



Happenings IN TOWER 100

Volume 13 Issue 12

A Monthly Newsletter for the Residents of Mystic Pointe Tower 100

March 2023

MYSTIC POINTE TOWER 100

19195 Mystic Pointe Drive
Aventura, Florida 33180

ASSOCIATION OFFICERS

President ...Mitchell Loszynski
Vice Pres.Paul Jacobson
Secretary Trish Taylor
Treasurer .. Robert "Bob" Hartz
Director Dan Silverberg
Director Francine Sabin
DirectorHarvey Glasser

PROPERTY STAFF

ManagerBrigette Carpio
Asst Manager... Dior McCloud
Maint. Sup. ...Adonis Ramirez

IMPORTANT NUMBERS

Main305-932-9169
Master Assoc. 305-932-9600
Fax305-932-9286
Front Gate305-932-9600

OFFICE HOURS

Mon. - Fri....9:00 am-5:00 pm



Published monthly at no cost for Mystic Pointe Tower 100 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

WACKY WARNING LABELS

Every year, the Michigan Lawsuit Abuse Watch (M-LAW) organization holds a contest to find the wackiest warning labels on products, intended to highlight the potential for frivolous lawsuits. In recent years, companies have been coming up with more and more warnings on their products in the hopes of protecting themselves from lawsuits by consumers who have used their products in ridiculous ways. Since 1997, they've been collecting submissions for their Wacky Warning Label Contest, with submissions including the funniest warning labels around. Here is a sampling of some past winners:

- On a bottle of drain cleaner: "If you do not understand, or cannot read, all directions, cautions and warnings, do not use this product."
- On a snow sled: "Beware: sled may develop high speed under certain snow conditions."
- On a fishing lure: "Warning, harmful if swallowed."
- On a carpenter's electric router: "This product not intended for use as a dental drill."
- On a baby stroller: "Remove child before folding."
- On a package of sleeping pills: "Warning: may cause

drowsiness."

- On a public toilet: "Recycled flush water unsafe for drinking."
- On a snow blower: "Do not use snow blower on roof."
- On a dishwasher: "Do not allow children to play in the dishwasher."
- On a container of underarm deodorant: "Caution: do not spray in eyes."
- On a household iron: "Never iron clothes while they are being worn."
- On a wheelbarrow: "Not intended for highway use."
- On a common dust mask: "Warning, does not supply oxygen."
- On a box cutter: "Blades are sharp."
- On a children's scooter: "This product moves when used"





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



Scan me!

**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

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.







PATRICKJAIMEZ PA

Mobile (786)-277-7355
Direct (305)-459-5019
patrickjaimez@gmail.com

COLDWELL BANKER
GLOBAL LUXURY

www.patrickjaimez.com

Hablo Español / Falo Português
 Selling Real Estate for over 20 years!

DON'T LET COVID-19 STALL YOUR SALE

My exclusive marketing program will reach buyers quickly and virtually through:

| | |
|--|--|
| <p>Property Video Tour Online Advertising Social Media Posts</p> | <p>Property Website Customized Email Distribution Virtual Showings</p> |
|--|--|

CONTACT ME TODAY TO TELL YOU ABOUT HOW I CAN GET THE MOST ONLINE ATTENTION FOR YOUR PROPERTY.

Call me today for a FREE, no cost obligation, comprehensive market analysis of your property.

B²H



ACTION
 PUBLIC ADJUSTERS
 LOSS CLAIM CONSULTANTS

WE SPEAK ENGLISH, FRENCH & SPANISH

SU PERITO DE SEGUROS DE PROPIEDAD
 LLAMENOS PRIMERO

Has Your Property Suffered Damage From

CALL US BEFORE YOU FILE A CLAIM
LLAMENOS ANTES DE ABRIR SU RECLAMO

Loss Claim Consultants
 Joel Anidjar | Public Insurance Adjuster

786-540-2823

actionpublicadjusters.com

This is a 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. Lic # P190197



FIRE/FUEGO



MOLD/MOHO



THEFT/
 ROBO-VANDALISMO



HURRICANE/HURACAN



WATER DAMAGE/
 DAÑOS POR AGUA

PHYSICAL & OCCUPATIONAL THERAPY

Are You Suffering From Back Pain, Poor Balance, Weakness?



We offer Ultrasound, Massage, Balance & Vestibular Therapy
 Cardiac, Neurological and Senior Rehab
Exclusive 1 on 1, In the Comfort of your Home
 Protective Equipment Protocols

THERAPY IN YOUR HOME

Licensed Medicare Provider FL8318

Brian Caits @ 954-328-1505 | bcaits@bellsouth.net

7441 Wayne Ave
 PARKVIEW POINT - #15B



SOLD



Call Now!
 Rosa Jacquelin
 (786) 239-1283

Love Where You Live!

