

Monthly 5600 Newsletter

A Newsletter for the residents of the 5600 Condominium Association

Volume 1 Issue 4

October 2021



**5600 Collins Avenue
Miami Beach, FL 33140**

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(closed for administrative work)



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DON'T FORGET...FALL BACK

Daylight Saving Time begins for most of the United States at 2 a.m. on the **Second Sunday in March** and lasts until 2 a.m. on the **First Sunday of November**.

**BE SURE TO SET YOUR CLOCKS BACK
ONE HOUR AT 2 AM ON SUNDAY,
NOVEMBER 7, 2021.**

This is also a great time to change the batteries in your smoke and carbon monoxide detectors. Many fire departments encourage people to change their batteries in these detectors when they change their clocks, because it can be so easy to forget otherwise. "A working smoke detector more than doubles a person's chances of surviving a home fire," says William McNabb of the Troy Fire Department in Michigan. More than 90 percent of homes in the United States have smoke detectors, but one-third are estimated to have worn-out or missing batteries.



October is National Breast Cancer Awareness Month

How can I find breast cancer early?

The best way to find breast lumps that may be cancer is to do 3 things:

- Have regular mammograms.
- Have your doctor check your breasts.
- Check your breasts yourself every month.
- Doing all of these things gives you the best chance to find cancer as early as you can. Finding breast cancer early makes treatment much easier and more effective. More than 90 out of 100 women whose breast cancer is found early will be cured.

Changes to look for in your breasts

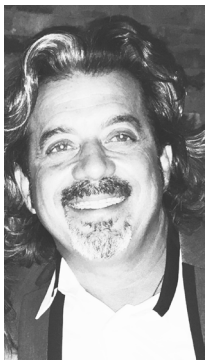
- Any new lump (which may not be painful or tender)
- Unusual thickening of your breasts
- Sticky or bloody discharge from your nipples
- Any changes in the skin of your nipples or breasts, such as puckering or dimpling
- An unusual increase in the size of one breast
- One breast unusually lower than the other

For more information you can visit the American Cancer Society's breast cancer Web site at www.cancer.org/ or call 800-ACS-2345. You can also visit the Breast Cancer Network's Web site at www.breastcancer.net.



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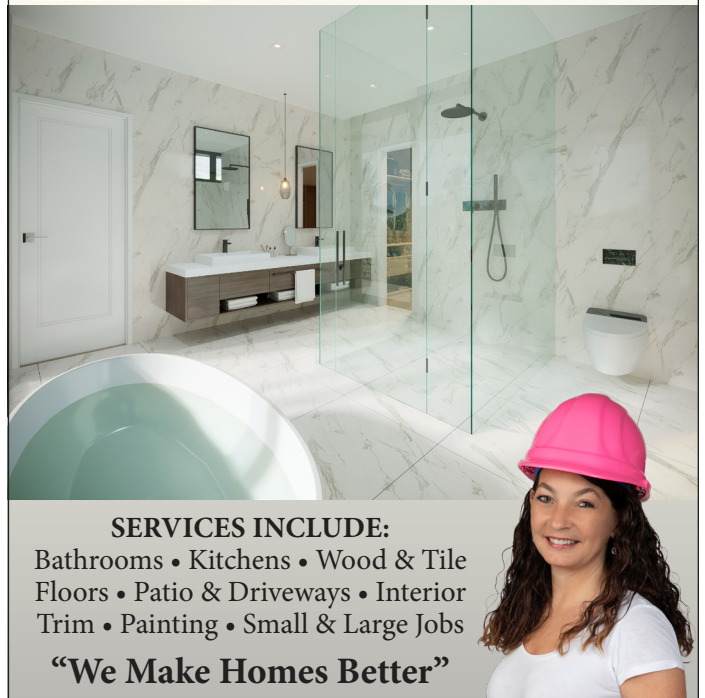
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tombstones around the world.

Ann Mann

Here lies Ann Mann,
Who lived an old maid
But died an old Mann.

Here lies the body
of Jonathan Blake
Stepped on the gas
Instead of the brake.

Harry Edsel Smith

Born 1903 - Died 1942
Looked up the elevator shaft
To see if the car
Was on the way down.
It was.

Sacred To The Remains of

Jonathan Thompson
A Pious Christian and
Affectionate Husband.
His disconsolate widow
Continues to carry on
His grocery business
At the old stand on
Main Street: Cheapest
and best prices in town.

"I told you I was sick!"

**HAPPY
HALLOWEEN**



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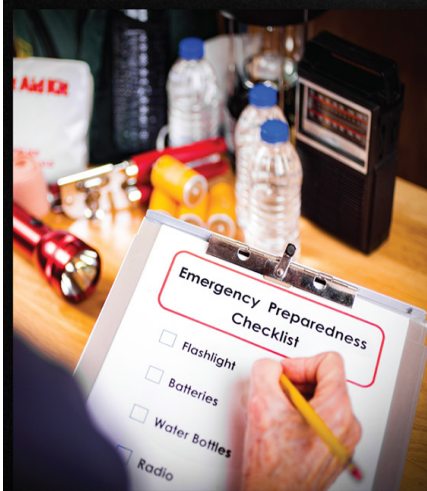
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Hurricane Preparedness

ASSEMBLE DISASTER SUPPLIES



Make a list of supplies and assemble them before hurricane season begins. Have enough food and water for each person for at least three days. Fill your prescriptions and have medicine on hand. Radios, batteries and phone chargers are also must-haves. Gas up your vehicle and have cash on hand.



Food & water



Medicine & prescriptions



Keep gas tank full



Radio, batteries, phone chargers



Cash on hand

weather.gov/hurricane



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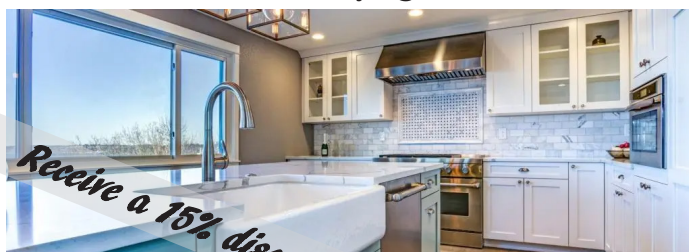
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