

The BEACON

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Email us at BWE@westpasco.us

Shedding Light on What's Happening in Your Community!

President's Corner

The Board has an open slot for a director. Call the office for more information.

The Deed Restriction Committee is asking all homeowners to help. If you see a deed violation, please send a picture with the address to the office.

You can email it or drop it by the office. Any reports will be anonymous.

Just a reminder to all Homeowners that any outside project you are planning on doing, you must get Architectural approval prior to doing your project!

You can find the architectural forms on our website or you can pick the form up in the office. If you are unsure if your project requires approval call the office at 727-863-5447 and they will be happy to help you.

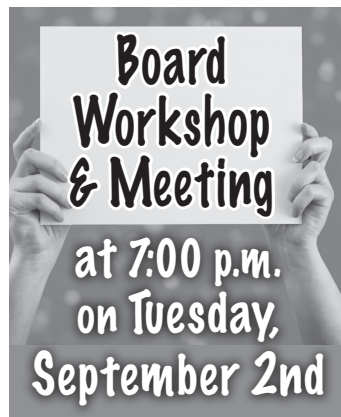


Sales For Everyone!

This is reminder to all residents of Beacon Woods East, the Fall Craft Fair will be held on October 4th, 9 a.m. to 2 p.m. The Community Garage Sale will be held the following weekend on October 11th.

Regarding the Community Garage Sale, no request form is required to participate in this. You can post signs at your street & homes on the day of the sale. We will put signs at the entrances only!

If you would like to do an additional day for your sale perhaps the Friday before or the Sunday after, just come into the office and put your request in writing.



Architectural and Deed Restriction Committee Meetings are held every Monday at 10:00 a.m. except on legal holidays. All Members are welcome and encouraged to attend all meetings.

Berkley Woods Residents

berkleywoodsoa.com

- *Next meeting*, Tuesday, September 9th, 4 p.m. at the Clubhouse
- *Next Lunch Bunch* is Wednesday, September 10th at HUDSON GRILL, 9821 Denton Ave., Hudson. RSVP to Kelley 727-597-0535
- *New Board Member!* Mr. Tracy Mehaffey has volunteered to join us on the board. Tracy and his wife DJ live on Dunwoody Ct., and they are realtors. They will bring great insight into keeping our home values high. Welcome Tracy!

PROJECTS COMING UP:

Long term planning for landscape at entrances and focal areas along the wall. If there are any landscape specialists in our midst, we could use your ideas!

PLEASE NOTE: Come to our meetings. Your ideas are welcome; concerns will be addressed, if not immediately, we will make it a priority. If you would prefer to call in, contact Kelley, 727-597-0535.



CRAFT AND BAKE SALE

ATTENTION:

Quilters, Bakers, Candlestick Makers & all other Crafters!

Make Plans now to "rent" a tablespace for your Handmade Goods and Homemade Goodies. All homemade goodies must comply with the cottage laws.

This Event will be open to the public

Saturday, October 4, 2025

Open 9:00 a.m. – 2:00 p.m.

More Details on page 14



Summary of Meeting Minutes of Beacon Woods East Homeowners' Assn., Inc. Board of Directors August 5, 2025

President Botte called the meeting to order at 7:00 pm. Present were Directors Rossi, Murphy, Pierce, Hess, and Daws. Let the records show that Lois Yassanye was also present... The pledge of allegiance was recited.

Ms. Pierce stated the minutes of the last meeting of July 1, 2025, were published in the Beacon, posted on the bulletin board, and made a motion to accept the minutes as published. The motion was seconded, and the minutes were accepted.

Correspondence: None

Treasurer Report: Ms. Murphy reported that there is \$104,135.76 in the operating account; \$44,255.49 is prepaid leaving a balance of \$59,880.27. There are 103 delinquents, 0 deceased, 22 liens/pre-liens, 0 foreclosure/ bankruptcies for a total of 125 in various stages of collection.

