

HOLLYWOOD STATION RESIDENCES

Monthly Newsletter

A Newsletter for the Residents of the Lofts at Hollywood Station Condominium Association

Volume 10 Issue 5

March 2023

**THE LOFTS AT
HOLLYWOOD STATION**
C/O MIAMI MANAGEMENT, INC
2100 Van Buren Street
Hollywood, FL 33020

Management Office is located
on the Second Floor

**PROPERTY STAFF
Manager**

Andrea Diaz

andiaz@miamimanagement.com

Maintenance

Alberto Gonzalez

Weekend Janitorial

Anthony Herrera

IMPORTANT NUMBERS

Management..... 954-653-2255



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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.



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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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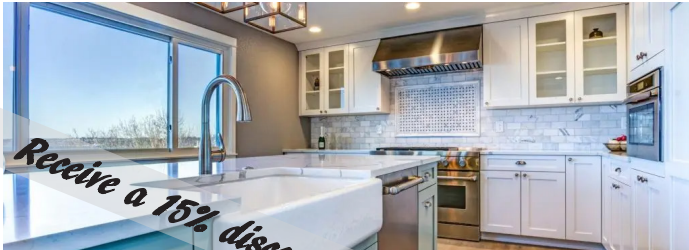
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