



# 360 CONDO NEWSLETTER

Volume 9 Issue 12

A Monthly Newsletter for the Residents of the 360 Condominium Association

March 2023



**Condominium Association, Inc.**  
7900 Harbor Island Drive  
North Bay Village, FL 33141

## ASSOCIATION OFFICERS

**President** ..... Jorge Gonzalez  
**Vice President** ..... Elva Williams  
**Secretary** ..... John Batista

## PROPERTY MANAGEMENT

**Property Manager** ..... Jason Apolinario  
**Chief Engineer** ..... Gilbert Cabrera

## IMPORTANT NUMBERS

**Main** ..... 305-397-8196  
**Fax** ..... 305-763-8304  
**Guardhouse** ..... 305-763-8239

## OFFICE HOURS

**Monday - Friday** ..... 9:00 am - 5:00 pm



Published monthly at no cost for the 360° Condominium by Coastal Group Publications, Inc. Contact CGP at (305) 981-3503 or [www.cgpnewsletters.com](http://www.cgpnewsletters.com) to ADVERTISE in one of our newsletters or to get a FREE newsletter for your property.

## March is National Kidney Month

Get to know your hard working kidneys

### 6 WAYS KIDNEYS KEEP YOU HEALTHY



Regulate fluid levels

Activate Vitamin D for healthy bones

Filter wastes from the blood

Directs production of red blood cells

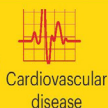
Regulate blood pressure

Keep blood minerals in balance

### 8 PROBLEMS KIDNEY DISEASE CAN CAUSE



Nerve damage



Cardiovascular disease



Heart attack



Stroke



Anemia/ low red blood cell count



Weak bones



High blood pressure



Kidney Failure

### 4 RISK FACTORS

Diabetes

High blood pressure

Age 60+

Family history

### 7 SYMPTOMS



Swelling: face, hands, abdomen, ankles, feet

Blood in urine  
Foamy urine

Puffy eyes

Difficult, painful urination

Increased thirst

Fatigue

### 2 TESTS YOU CAN TAKE (BLOOD AND URINE)



**Urine albumin-to-creatinine ratio** estimates the amount of a type of protein, albumin, that you excrete in your urine.

**Glomerular Filtration Rate (GFR)** tells how well your kidneys are working to remove wastes from your blood. It is the best way to check kidney function. Doctors measure blood creatinine (waste build up) levels and perform a calculation based on race, age and gender.



**National Kidney Foundation®**

Learn more at [kidney.org](http://kidney.org)

# DO YOU HEAR BUT NOT UNDERSTAND? We Can Help!

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Melanie Plotkin, HAS, Hearing Aid Specialist

Javier Benitez, HAS, BC-HIS, Hearing Aid Specialist, Board Certified in Hearing Instrument Sciences



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## IRISH BOXTY

Boxty are Irish potato pancakes. This iconic Irish dish is served all year round, and produces potato pancakes that are crispy on the outside, but perfectly tender on the inside. Try it out this St. Patrick's Day!

### Ingredients

- 1 ½ cups grated raw potatoes
- 1 cup all-purpose flour
- 1 cup leftover mashed potatoes
- 1 large egg
- 1 tablespoon skim milk
- salt and pepper to taste
- ¼ cup olive oil

### Directions

1. Toss grated potatoes with flour in a large bowl. Stir in mashed potatoes until combined.
2. Whisk egg and milk together in a separate bowl; mix into the potatoes. Season to taste with salt and pepper.
3. Heat oil in a large skillet over medium-high heat. Drop in potato mixture, forming patties about 2 inches in diameter. Fry on both sides until golden brown, 3 to 4 minutes per side. Drain on a paper towel-lined plate. Serve warm.



PATRICKJAIMEZ PA

Mobile (786)-277-7355  
Direct (305)-459-5019  
patrickjaimez@gmail.com

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**RE-OPEN OLD & DENIED CLAIMS**

**WATER DAMAGE TO KITCHEN OR FLOORS?**

**LEAKS FROM UNITS ABOVE?**

**AIR CONDITIONER LEAK?**

**SHOWER PAN LEAK?**

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

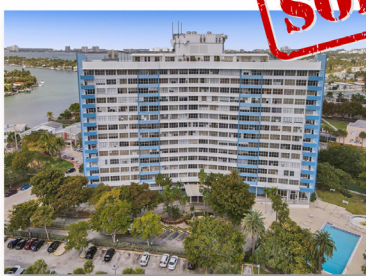
**MENTION THIS FLYER FOR FREE POLICY REVIEW**

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.

Rami Boaz License #P11524

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CGP publishes monthly newsletters for over 50 condos; each written & delivered to each resident by the board & management.

Advertise to over 30,000 condo residents.

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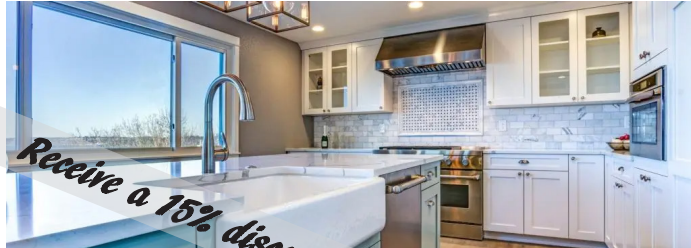
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*specializing  
in condo &  
apartment interiors*

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