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A Monthly Newsletter for the Residents of Mimosa Condominium

January 2024

MIMOSA CONDOMINIUM ASSOCIATION, INC

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OFFICE HOURS

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



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POPULAR NEW YEAR'S RESOLUTIONS

What was your resolution last year? And did you follow through? If you are like most people, you gave up by the time February rolled around. See how you compare with the rest of the country. The six most common resolutions of last year were:

- 1. Lose weight.
- 2. Pay off debt.
- 3. Stop smoking.
- 4. Drink less alcohol.
- 5. Increase level of physical activity.
- 6. Improve interpersonal relationships.

This list generally stays the same every year, but the order changes from year to year. Why is it so hard to keep your resolutions? Many people feel ambivalent about such a drastic lifestyle change. This makes it hard to follow through and commit to the changes required.

To improve your chances of keeping this year's resolutions, start with a specific plan. Rather than saying, "I'm going to lose weight," commit to reducing desserts to one day a week and going for a daily walk. That way, you will know each day if you are still on track.

Also give yourself some room for slip-ups. Many people break a resolution and then decide it is not worth it to start all over again. Rather, they choose to wait a whole year until New Year's comes again to attempt their lifestyle changes. Know ahead of time that you will make mistakes, and come up with a plan for getting back on track. Don't be too hard on yourself and don't panic. Simply start again with your commitment to bettering your life. You will find that this may be the year you live up to all of your own expectations.

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ITALIAN WEDDING SOUP

Ingredients

½ pound extra-lean ground beef
1 large egg, lightly beaten
2 tbsp dry bread crumbs
1 tbsp grated Parmesan cheese
½ tsp dried basil
½ teaspoon onion powder
5 ¾ cups chicken broth
2 cups thinly sliced escarole
1 cup uncooked orzo pasta
⅓ cup finely chopped carrot

Combine ground beef, egg, bread crumbs, Parmesan cheese, basil, and onion powder in a bowl. Shape beef mixture into 3/4-inch balls and place on a parchment-lined tray. Heat broth in a large pot over medium-high heat until boiling. Stir in escarole, orzo, carrot, and meatballs and return to boil. Reduce heat to medium and cook at slow boil, stirring frequently to prevent sticking, until pasta is tender yet firm to the bite, about 10 minutes. Serve hot, garnished with fresh parsley and extra Parmesan cheese. Serves 4.



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." www.miamidade.gov/district05 305-375-5924 District5@miamidade.gov DISTRICT OFFICE **MIAMI BEACH OFFICE** 2100 Coral Way, Suite 400 1700 Convention Center Drive, ground floor Miami, Florida 33145 Miami Beach, Florida 33139 Monday / Wednesday / 9:30 am - 4:30 pm Monday - Friday / 9:00 am - 5:00 pm O @CommishEileen f @CommishEileen 😤 Inside D5 Newsletter CALL US BEFORE YOUR INSURANCE COMPANY!! (305) 396-9110 Public Adjusting Services CLAIM STELLARADJUSTING.COM INSPECTIO **RE-OPEN OLD & DENIED CLAIMS** WATER DAMAGE TO KITCHEN OR FLOORS? **GOT PROPERTY** LEAKS FROM UNITS ABOVE? DAMAGE? **AIR CONDITIONER LEAK?** SHOWER PAN LEAK?

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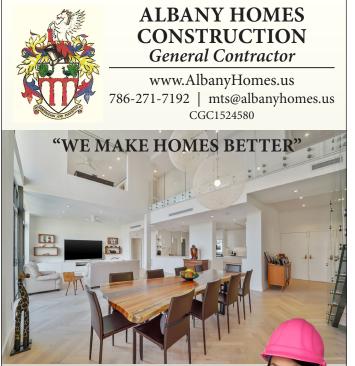
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