



PARKER TOWER

Monthly News

Volume 22 Issue 7

August 2024

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**PARKER TOWER
CONDOMINIUM**

3140 South Ocean Dr.
Hallandale Beach, FL 33009
www.ParkerTower.org



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August Birthdays And Anniversaries

BIRTHDAYS

UNIT #	NAME	DATE
1611	ANGELA DAVIDOFF	3-AUG
2506	JUSTIN SINGH	3-AUG
2502	MICHELLE HARLAP	3-AUG
1105	ANDRES CAZAU	4-AUG
2106	ASHRAF FARAH	4-AUG
602	YELENA LINCHEVSKIY	7-AUG
507	EMMANUEL VALDES	8-AUG
203	PETER MOKRIY	9-AUG
703	OKSANA ROSOL	9-AUG
2009	MAFRAT PUCHAEV	10-AUG
1003	VICTWAR SHENOUDA	10-AUG
807	ALEX MEDGE	12-AUG
1903	ALFRED MEDINA	13-AUG
205	ANATOLI REPIAKH	13-AUG
410	JUDITH BAS	19-AUG
2006	ALEXANDER OLIVER	20-AUG
1005	CECILIA CASTILLIO	22-AUG
203	IRENE MOKRIY	27-AUG
1404	GIOVANNI DE PROSPERIS	29-AUG
2111	HELENE SABBAGH	30-AUG
806	MIKHAIL KIRNUS	30-AUG
202	ALEXANDER IVANTSOV	31-AUG

ANNIVERSARIES

UNIT#	NAME	DATE
302	REBECA & GREGORIO PENA	1-AUG
1112	ZINAIDA & ALEX KRYMKEVICH	14-AUG
2012	SUZANNA & BENJAMIN ILKOVITCH	15-AUG
912	JANET & JOHN POLIZANO	23-AUG
307	INNA & IGOR MEDGE	28-AUG

Get an Insurance Checkup

Want to save a little money? Take a hard look at your insurance coverage. Experts recommend getting an insurance checkup once a year. You may find that your situation has changed and you need less, or more, insurance. Laws in your state may have changed or it may be time to get a new insurance company.

To make your insurance checkup easier, gather together the paperwork for all of your insurance coverage, including homeowners or renters insurance, life, auto, and any other type you may carry. This will help you compare costs vs. coverage.



Some important questions to ask:

- Am I eligible to discontinue PMI (private mortgage insurance) on my homeowners policy?
- Have any laws changed in my state requiring more or less coverage?
- Has my employer begun to offer more or less insurance, including disability, life, or supplemental insurance?
- Do I qualify for any additional discounts?
- Can I save money with a higher deductible?
- What is the best deal I can get on this type of coverage?

Once you've talked with your current agent and gotten a firm price on the insurance coverage you want, take the time to call around to other companies. You may be surprised at the savings you can find. If you do find a better deal elsewhere, it is easy to switch. Simply start up your coverage at the new company and then send a letter or fax to your original insurance agent stating when you would like your coverage discontinued. If there is remaining time on your policy, you will receive a refund of the amount you've already paid.

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Sheet Pan Chicken with Mozzarella, Pesto, and Broccoli

- 2 pounds boneless chicken breasts
- 2 teaspoons garlic salt
- ground black pepper to taste
- 6 tablespoons pesto
- 2 medium Roma (plum) tomatoes, thinly sliced
- 1 ½ cups shredded mozzarella 1 head broccoli, cut into florets
- 2 tablespoons olive oil
- salt to taste

Preheat the oven to 425 degrees F. Lightly grease a large sheet pan. Season chicken with garlic salt and pepper; place onto the prepared sheet pan. Spread pesto over chicken, then top with tomatoes and mozzarella. Toss broccoli and oil together in a bowl; season with salt and pepper. Scatter around chicken on the baking sheet. Bake in the preheated oven until broccoli is tender and chicken is no longer pink in the center and the juices run clear, 15 to 20 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F.







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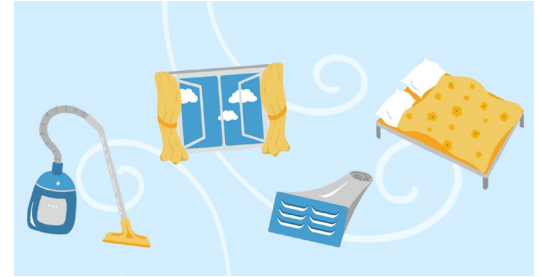
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CLEAN YOUR INDOOR AIR

Have you noticed that the air in your home is not as clean and fresh as it should be? These tips will help you breathe easier!

- ✓ When cooking or cleaning, keep your windows open as much as possible.
- ✓ When cooking on the top of the stove, cover pots and pans, especially when frying. Use the ventilating fan under the hood of the stove when cooking.
- ✓ Use the bathroom exhaust fan or open a bathroom window when steam is present.
- ✓ Make sure your vacuum cleaner is working properly and does not blow dust back into the room. Change vacuum cleaner bags frequently.
- ✓ Use doormats at each entrance to your home to collect dirt and dust before it enters your home.
- ✓ Dust your home regularly and clean large flat surfaces several times a year.
- ✓ Vacuum and sweep regularly.
- ✓ Clean and change the filters on any humidifiers or air-filtration systems regularly.
- ✓ Wash all bedding in hot water weekly.
- ✓ Use non-toxic cleaning products and don't mix different types of cleaning solutions together.
- ✓ Place some houseplants in your home. They remove toxins from the air.
- ✓ Don't smoke inside your home.



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