Ms. Murphy also brought to the attention of the board and homeowners that we presently have \$31,914.44 in delinquencies owed to the HOA. This total consists of dues, late fees, and legal fees. 9 have liens placed on the house for a total of \$13,912.34. 3 have notice of intent to claim liens sent for a total of \$1,524.82. 10 have been sent to the attorney for letters of intent to claim lien for a total of \$3,926.41. Of the remaining balance 86 still owe for the 3rd quarter for a total of \$8,921.87 and 17 owe 2 or more quarters for a total of

\$3,629.00. Director Murphy stated the board is working on the budget, the budget is based on the amount of assessments that should be collected, and they are trying to keep the assessment from increasing. With this many homeowners in delinquency it will be hard.

Community Association Manager's Report: None

Architectural Control & Deed Restrictions: Ms. Murphy reported that three (3) third letters were sent in July. Lot BW57

Grass exceeds 8" in height.

Lot 105

Grass exceeds 8" in height & overgrown grass in street gutters Lot BW13

Grass exceeds 8" in height.

Old Business: Updated camera security system. The new camera system has been installed; we now have better quality cameras with more coverage of the entire clubhouse area. The system allows board members to view the cameras on their tablets, phones, or laptops.

New Business: Pool Rules.

The board has asked everyone that enters the pool enclosure to sign in at the pool desk. The pool rules will be handed out to everyone entering the pool, and when they purchase a key card. Any member letting people in that do not have a key card or a non-functioning key card will have their key card deactivated for 30 days. The

member will need to come into the office to have the key card reactivated once the suspension time has elapsed. All homeowners need to understand that people with a key card that is not functioning have had their key card deactivated for one of several reasons – past due assessments, failure to comply with the pool rules, misconduct toward others in the common areas or misconduct toward HOA staff.

Light pole in Clubhouse parking lot. The insurance company for the young man that took out our light pole in the clubhouse parking lot has reimbursed us for the cost of replacing the pole.

2025 Event Calendar

October 4th

Craft and Bake Sale

October 11th

Community Garage Sale

October 18th

Substitution date for the craft sale or community garage sale in the event of inclement weather.

October 31st

Trunk or Treat

Volunteers for all activities would be appreciated.

Suggestions:

Organizational Reports: None

Announcements & Reminders:

The next meeting will be held on September 2nd, 2025, at 7:00 pm.

Open Forum: A homeowner asked about the house on Braxton that has been vacant

Minutes continued on 16

BWEHA Directory

BOARD OF DIRECTORS

Beverly Botte, President

Robert Rossi, Vice President

Margaret Murphy, Treasurer

Allison Pierce, Secretary

Dan Hess, Director

Daniel Daws, Director

ASSOCIATION OFFICE

727-863-5447

Hours: Monday thru Friday

8:00a.m. – 4:00p.m.

The office is closed for lunch 12:30-1:00 daily.

ADMINISTRATIVE STAFF

Jane Katzen, Community

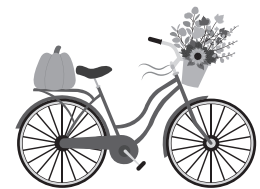
Association Manager

Rozanna Maltbie,

Office Assistant

Richard Sweet,

Maintenance Tech



BWE Mission Statement

- To maintain the property values and enhance the desirability of homes in the Beacon Woods East community by judicious and fair enforcement of our legally adopted Covenants and Deed Restrictions.

- To maintain our Common Areas and recreational facilities for the use and enjoyment of our members.

- To provide social and recreational opportunities to our members at reasonable cost and within our financial and physical capabilities.



The monthly newsletter, the Beacon, is published by Sieber Graphics. The newsletter serves as the official publication of the association and only information pertaining to BWEHA are submitted by the Association Office to inform the community of relevant news. The Association has no input or control over the advertisements. All advertising is handled by Sieber Graphics.

Exercises to Keep Seniors Fit



Physical activity is crucial for people who aspire to maintain their overall health as their bodies age. Exercise improves flexibility, contributes to a healthy weight, reduces the risk for chronic illnesses, and may even help seniors maintain their independence well into their golden years.

