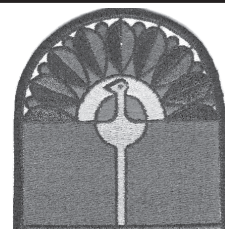


# MAISON GRANDE



Monthly  
Newsletter

Volume 19 Issue 9

March 2023

**MAISON GRANDE**  
**Condominium Association**  
6039 Collins Avenue  
Miami Beach, FL 33140

## OFFICE HOURS

Mon. - Fri. .... 9:00 AM - 5:00 PM

## OFFICE STAFF

**Manager** ..... Harry Goldberg  
**Asst. Manager** ..... Karla Castro  
**Admin. Asst.** ..... Emyshaly Coss  
**FSR Regional Director**  
..... Carolina Folkard  
**Chief Engineer** ..... Yosmer Rivero  
**Package Room** ..... Carlos Guardado  
**Valet Supervisor** .. Clemente Franco  
**Operations Manager** ... Idania Gato

## BOARD OF DIRECTORS

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**VP/Secretary** ..... Alice Rodrigues  
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**Director** ..... Fabio Carrino  
**Director** ..... Susana Sori  
**Director** ..... Clara Torres  
**Director** ..... Thomas Del Otero

## IMPORTANT NUMBERS

**Condo Office** ..... 305-865-4247  
**Fax** ..... 305-865-7819  
**Security** ..... 305-864-1104  
**Package Room** ..... 305-865-7446  
**Valet Parking** ..... 305-866-7181  
**Email** .. manager@maisongrande.org

Published monthly at no cost for the  
Maison Grande by  
Coastal Group Publications, Inc.  
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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

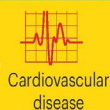
Regulate  
blood  
pressure

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  
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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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**LEAKS FROM UNITS ABOVE?**

**AIR CONDITIONER LEAK?**

**SHOWER PAN LEAK?**

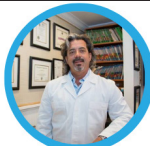
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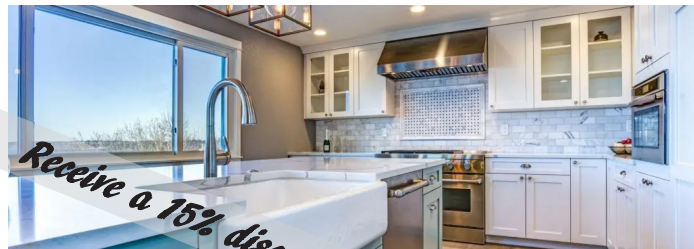
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