



Golden Acres R. O. Association, Inc. 2025-2026

President	Tammy Davis
Vice President	James Schmitt
Treasurer	Randy Nickle
Secretary	Don Webb
Director	Dick Donnally
Director	John Nabb
Director	Gordon Spafford
Property Manager	Tony Falco / (Karin Desmone)

Golden Acres Recreation Committee 2025-2026

Chairperson	Maureen Shannon
Vice-Chairperson	Eleanor Saunders
Treasurer	Glenda Spafford
Secretary	Richard Barnes
Bingo	Anne Knott
Kitchen	Deb Pollard
Member-at-Large	

Events

Bingo Committee	Anne Knott, Marilyn McKay, Paula Bunevith
Darts League	
Fun Shuffle	Team Captains
Golf	Ron Tasior and Ed Richtmyer
Health and Welfare	Master of Ceremonies (Coffee Hour)
Indoor Exercise	Elaine Janes
Newsletter Editor	Sue Bailey
Paddling Club	
Pickleball	Staicy Boyd Gunter
Pool Exercise	Debra Farris
Progressive Cards	Dave & Lynn Roselli
Shuffleboard	Rose West

President's Report

By Tammy Davis #21

Hello GA family,

I hope you are having a great summer!

As we continue to transition over to Qualified Property Management (QPM), please make sure you have completed your paperwork for your monthly maintenance fee. There are several options available to make your payments. If you have questions regarding this topic, please reach out to the office.

As a reminder, we ask that when you are away for the season or a lengthy period of time, please remove and store all items from your carport, front porch, yard and garbage and recycling bins. This rule is in place to protect all property within our community during a bad storm, hurricane or tornado. The last thing we want is for those items left out to take flight and cause damage. If this applies to you, please make the necessary arrangements to take care of them.

As of this writing, we have two units for sale.
Enjoy the rest of your summer!



From the Editor's Desk

By Sue Bailey #188

suebail999@gmail.com

August, the eighth month of the year and the last full month of summer. Although the dog days of summer will be upon us this month, here at Golden Acres we have had a very hot summer, so it's felt like dog days of summer all summer! I am looking for a respite for some cooler weather and am hoping that it will start to cool off at least a little bit. I hope that everyone in the northern clime has had a very nice summer (not too hot and not too cold).

In spite of the hot weather, we have managed to get together for some fun activities. On June 19th was Activities Day at the clubhouse where we made beaded stakes for our flowerpots. On July 10th we met at Julian's Little Italy for lunch and some good conversations. Many thanks to all that provided articles and pictures for this month's newsletter.

There are no official holidays in August. Probably because many take their vacation during this month to enjoy the great outdoors, beaches, picnics, or just sitting out at the pool. Enjoy the rest of your summer and before long we'll all be reunited at our favorite place, Golden Acres!

Quote of the Month: "Instead of worrying about what you cannot control, shift your energy to what you can create." – Roy T. Bennett, author

Until next time,
May God bless and keep you well and safe...

Greetings from the Office

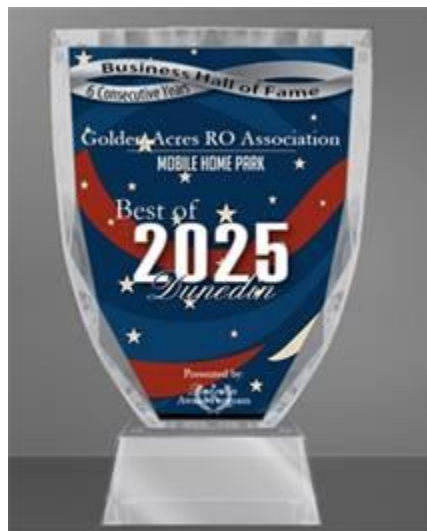
By Karin Desmone

Please welcome Jeffrey & Tracy Scharf #103, and Norm & Shelly McGaughey #211 to the park. Congratulations and may you find lots of happiness, fun, and laughter at your new residence.

Amazing News to Share

By Karin Desmone #1

The park has been awarded the Best of Dunedin award for Mobile Home Parks for 2025. This is six consecutive years since we have been presented with this award. Congratulations to every member for this incredible recognition.



Aqua Fit for Summer

By Debra Farris #28

Aqua Fit is paused for the summer months of August, and September. It will be reevaluated in October.

Florida Musings

DID YOU KNOW...