Video Tour: www.SignatureHomesOfMiami.com

MARCH MADNESS

Along the way to the Final Four, you might encounter some strange team nicknames. Test your college basketball knowledge with this nickname trivia quiz. Match the team nickname to the college. Although you may recognize some, be careful! There are a few tricky ones in there (and yes, one is listed twice)!

- | | |
|-------------------|-----------------------------|
| 1. Crimson Tide | a) Tulane University |
| 2. Aggies | b) University of Alabama |
| 3. Bears | c) Seton Hall University |
| 4. Big Red | d) Duke University |
| 5. Blue Devils | e) Texas A&M |
| 6. Boilermakers | f) U.S. Air Force Academy |
| 7. Cornhuskers | g) Georgetown University |
| 8. Falcons | h) Florida State University |
| 9. Golden Flashes | i) University of Wisconsin |
| 10. Green Wave | j) Purdue University |
| 11. Hoyas | k) University of Texas |
| 12. Longhorns | l) St. Mary's University |
| 13. Orangemen | m) Baylor University |
| 14. Pirates | n) University of Nebraska |
| 15. Waves | o) Cornell University |
| 16. Pride | p) Syracuse University |
| 17. Blue Devils | q) Loyola University |
| 18. Ramblers | r) Hofstra University |
| 19. Rattlers | s) Kent State University |
| 20. Seminoles | t) Pepperdine University |

ANSWERS:

- | | |
|-----------|------------|
| 1. b | 11. h |
| 2. f | 12. l |
| 3. n | 13. q |
| 4. p | 14. d |
| 5. c or e | 15. u |
| 6. k | 16. s |
| 7. o | 17. c or e |
| 8. g | 18. r |
| 9. t | 19. m |
| 10. a | 20. i |



**Sell your unit
for
TOP PRICE**

FREE 3D PICTURES
*List with us
and get FREE
Matterport and
3D walk-in pictures*

NMLS# 250769

Helena Grossberg, MBA
Licensed Real Estate Broker
REALTOR® & Notary
Mortgage Loan Originator
NMLS# 2136951

CALL (954) 809-5318

English | Español | Português

If you want to invest, buy, or sell your unit, work with someone that has experience. We can also help you with mortgages and refinancing.
DO IT WITH CONFIDENCE.

www.HelenaGrossberg.com
ALM Realty & Services, Inc.

Public Adjusting Services
Professional Insurance Claim Representation

*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?

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.

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 warranted!

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



I LIVE & BREATHE MYSTIC POINTE 24/7
 Mystic Pointe Local Resident Since 2008!
 TOP 4 AVENTURA AGENT IN 2022!
 Top 2% of Coldwell Banker Agents Worldwide
I Reach More Buyers & Can Get You TOP PRICE!

FEATURED LISTINGS:

- Tower 500 Unit 2014 2/2.1 Amazing Views
- Tower 400 Unit 2306 Large 2/2 Water Views

TOP TEN AVENTURA AGENT!

- Spanish speaking top producing agent with an extensive network and millions sold
- Mystic Pointe resident and 4-year President of T300
- Skilled negotiator. Unparalleled marketing and proven track record
- Dependable, Reliable, and Trusted
- Free, detailed market analysis delivered to all my clients. Call me to receive yours!



Rafael Szydłowski



**COLDWELL
 BANKER
 REALTY**

20803 Biscayne Blvd. Ste. 102
 Aventura, FL 33180

786.385.4824

E-mail: rafszy@gmail.com
 rafaellistingrealestate.com

HABLO ESPAÑOL

**Fast
 Liquor Delivery**
@Wholesale Prices
 Convenience Store Galore

TAP THAT APP!

Find us on:

Download **LiquorSplit** App Now!

DIAMOND **REMODELERS**

Full Service Contractors

Kitchen & Bathroom Remodeling
 Satisfaction and Quality Guaranteed

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

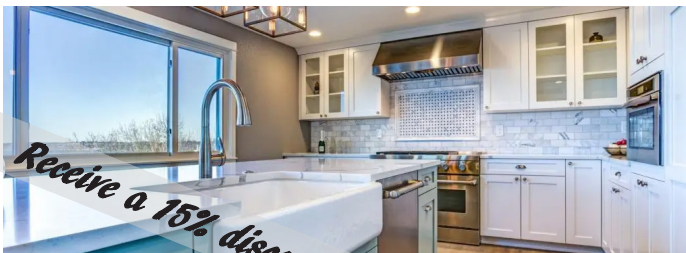
REMODELING • INSTALLATIONS

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



PAINTING & SERVICES UNLIMITED

- Painting, Condo, House, Apt. Roof Painting
- Full Service Contractors
- Popcorn Ceiling Removal
- Plumbing & Electrical Service
- Smooth Ceilings
- Doors / Windows EST. 1980
- Framing, Drywall & Finishes
- 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