



Mimosa Monthly News

Volume 14 Issue 1

A Monthly Newsletter for the Residents of Mimosa Condominium

March 2023

MIMOSA CONDOMINIUM ASSOCIATION, INC

4747 Collins Avenue
Miami Beach, Florida 33140
mimosacondo@aol.com

ASSOCIATION OFFICERS

President David Malek
Vice Pres ... Pincus Zagelbaum
Treasurer Leah Gologorsky
Secretary Thomas Kaller
Director Yvonne Castaneda

PROPERTY STAFF

Condo Office. Jennifer Jimenez
Bldg. Sup. Nesip Toykan

IMPORTANT NUMBERS

Main 305-532-6411
Fax 305-532-3128

OFFICE HOURS

Mon - Fri 8:30am - 4:30pm



Published monthly at no cost for
Mimosa Condominium by
Coastal Group Publications, Inc.
Contact CGP at (305) 981-3503 or
www.cgpnewsletters.com
to advertise in one of our
newsletters or to get a free
newsletter for your property.

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

DO YOU HEAR BUT NOT UNDERSTAND? We Can Help!

Join Us For A Special Hearing Health Event

Now
Through
March
31st

Get RX hearing aids professionally fit to YOUR specific hearing needs and lifestyle.

- Custom, virtually invisible options available.
- Fully warrantied!

Meet Your Hearing Health Team:

Melanie Plotkin, HAS, Hearing Aid Specialist

Javier Benitez, HAS, BC-HIS, Hearing Aid Specialist, Board Certified in Hearing Instrument Sciences



LIMITED TIME OFFER!

1990⁰⁰
A Pair

Save \$1610

on a pair of fully digital, RX Hearing Aids from Phonak.



- Digitally advanced, RX hearing aids.
- Professional services & follow-ups included:
- Complimentary Hearing Screening
- Programming & Adjustments
- In-Office Repairs



"Amazing customer service! Both [Hearing Care Providers] are kind, caring, accessible to answer questions, and helpful. Highly recommend!"
- J. Schuerman



Schedule your Hearing Screening today at NO COST TO YOU!



Scan the QR code above

to schedule your complimentary hearing screening today!



www.HearAgainAmerica.com

19046 NE 29th Avenue, Aventura
222 95th Street, Surfside

Call Us Today!
(888) 272-9589



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



"With offices in Miami and Miami Beach, we are here to listen to your concerns and connect you to the services and resources you need from Miami-Dade County."

COME VISIT

DISTRICT OFFICE
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
305-375-5924
District5@miamidade.gov

@CommishEileen
 @CommishEileen
 Inside D5 Newsletter



*CALL US BEFORE YOUR
INSURANCE COMPANY!!*

(305) 396-9110
STELLARADJUSTING.COM








RE-OPEN OLD & DENIED CLAIMS

WATER DAMAGE TO KITCHEN OR FLOORS?

LEAKS FROM UNITS ABOVE?

AIR CONDITIONER LEAK?

SHOWER PAN LEAK?

MENTION
THIS FLYER
FOR FREE
POLICY
REVIEW

GOT PROPERTY
DAMAGE?
GET HELP NOW!

THIS IS SOLICITATION FOR BUSINESS. IF YOU HAVE HAD A CLAIM FOR AN INSURED PROPERTY LOSS OR DAMAGE AND YOU ARE SATISFIED WITH THE PAYMENT BY YOUR INSURER, YOU MAY DISREGARD THIS ADVERTISEMENT.

"A man who stops advertising to save money is like a man who stops a clock to save time." — Henry Ford

CGP publishes monthly newsletters for over 50 condos; each written & delivered to each resident by the board & management.

Advertise to over 30,000 condo residents.

COASTAL GROUP
PUBLICATIONS, INC.
305-981-3503 www.cgpnewsletters.com

7441 Wayne Ave
PARKVIEW POINT - #15B






Call Now!
Rosa Jacquelin
(786) 239-1283

Love Where
You Live!

Video Tour: www.SignatureHomesOfMiami.com

DIAMOND REMODELERS

Full Service Contractors

We are committed to the fulfillment of your home improvement needs with an eye towards increasing the value of your real estate asset. Whether you are remodeling a kitchen, bathroom, complete residence or room addition; we are the *Remodeling Experts*, **family owned for 40 years.**

*specializing
in condo &
apartment interiors*

Jeff Diamond & Anthony Lasorsa
305-865-9005
www.diamondremodelers.com
jeff@diamondremodelers.com

Kitchen & Bathroom Remodeling

Satisfaction and Quality Guaranteed

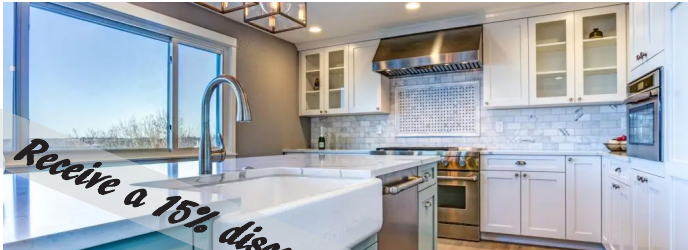
REMODELING • INSTALLATIONS

- Kitchen / Bathroom
- New & Resurfaced Cabinets
- Cabinets / Vanities
- Custom Baseboards / Crown Molding
- Granite / Marble / Quartz Counter Tops
- All Types of Tiles & Marble Installed

*"Your Experienced
Handyman"*

PAINTING & SERVICES UNLIMITED

- Painting, Condo, House, Apt. Roof Painting
- Popcorn Ceiling Removal
- Smooth Ceilings
- Framing, Drywall & Finishes
- Full Service Contractors
- Plumbing & Electrical Service
- Doors / Windows
- Mirror Installation



Receive a 15% discount on any remodeling job!



Painting & Services Unlimited Lic. CC94BS00437
Lasora Enterprises, Inc CGC031497 Licensed & Insured General Contractor

- Design & Management Services
- No Job Too Small
- Free Estimates
- Service & Quality at Reasonable Prices
- Commercial & Residential
- Habla Español

**15%
Off**
any
remodeling
job!

**10%
OFF
Any
Service**

Valid With Coupon.
Not To Be Combined
With Other Offers.
Exp 4/30/2023



M. KOTLER
REAL ESTATE

Buying, selling or renting real estate?

Let's chat.

Contact me today!



ERIC BROAD
Broker
305-318-2385
ejbroad@gmail.com
www.mkotler.com

9585 Harding Ave.
Surfside, FL 33154



**TWO
CONVENIENT
LOCATIONS**



**EMERGENCY
CARE 24/7**

DR. EDY A. GUERRA

*New Patient Special \$79
(D0210, D0150, D110)*

**9456 HARDING AVE.
SURFSIDE, FL 33154
(305) 866-2626**

**4011 W. FLAGLER ST.
CORAL GABLES, FL 33134
(305) 643-1444**

dredyaguerradds@gmail.com
www.dentistsurfside.com