Tarpon Springs, located on the Gulf Coast, is known as the **sponge capital of the world**. Greek immigrants settled here in the early 1900s and established the sponge diving industry, which is still active today.

Summer Recreation Committee

By Debbie Douthit #60

It's a busy, warm summer in Golden Acres!

A huge thank you to our host Elaine James for June's fun filled afternoon making creative beaded plant sticks! Elaine knows how to facilitate, while keeping the laughter and conversation flowing. Ice cream treats were served, and Fran Clark finished the event with grab bags. Thank you to Elaine and all attendees.



Pineapple Jacks monthly luncheon drew a small crowd in June due to various scheduling issues; however, the food and conversation were nothing short of time well spent.

July luncheon was delicious and enjoyable! Walking distance from our park, Julian's Little Italy Restaurant is worth giving a try if you enjoy an authentic Italian food.



July mystery activity had a nice turnout with games, laughter, and snacks enjoyed by all participants.

August Events:

Aug 14 @ 12:30 p.m. at Prohibition Dunedin. Sign up in the club house.

Aug. 21 @ 1:00 P.M. “fun activity” featuring Rock Painting! Please sign up at the club house no later than August. 17 @ 12:00 P.M. to allow ample time to purchase supplies for all who commit to attend.

It was decided to leave the Missing Soldier display in place, allowing all residents to view and pay respect at leisure. (Date of removal TBD) A big thank you to Gina Douthit for this suggestion, along with her years of military service and each of your family members who serve and have served.

We look forward to welcoming new and old residents to Golden Acres with summer activities. Your presence enriches the fabric of our community, and we are committed to exceeding your expectations at every opportunity throughout the summer season!

We extend our sincere gratitude to our residents for your support and engagement, contributing to the vibrant atmosphere at Golden Acres.

Summer Recreation Members: Elaine Mackey #59, Gina Douthit #55, Fran Clark #47, and Debbie Douthit #60

If you have any questions, feel free to call: (812-629-0384)

Grinding Your Teeth?

From NIH (News in Health) newsinhealth.nih.gov

Do you often find that you’re clenching your jaw or rubbing your teeth together? Do you tend to wake up with a sore jaw, ear pain, or headache? If so, you may have a condition called bruxism. That’s the medical term for clenching your jaw or teeth or grinding your teeth.

Mild or occasional tooth grinding or clenching may not cause problems. But frequent or severe bruxism can lead to jaw pain, fatigue, and headaches. It can damage your teeth and make them crack, loosen, or even fall out.

Bruxism is more common in children than adults. Many people with bruxism don’t realize they have it, especially if it occurs during sleep.

The causes of bruxism are not fully understood. But the condition has been linked to stress, depression, smoking, alcohol, caffeine, certain medications, and other factors.

If you think you may be grinding or clenching your teeth, talk to a health care provider. They might suggest ways to reduce stress, relieve depression, or improve sleep. They can also suggest how to protect your teeth and break the habit of tooth grinding.

Visit your dentist regularly. They can check for signs of bruxism, such as tooth wear and jaw muscle tenderness. Learn more about bruxism at www.nidcr.nih.gov/health-info/bruxism.

A New Way to Stay Safe From Scams: Pause. Reflect. Protect.

By Sue Bailey #188 as an AARP Fraud Watch Fighter

Free Helpline at (877) 908-3360 or

<https://www.aarp.org/benefits-discounts/all/aarp-fraud-helpline/>

Keeping up with all of the latest scams and the thousands of red flags associated with them is exhausting. While there will always be a need to understand the specific scams and their red flags, the Fraud Watch Network has done extensive research with people from a range of disciplines around the world to produce a higher-level message that's a lot easier to remember.

The Trigger

First, we need to define a "trigger" to signal when fraud comes knocking. Think of learning in grade school to "stop, drop and roll" in the event of a fire. It's the same idea, but fire is a mighty strong trigger. We've defined three elements common to most scams. Once we understand them as a "trigger" for the desired response, we can educate about that desired response. We call it the "Active Pause."

The Active Pause

This is no ordinary pause. Rather, it is an intentional act to step back and reflect on what you might know about the situation confronting you. For example, is your grandson calling you late at night (1. unexpected contact), saying he's in jail across the country and needs your help (2. surge of emotion: I must help him!)? Does he say he needs you to send money right away (3. urgency)? These are the three triggers to elicit an "Active Pause."