The good news is that exercising regularly doesn't have to be high-impact or strenuous to make an impact.

Plenty of exercises are geared toward seniors that feature gentle yet powerful movements, and address specific needs like strength, bone health, cardiovascular health, and balance. Although many fitness routines are safe, it is best to consult with a doctor or another health care professional prior to beginning a new regimen so seniors learn which activities are appropriate for their individual needs and health conditions. As seniors prepare for those discussions, they can explore the following exercises many of their peers already enjoy.

Cardiovascular Activities

It's important that seniors elevate their heart rates and improve or maintain their endurance. The Centers for Disease Control and Prevention recommends 150 minutes of moderate-intensity aerobic exercise per week. These activities fit the bill for boosting the heart.

• *Brisk walking:* Walking is a simple activity that requires no equipment and can be done almost anywhere... even in front of a television. Walk at a brisk pace to raise your heart rate.

• *Swimming:* Swimming and water-based activities are enhanced by the buoyancy of water, which reduces stress on the joints.

• *Cycling:* Whether riding on a stationary bike or a traditional one, cycling is a low-impact way to boost cardiovascular health and strengthen leg muscles.

• *Chair marching:* Individuals with limited mobility can march in place while seated, an activity that can still elevate the

heart rate.

Strength Training

The CDC advises engaging in strength training at least two days per week for older adults. This doesn't necessarily have to involve lifting weights. Body-weight exercises are quite effective, too.

• *Stand up:* From a seated position, standing up without using hands and sitting back down works the legs, hips and core.

• *Wall push-ups:* This modified push up builds upper body strength without putting strain on shoulders or wrists.

Exercises continued on 22

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Tips to Maximize Closet Space

Who couldn't use a little more closet space at home? As individuals accumulate more belongings, they need places to store all of these items. While modern homes may be built with extra storage in mind, older homes often place a premium on closet space. Homes built earlier than the 1980s may have small closets in bedrooms and only one or two additional closets around the home for linens and other items.

The most obvious solution to a lack of closet space is to build more closets. But too often home floor plans cannot ac-

commodate new closets. Therefore, homeowners may have to get creative to maximize their space.

Sort and discard: Individuals can take some time to empty closets and assess what is in them. Sometimes more space can come from simply thinning out belongings that are no longer used. Take off the plastic coverings on dry cleaning and discard bulky shoe boxes.

Invest in thinner hangers: Clothes hangers come in all types, but the thinnest and most durable ones tend to be the no-slip velvet variety. Such



hangers keep garments from slipping off and feature an ultra-thin design, says Real Simple magazine.

Use storage containers: Grouping items together and condensing them can free up space. Tuck belts, handbags and other items into storage bins that can be labeled and stacked. Loose items can look more cluttered and even take up more space when spread out.

Pair shelves with rods: For those with enough space, hanging a few shelves in unused areas in the closet can provide more storage space. If there is sufficient space above the rod, install a shelf and place seldom-used items up high.

Get a closet system: A customized closet system will certainly provide the best chances to maximize closet space.

These companies will measure the closet and assess the contents to draw up a design that will give homeowners what they need. Closet systems also can adjust and grow with lifestyle changes.

Choose other storage solutions: In addition to closets, people can identify other spaces to store items. This can include bins under beds, storage benches or ottomans, the back sides of doors, or in furniture with built-in drawers. Individuals also can purchase free-standing closets or armoires that can fill in when rooms do not have enough closet space or no closet at all.

Maximizing closet space comes down to some creativity, de-cluttering and utilizing additional furniture to meet needs.



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Corey Martin
Owner
Mon-Fri 7am-5pm
CMrescreening@gmail.com

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Drinking water lubricates joints, stirs metabolism



Sometimes aching joints are just telling you they're thirsty. Whether or not you have arthritis, water works by filling the spaces between joints.

The right amount for you could be more or less than the recommended eight glasses of water a day. When you exercise, if the weather is hot or your health condition requires more, eight glasses may not be enough.

If you drink many other fluids, the minimum amount of actual water you need to drink is two to three glasses a day. Water moves nutrients through your body, hydrates your joints and cells and increases metabolic activity.

