



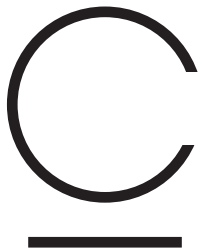
CENTRO

A Newsletter for the Residents of the Centro Downtown Condominium Association, Inc.

Volume 6 Issue 3

March 2023

CENTRO DOWNTOWN
Condominium Association, Inc.
151 SE 1st Street
Miami, Florida 33131



PROPERTY STAFF

Manager.. Lauren Gutierrez, LCAM
manager@centrocondominium.com

Admin Asst.....
admin@centrocondominium.com

Front Desk.....

Front Desk is available to residents 24/7
Frontdesk@centrocondominium.com

Packages are available to be picked up at Amazon Hubs and/or Front Desk at any time.

ASSOCIATION OFFICERS

President.. Juan Pablo Alvarez

Treasurer .. Jorge Sierra Bejas

Secretary.....Shai Ben Ami

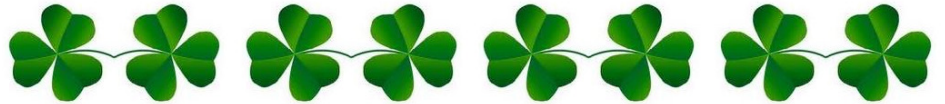
IMPORTANT NUMBERS

Main 305-440-0566

OFFICE HOURS

Mon - Fri.. 9:00 am - 5:00 pm

Temporarily working with "closed door" policy



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

Trash Chute- Compacter Rules

- Cardboard boxes, Styrofoam, pizza boxes or other items are NOT permitted down the trash chute as this will cause obstruction. All boxes must be flattened & disposed inside the dumpsters with yellow lids located in the loading dock.
- All trash should be bagged & tied closed not exceeding the diameter of the chute.
- Please be careful not to over-extend the trash chute door.
- Never throw glass bottles or containers, paint, or heavy items down the chute. That can damage the metal wall and create issues with the trash chute that are extremely expensive to repair.



If the chute is clogged (you see trash sitting in the chute when you open the door), please do not place more trash in the chute. Contact Frontdesk and/or Management and please take your trash to the dumpster until it the chute is unclogged.

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www.dentistsurfside.com

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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.





Commissioner
Eileen Higgins
District 5



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2100 Coral Way, Suite 400
Miami, Florida 33145
Monday - Friday / 9:00 am - 5:00 pm

MIAMI BEACH OFFICE
1700 Convention Center Drive, ground floor
Miami Beach, Florida 33139
Monday / Wednesday / 9:30 am - 4:30 pm

www.miamidade.gov/district05
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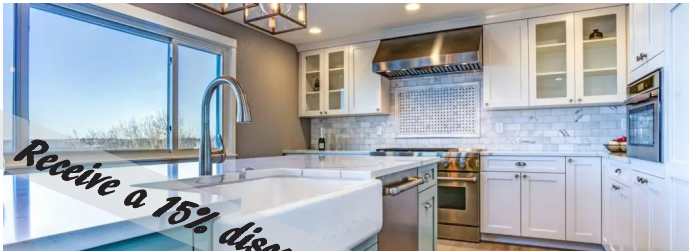
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