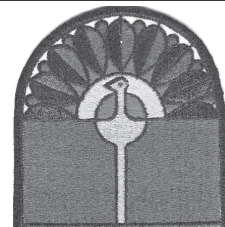


MAISON GRANDE



Monthly
Newsletter

Volume 18 Issue 5

October 2021

MAISON GRANDE Condominium Association

6039 Collins Avenue
Miami Beach, FL 33140

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Mon. - Fri. 8:00 AM - 5:00 PM

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Valet Parking 305-866-7181

Email .. manager@maisongrande.org

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.



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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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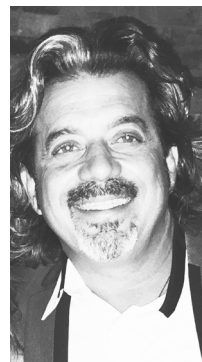
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PUMPKIN CHILI

Ingredients

1 tbsp. olive oil
 1 lb. ground spicy Italian sausage
 1 onion, chopped
 1 red bell pepper, chopped
 3 garlic cloves, chopped
 1 1/2 tbsp. chili powder
 2 tsp. ground cumin
 1 tsp. kosher salt, plus more to taste
 3/4 tsp. ground black pepper, plus more to taste
 1/2 tsp. ground cinnamon
 2 15 oz. cans fire-roasted tomatoes, not drained
 1 15 oz. can kidney beans, drained and rinsed
 1 15 oz. can black beans, drained and rinsed
 1 15 oz. can pumpkin puree
 2 1/2 c. chicken broth
 Roasted pumpkin seeds, sour cream, shredded sharp cheddar cheese and avocado, for garnish, if desired

1. In a large Dutch oven, heat the oil over medium heat. Add the sausage and cook, stirring to break into pieces, until browned and cooked through, 8 to 10 minutes. Using a slotted spoon, transfer the sausage to a paper towel lined plate to drain.
2. Add the onion and bell pepper to the Dutch oven. Cook over medium, stirring, until softened, 10 to 12 minutes. Stir in the garlic, cumin, chili powder, 1 teaspoons salt, 3/4 teaspoon pepper and cinnamon. Cook, stirring, for 30 seconds.
3. Stir in the tomatoes, kidney beans, black beans, pumpkin puree, chicken broth and sausage. Bring to boil over medium-high. Reduce heat to medium-low, cover and cook, stirring occasionally, until the flavors meld, about 20 minutes.
4. Season the chili with salt and pepper. Serve, garnishing with pumpkin seeds, sour cream, cheese and avocado, if desired.



Retired nurse looking for part time work caring for elderly patients. Has own car for help with transportation to and from doctor's appointments, shopping and errands.

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Excellent References
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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.

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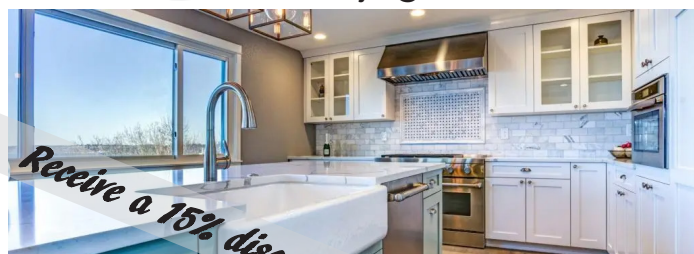
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