



# BRAVURA NEWS

A NEWSLETTER FOR THE RESIDENTS OF THE BRAVURA CONDOMINIUM ASSOCIATION

Volume 15 Issue 8

March 2023

## BRAVURA I CONDOMINIUM

3201 N. Country Club Drive  
Aventura, Florida 33180

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admin@bravuracondo.com

### IMPORTANT NUMBERS

**Main** ..... 305-932-9024  
**Fax** ..... 305-932-9486  
**Email** ..... MGR@BravuraCondo.com  
**Security Cell** ..... 786-697-5200  
**Office After Hours / Emergency:**  
..... 786-598-6366

### OFFICE HOURS

**Mon-Tues, Thurs-Fri** ..... 9am-5pm  
**Wednesday** ..... 9am-12(NOON)  
**Office is closed for lunch** 12(NOON)-1pm



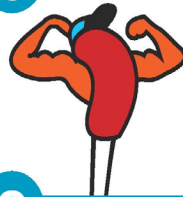
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to advertise in one of our newsletters or to get a FREE newsletter for your property.

## 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

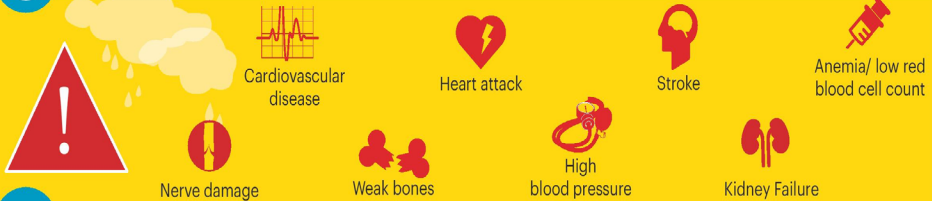
Filter wastes from the blood

Directs production of red blood cells

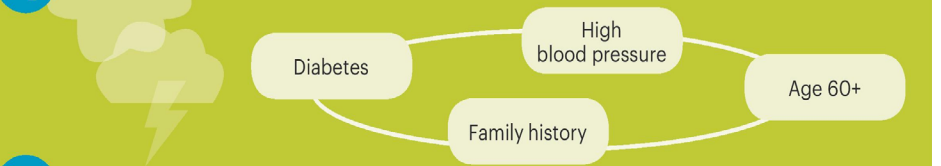
Regulate blood pressure

Keep blood minerals in balance

### 8 PROBLEMS KIDNEY DISEASE CAN CAUSE



### 4 RISK FACTORS



### 7 SYMPTOMS



### 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)

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- J. Schuerman



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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?**

**MENTION THIS FLYER FOR FREE POLICY REVIEW**

## GOT PROPERTY DAMAGE?

# GET HELP NOW!

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.

**TWO CONVENIENT LOCATIONS**



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[dredyaguerradds@gmail.com](mailto:dredyaguerradds@gmail.com)

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- Virus Removal

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**ASK ABOUT MY NEW CUSTOMER DISCOUNT**

**NO JOB TOO BIG OR TOO SMALL**

**CONTACT ME TO USE TECHNOLOGY TO LEARN ENGLISH AS A SECOND LANGUAGE (ESL)**

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*specializing in condo & apartment interiors*

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[jeff@diamondremodelers.com](mailto:jeff@diamondremodelers.com)

## Kitchen & Bathroom Remodeling

Satisfaction and Quality Guaranteed

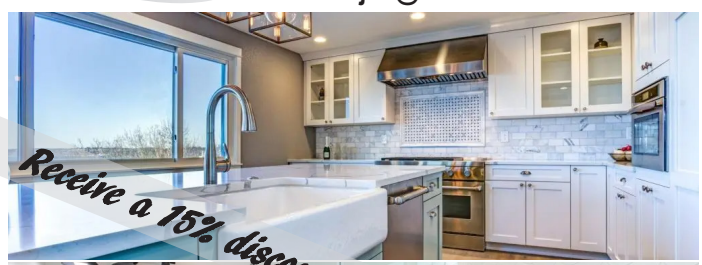
### REMODELING • INSTALLATIONS

- Kitchen / Bathroom
- New & Resurfaced Cabinets
- Cabinets / Vanities
- Custom Baseboards / Crown Mouldings
- Granite / Marble / Quartz Counter Tops
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