

# VILLA DORADA

## AT AVENTURA

Volume 10 Issue 11

*A Monthly Newsletter for the Residents of Villa Dorada Condominium*

March 2023

### IMPORTANT NUMBERS

**Managed By..KW Property Management Management.....** 305-935-1454  
**All Ways Towing .....**954-496-6810  
**Aventura-Code Compliance .....** 305-466-8941  
**Aventura Police-Non-Emergency .** 305-466-8989  
**Comcast / Xfinity.....**800-934-6489  
**FP&L (Power Outage) ..** 800-468-8243  
**FP&L Service.....**305-442-8770  
**Aventura Express Bus..** 305-932-1287  
**Dade Booting .....**305-964-7911  
**Emergency After Hours ...**305 935-1454  
*For Plumbing, Elevator & Water Intrusion*  
**Security Execupro...** 786-660-5771  
**Security Main Dispatch..**305-225-0095

### IMPORTANT EMAILS

**Association Voice (Email updates) ...**  
[www.associationvoice.com](http://www.associationvoice.com)  
**Parking Boss (Guest Parking Pass)....**  
[Villadorada.parkingattendant.com](http://Villadorada.parkingattendant.com)  
**Service Requests (Work Orders) ..**  
[Admin@villadoradacondo.net](mailto:Admin@villadoradacondo.net)

### OFFICE HOURS

**Monday - Friday ..**8:30AM - 5:30pm  
*Office closed for lunch 12-1pm daily*



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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



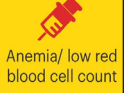
Cardiovascular disease



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.



National Kidney Foundation®



Happy St Patrick's Day

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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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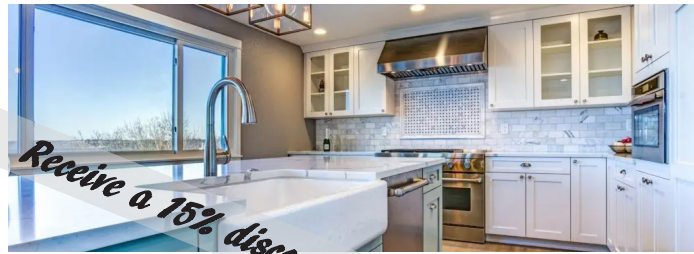
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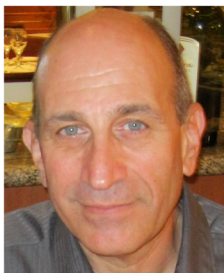
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