



Lake Point Tower

Monthly Newsletter

Volume 13 Issue 8

A Monthly Newsletter for the Residents of Lake Point Tower Condominium

March 2023

BOARD OF DIRECTORS

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Vice President... Franco Bartolotta
Treasurer Tamara Malkina
Secretary Rosa Gomez
Director Ronald DeMaio

PROPERTY STAFF

Manager Hector Lopez
propertymanager@lakepointtower.net
Maint. Sup. Oscar Quesada

IMPORTANT NUMBERS

Office 754-232-3313
Guard House 754-303-9043


OFFICE HOURS

Monday-Friday .. 8:00am - 4:00pm

NEW ACCOUNTING PLATFORM EFFECTIVE

APRIL 1, 2023

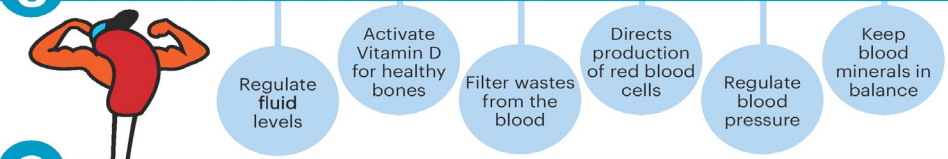
Please contact the association manager Monique Henry for further information.



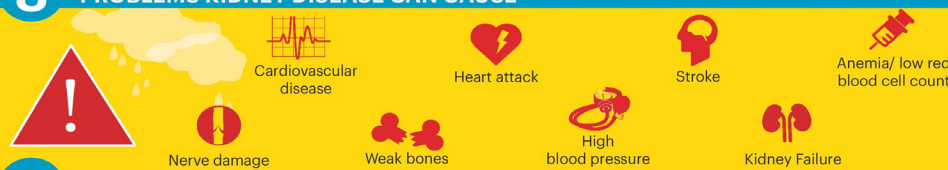
March is National Kidney Month

Get to know your hard working kidneys

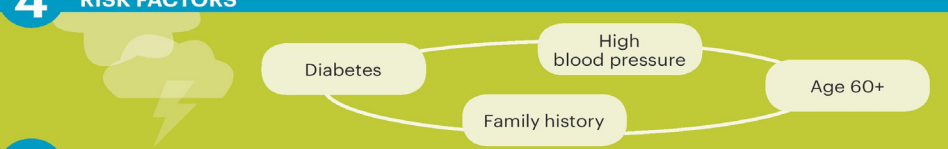
6 WAYS KIDNEYS KEEP YOU HEALTHY



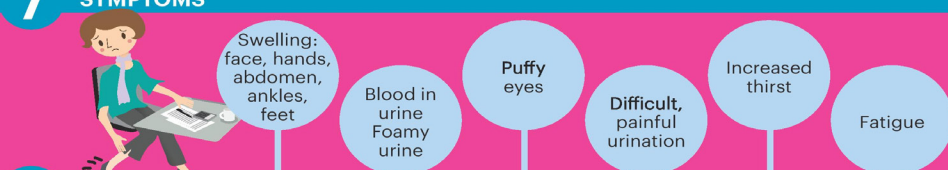
8 PROBLEMS KIDNEY DISEASE CAN CAUSE



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.



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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.





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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?

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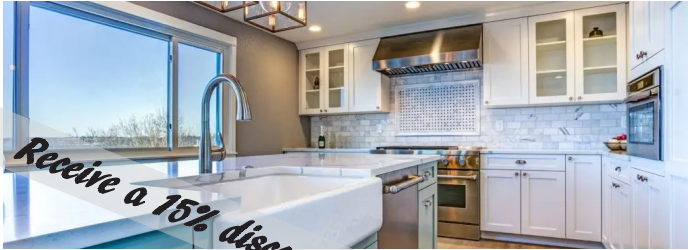
REMODELING • INSTALLATIONS

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