

**PROPERTY MANAGEMENT**

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**Front Desk**.....(305)532-0526  
**Email** ..... mirasolcondo@gmail.com

**ASSOCIATION OFFICERS**

**President**..... Kelly Swenson  
**Vice Pres/Treasurer** .... Peter Carril  
**Secretary**.....Anna Fresko  
**Director** ..... Francesca Losito  
**Director** ..... Michael Collin

**OFFICE HOURS  
 (HORAS DE OFICINA)**

**Mon-Fri** (*lunes-viernes*) ... 9:00am-5:00pm  
**Saturday** (*sábado*) ..... Closed (*Cerrado*)  
**Sunday** (*domingo*) ..... Closed (*Cerrado*)

**Mirasol Ocean Towers**  
 2655 Collins Avenue  
 Miami Beach, FL 33140



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well hello,  
**march**

March is **National Kidney Month**

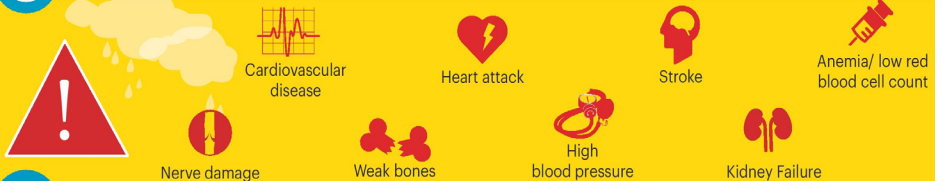
Get to know your hard working kidneys

**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

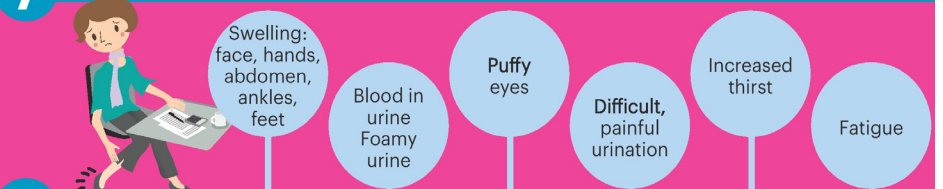
**8 PROBLEMS KIDNEY DISEASE CAN CAUSE**



**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.



**National Kidney Foundation**

Learn more at [kidney.org](http://kidney.org)

## 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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AIR CONDITIONER LEAK?

SHOWER PAN LEAK?



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Commissioner  
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District 5



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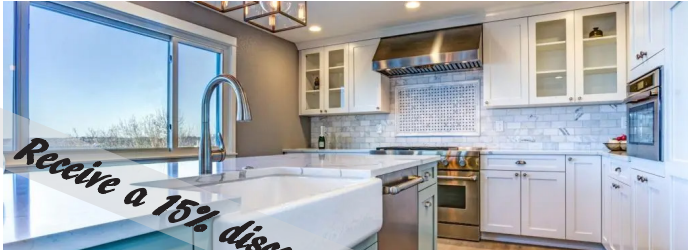
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