Meanwhile, poach shrimp in salted boiling water until they just become pink and opaque. Rinse under cold water, then slice in half lengthwise. In a medium bowl, mix noodles, carrot, cucumber, cabbage, fish sauce, sugar, and vinegar; toss gently to combine. To assemble rolls, place a sheet of rice paper in medium bowl of warm water until just softened; lift sheet carefully from water, placing it on a tea-towel-covered board with a corner point facing towards you. Place some of the vegetable filling horizontally in center of sheet, top with one mint leaf, one basil leaf, 3 shrimp halves, and sesame



seeds. Fold corner point facing you up over filling; roll sheet to enclose filling, folding in sides after first complete turn of roll. Repeat with remaining sheets.

For Peanut Sauce:

Whisk peanut butter, soy sauce, vinegar, garlic, ginger, and boiling water until smooth. Top with peanuts and sesame seeds and serve alongside rolls.



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WAS YOUR CLAIM DENIED OR UNDERPAID?

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Detect-a-Leak Week

Detect-a-Leak Week is held annually every May. This is the perfect time to give your home a once over, checking for leaks that may be costing you money! Even a small leak can add up to hundreds of dollars a year, and could damage surrounding fixtures, cabinets, or floors.



One of the biggest culprits is the toilet. You often cannot tell if your toilet is leaking simply by examining it. Place a few drops of food coloring, just enough to slightly color the water, in the main tank. Let it sit for several hours, then check the toilet bowl. If you see the color in the bowl, you have a leaky toilet and it needs to be repaired. Check for dripping faucets, pipes, and connections by examining all plumbing in your home. Use a lightweight cloth to wipe around each connection. If your cloth becomes wet, you have leaky plumbing that needs to be repaired.

Don't forget to stop those leaks that you can control! Turn faucets off all the way. Don't let water run when you brush your teeth. And don't use your toilet as a wastebasket. Instead of throwing items such as tissues in the toilet and flushing, use a small wastebasket in your bathroom instead.



Commissioner
Eileen Higgins
District 5

"During these challenging times, rest assured that my office is here to listen to your concerns and connect you to the services and resources you need from Miami-Dade County."



CALL - EMAIL - SOCIAL

www.miamidade.gov/district05
305-375-5924
District5@miamidade.gov





@CommishEileen

COVID-19 VACCINES

Stay up to date with the latest developments and appointments at miamidade.gov/vaccine.

SAFETY FIRST

Ensure your safety by social distancing, washing your hands, and wearing a mask.

STAY INFORMED

Sign up for the D5 newsletter by emailing district5@miamidade.gov.





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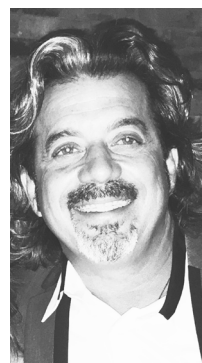
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