Low-fat milk and calcium-fortified orange juice are good drinks. Two or three cups of green tea or one cup of fruit juice are excellent drinks.

Two cups of caffeinated coffee, soft drinks or tea count in your favor. *Water continued on next page*

Menopause: Separating Fact from Fiction



Menopause is a natural biological function that takes place in a woman's life. Menopause marks the end of a woman's reproductive years, meaning she will no longer be able to conceive children.

Menopause often is misunderstood, largely due to persisting myths. Separating the facts from fiction can help provide clarity regarding this stage in a woman's life.

FICTION: Menopause happens suddenly on a specific date.

FACT: Menopause is a gradual process that begins with a stage known as perimenopause. This is the transitional phase leading up to menopause, which can last four to nine years. The North American Menopause Society says most women begin perimenopause in their mid- to late-40s and reach

menopause around age 51 on average.

FICTION: You'll know in advance when you've reached menopause.

FACT: Menopause will not be evident until after 12 consecutive months without a menstrual period.

FICTION: Hot flashes are the only symptom of menopause to be concerned about.

FACT: Menopause (and perimenopause) can bring on a variety of symptoms. John's Hopkins Medicine says approximately 75 to 80 percent of women will experience hot flashes during menopause. However, additional symptoms may include night sweats, sleep disturbances, mood swings, joint pain, and memory problems. The Mayo Clinic emphasizes that symptoms and their

severity vary widely among women.

FICTION: Menopause is depressing and a sign of "getting old."

FACT: Menopause is a natural life stage and not a sign of decline. Many women report feeling more confident after menopause has occurred and less stressed not having to keep track of menstrual periods. A 2023 survey from the American Association of Retired Persons found that 71 percent of women between the ages of 45 and 59 felt empowered to take charge of their health during menopause.

FICTION: Women just have to grin and bear the menopause transition.

FACT: Hormone replacement therapy (HRT) is safe and effective for many women, particularly those under age 60 or within 10 years of the onset of menopause. A Women's Health Initiative study in the early 2000s initially correlated HRT to increased risk of breast cancer, heart disease and stroke. Today, updated reviews from the National Institutes of Health clarify that these risks depend on individual factors. HRT remains the most effective treatment for hot flashes and vaginal dryness.

FICTION: Menopause will
Menopause continued on 21

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Water continued
Sodas that contain phosphoric acid, which can prevent calcium from being absorbed, can increase your risk of osteoporosis, say researchers at the Cleveland Clinic.

Always drink alcohol in moderation, one or two glasses a day at most. Alcohol is dehydrating, which can decrease the amount of water in your body and decrease water's benefits.

About 20 percent of your fluid need is met by the foods we eat. The other 80 percent must be from beverages.

Remember that water is a pleasant drink. It's safe, inexpensive and always available.

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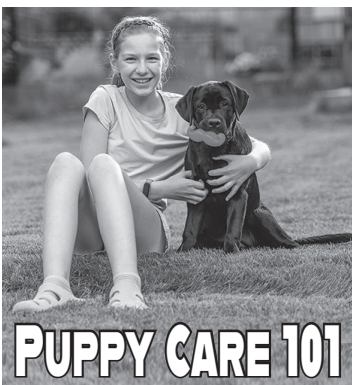


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PUPPY CARE 101

Welcoming a new puppy into a home is a rewarding and exciting venture that comes with a good deal of responsibility. The first few months of a young dog's life are essential for development, which impacts the puppy's behavior, health and

well-being for the duration of the animal's life. It's crucial to provide proper care, nutrition and guidance to a puppy in order to lay a foundation for a healthy, well-adjusted dog. These pet care tips can help establish such a foundation.

