

THE VOICE OF CORONADO



Volume 9 Issue 2

A Monthly Newsletter for the Residents of Coronado Condominium

March 2023

Coronado Condominium Association, Inc

20301 W Country Club Drive
Aventura, Florida 33180

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IMPORTANT NUMBERS

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Security 305- 466-6182
Cust. svc 954- 843-2526

OFFICE HOURS

Mon- Fri 9am-5:00pm



NEW ACCOUNTING FIRM

Dear Coronado Residents,

We are transitioning accounting from AKAM to our new accounting firm, Accountsult. Emails have been sent out to all Residents with step-by-step instructions on how to complete this process. Instructions have been posted in all three buildings, and letters are going out soon with coupons to Residents who wish to pay with checks via mail.

We understand that this is a big change, and you might have questions or need assistance with setting up your maintenance and special assessment payments. The Board of Directors are happy to assist all Residents. Stop by the office or email us to let us know how we can help you!

The Board of Directors

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

- Cardiovascular disease
- Heart attack
- Stroke
- Anemia/ low red blood cell count
- Nerve damage
- 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

The Do's and Don't's of Recycling

RECYCLE:

- Steel, Tin & Aluminum Cans
- Plastic Bottles & Containers
- Office Paper, Brown Paper Bags & Newspaper
- Flattened Cardboard & Paperboard
- Junk Mail & Magazines

DO NOT INCLUDE:

Food waste, plastic bags, polystyrene foam cups & containers, glass bottles.

Please note that Waste Management Inc. of Florida is no longer accepting glass in its commercial recycling plastic bags do not recycle.



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Please CLEAN UP AFTER YOUR DOG

Thank You



CORONADO

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 1/2 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
- 1/4 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
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SHOWER PAN LEAK?



GOT PROPERTY DAMAGE?

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WACKY WARNING LABELS

Every year, the Michigan Lawsuit Abuse Watch (M-LAW) organization holds a contest to find the wackiest warning labels on products, intended to highlight the potential for frivolous lawsuits. In recent years, companies have been coming up with more and more warnings on their products in the hopes of protecting themselves from lawsuits by consumers who have used their products in ridiculous ways. Since 1997, they've been collecting submissions for their Wacky Warning Label Contest, with submissions including the funniest warning labels around. Here is a sampling of some past winners:

- On a bottle of drain cleaner: "If you do not understand, or cannot read, all directions, cautions and warnings, do not use this product."
- On a snow sled: "Beware: sled may develop high speed under certain snow conditions."
- On a fishing lure: "Warning, harmful if swallowed."
- On a carpenter's electric router: "This product not intended for use as a dental drill."
- On a baby stroller: "Remove child before folding."
- On a package of sleeping pills: "Warning: may cause drowsiness."

- On a public toilet: "Recycled flush water unsafe for drinking."
- On a snow blower: "Do not use snow blower on roof."
- On a dishwasher: "Do not allow children to play in the dishwasher."
- On a container of underarm deodorant: "Caution: do not spray in eyes."
- On a household iron: "Never iron clothes while they are being worn."
- On a wheelbarrow: "Not intended for highway use."
- On a common dust mask: "Warning, does not supply oxygen."
- On a box cutter: "Blades are sharp."
- On a children's scooter: "This product moves when used"



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