In this scenario, you might consider whether it makes sense that your grandson is calling you and not his parents, or that he's in jail 2,000 miles away when you just had dinner with him yesterday. This intentional step back allows your brain to move out of emotion and engage with logic. You use the Active Pause to end communication and call your grandson directly. He was at home and asleep. You protect yourself and your money from a fraud attempt.

The Active Pause is taught across high-pressure fields like aviation, emergency medicine and military operations. Now we can apply it to the high-pressure situation of a fraud attempt.

The Safe Response: Pause. Reflect. Protect.

Taking the pause when triggered can help us regain control of the situation. It gives us time to reflect on what we may know about the scenario and to determine if it makes sense. When it doesn't make sense, you protect yourself by ending communication.

All the red flags are important to understand, but when narrowed to just three, we think it can stop many scams in their tracks. Know the triggers, know the safe response: Pause. Reflect. Protect.

Active-Duty Soldiers to Remember

Please take a moment to offer a prayer of thanks and remembrance to all those who help to protect our way of life. Keep them in your prayers until they return safely to their loved ones.

Adam Coburn (British Army), Nephew of Mildred and David Todd, Lot #2.

Damien Fitzpatrick (Tech Sgt. USAF) Grandson of Judith Fitzpatrick, Lot #87.

Sean Fitzpatrick (Major US Army) Grandson of Judith Fitzpatrick, Lot #87.

Reid Forster (Master Corporal with the 4th Royal Canadian Regiment) son of Dave Forster & Colleen Collins #128

Tim Joy, US Army Special Forces Green Berets, Fort Bragg, NC - Nephew of Jack Terry, Lot #141.

Daniel Jones (US Navy) Grandson of Carol Diniz, Lot #25.

Matthew Jones (US Navy) Grandson of Carol Diniz, Lot #25.

Brian Karhoff (US Army LTC) Son of Nancy Karhoff, Lot #67.

Colleen Terry, US Navy, Petty Officer 3rd class, Naples, Italy - Daughter of Jack Terry, Lot #141.

Joshua Ryan Torres Air Force National Guard Staff Sargent (EOD unit) deployed – Son of Susan Franco, Lot #17

John Wilson (PFC 1st Class USMC) Iraq – Grandson of Jean Key, Lot #138.

So that we might get to know these courageous soldiers better, I would like to add their pictures to this section. Please forward any photos to Sue Bailey suebail999@gmail.com

For changes to the list of soldiers, please contact Sue Bailey suebail999@gmail.com

Birthdays and Anniversaries

By Norma Moore #54

Golden Acres August Anniversaries

We want to mention all those who are celebrating this month and send them our absolute best wishes.

Richard and Lori Barnes August 2
John and Linda Clark August 4
Manfred and Debbie Grasser August 4
David and Tina Sinclair August 4
Geoff and Heather Millen August 14
Curtis and Martha Reeves August 16
Jim and Tammy Davis August 17
Ron and Gail Tasior August 21
Craig and Kathy Houston August 21
Kevin and Christine Rainsforth August 21
Todd and Cathy Hollenback August 21
Randolf and Lori Nickle August 21
Bob and Judy Dean August 22
Joe and Paula Bunevith August 22
Michael and Patty Kirkey August 23

Golden Acres August Birthdays

Barbara Maxwell	August 2
Joanne Molen	August 3
Bruce Dagvik	August 5
John Nabb	August 6
Bruce Gunter	August 8
Leigh Herington	August 8
Linda Johnson	August 8
Janet Moose	August 8
Steven Toner	August 9
Dianne Lemon	August 12
David Watson	August 12
Rick Lane	August 13
Paula Bunevith	August 15
Donna Outhouse	August 15
James Schmidtt	August 17
Pam Purssell	August 18
Eleanor Devine	August 20
Donna Bramante	August 22
Glenda Spafford	August 22
Mary Rita Spooner	August 22
Peg Vanbeveren	August 22
David Forster	August 25
Tina Sinclair	August 25
Susan Toner	August 25
Anita Herington	August 26
Norma Moore	August 26
Monica Alexander	August 26
Patricia Deering	August 29
Michael Battiston	August 30
Linda St. Peter	August 30
Judy Dean	August 30
Steve Pollard	August 31

August – 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12 Deadline for September Newsletter at 5pm	13	14 Lunch at Prohibition Kitchen 12:30	15	16
17 Signup for activity on the 21 st by noon.	18	19	20	21 Activity Rock Painting 1pm	22	23
24	25	26	27	28	29	30
31						