

A Monthly Newsletter for the Residents of Bonavida Condominium

July 2022

Bonavida Condominium Association, Inc

20100 W Country Club Drive Aventura, Florida 33180

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Hurricane Season is here. Are you prepared? AFTER THE STORM

In General

- Stay tuned to local radio for info.
- Help injured or trapped persons.
- Return only after authorities advise its safe.
- Avoid dangling power lines & report them immediately to FP&L, police, or fire dept.
- Beware of snakes, insects, & animals driven to higher ground by floodwater.
- Take pictures of the damage, both to the house and its contents for insurance claims.
- Drive only if absolutely necessary.
- Use cellphone only for emergency calls.

Insurance & Claims

Report property damage to your insurance agent immediately. Your agent should provide you with claim forms and arrange for an insurance adjuster to visit your property and assess the damage. Make emergency repairs and document them. Keep all receipts and take photographs of the damages, before and after emergency repairs, to submit with your claim. Take precautions if the damages require you to leave your home. Secure your property. Remove valuable items. Lock windows and doors. Contact your insurance agent and leave a phone number where you can be reached.

No Water

The following are three purification methods, all of which kill microbes:

• **BOILING** is the safest way to purify water. Boil for 10 minutes.

- CHLORINATION uses pure, unscented, liquid chlorine bleach to kill microorganisms in water. Add 2 drops of bleach per quart of water (4 drops if the water is cloudy) stir and let stand for 30 minutes.
- PURIFICATION TABLETS release chlorine and iodine into the water. They are inexpensive and are available at most sporting goods stores and some drug stores. Follow the package directions.

Consumer Protection Tips

Home repairs after a disaster can be a stressful time for a consumer. The following tips will assist you in identifying unlicensed contractors and con artists:

- Be extremely cautious of anyone coming to your home uninvited and offering to do home repairs.
- Be alert to individuals canvassing your neighborhood in an unmarked van or truck.
- Insist on obtaining a written estimate or contract.
- Be sure the contract or business card has an address, phoner & license numbers.
- Ask for references.
- Don't be pressured into making a quick decision.
- Insist on start and completion dates in the contract, and do not pay the final balance until the work is completed to your satisfaction.

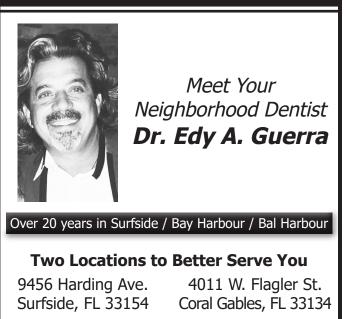
THUNDERSTORM SAFETY

Along with summer's warm days come thunderstorms. Lightning is one of nature's most powerful and unpredictable killers. Golfing, swimming, boating, biking riding, mowing the lawn – almost any outdoor activity – can be dangerous if there's lightning around. So when you hear that rumble in the sky, heed these tips from the National Weather Service:

- If you can hear thunder, you're close enough to the storm to be struck by lightning.
- Listen to weather reports before you go outside for extended periods. Cancel picnics and such if thunderstorms are likely, or move the picnic indoors.
- If you're caught unexpectedly, move to a sturdy building or car (keep the windows up). Avoid small sheds, isolated trees, or convertible automobiles.
- If there's no shelter nearby, find a low spot away from trees, fences, and poles. In the woods, stay by the shorter trees.
- If you feel your skin tingle or your hair stand up, squat low to the ground on the balls of your feet. Put your hands on your knees and your head between them. Do not lie flat on the ground. Make yourself the smallest target possible.
- Move to higher ground if a flash flood or any flood seems likely. Abandon cars once a flood begins. Do not attempt to drive to safety. Most flashflood deaths happen in cars.

One Dollar Emergency Dental Visit Including Necessary X-Rays

NEW PATIENTS ONLY.



(305) 866-2626

http://www.dentistsurfside.com/



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Easy Crepes

- 1 cup all-purpose flour
- 2 eggs
- $\frac{1}{2}$ cup milk
- ¹/₂ cup water
- ¹/₄ tsp salt
- 2 tbs butter, melted
- 1. In a large mixing bowl, whisk together the flour and the eggs. Gradually add in the milk and water, stirring to combine. Add the salt and butter; beat until smooth.
- 2. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each crepe. Tilt the pan with a circular motion so that the batter coats the surface evenly.
- 3. Cook the crepe for about 2 minutes, until the bottom is light brown. Loosen with a spatula, turn and cook the other side. Serve hot.



PHYSICAL & OCCUPATIONAL THERAPY Are You Suffering From Back Pain, Poor Balance, Weakness?



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