HEALTH CHECK

Make an appointment with a veterinarian for a health and wellness check upon bringing a puppy home. Vaccinations are vital for protecting a puppy from highly contagious and potentially fatal diseases. Core vaccinations include protection against distemper, adenovirus, parovirus, and rabies. Initial sets of shots start around six to eight weeks of age, with boosters given every

two to four weeks until the puppy is about 16 weeks old, according to PetSmart. Additional recommended vaccines include bordetella, leptospirosis and Lyme disease. It's key to keep a puppy close to home unless the pet has received a full vaccination series and has fully developed immunity, typically two weeks after the final vaccine.

Unfortunately, some rescued animals may have parasites like fleas or intestinal worms that also will need to be treated under the guidance of a vet.

NUTRITION

Puppies have unique nutritional needs that differ from adult dogs. They require more protein, energy and specific vita-

mins and minerals to fuel rapid growth. The National Research Council of the National Academy of Sciences estimates that the energy needs of a puppy are double those of an adult dog of the same breed. Pet parents should choose puppy-specific foods that meet the nutritional standards established by organizations like the Association of American Feed Control Officials (AAFCO).

Due to their smaller stomachs and higher metabolisms, puppies need smaller, more frequent meals throughout the day. This means three to four meals per day until the pet reaches maturity at around six months. Vets say puppies usually can be transitioned to adult food when the puppy reaches 80 percent of their projected adult growth. Small breeds may reach this around nine to 10 months of age, while large breeds may do so between 12 and 16 months.

SOCIALIZATION

Socialization is a critical aspect of puppy care, and can shape the behavior and temperament of a dog. The sensitive period for socialization is between three to 16 weeks of age. Exposing the puppy to diverse experiences, people, sights, and friendly dogs can help. Socialization should be positive and involve rewarding the dog with plenty of treats and praise when it behaves well.

*Puppy Care
continued on 21*



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9				10				
11				12				
13			14				15	
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18	19		20				21	22
23		24				25		
26						27		
28						29		

The headline is a clue to the word in the shaded diagonal.

Across

- 1. Bossy remark?
- 4. Construction girder
- 9. Ring bearer, maybe

- 10. The writer Saki's real name
- 11. "Yadda, yadda, yadda"
- 12. Primp
- 13. Casual clothing

- 15. In attendance
- 16. Say "@#\$\$%!"
- 18. Commercial
- 20. Father of Agamemnon
- 23. Certain Muslim
- 25. Freudian topic
- 26. Astound
- 27. Soar
- 28. Dads
- 29. A sib

Down

- 1. Docile
- 2. Curse
- 3. Killer whales
- 4. Blasphemy and sacrilege
- 5. College treasurer
- 6. Compass heading
- 7. Geometry calculation
- 8. Alpine sight
- 14. Holiday since 1966
- 17. Coral formations
- 18. Rush job notation
- 19. Russian legislature
- 21. ___ fruit
- 22. Some beans
- 24. Short snooze

Puzzle answers on 21



Safe Medication Management Strategies

Medications are necessary to manage health conditions, improve quality of life and prevent illnesses. According to the National Health Interview Survey conducted by the Centers for Disease Control and Prevention, American adults between the ages of 18 and 64 take an average of 3.9 prescriptions per person per year. Those age 65 and older take an average of 5.1 prescriptions per year.



It is essential to manage medications properly to avoid serious health risks. Medications can interact with one another and cause adverse drug reactions when paired with over-the-counter products and even certain foods and beverages.





Drugs.com reports drug interactions are a major cause of

Medication continued on 21



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Local HAPPENINGS

Village of Pawsitivity is a non-profit animal rescue. We're hosting a **Flapjack Fundraiser. With a 50/50 raffle.** Visit our website: villageofpawsitivity.com or our Facebook page: [village of Pawsitivity](https://www.facebook.com/villageofpawsitivity) to learn more about us. Cost \$12 for 3 pancakes, 2 sausage links, and choice of beverage. Coffee, tea, juice or soft drink. Applebee's 10601, County Line Rd on **October 11th** from 8:00 a.m. to 10:00 a.m. Please come and Pawty with us! It will be a Purrfect day! For tickets contact us at villageofpawsitivity@gmail.com or call Joy at 708-562-2089.



Heritage Pines Democratic Club is pleased to announce that Stephanie Vazquez, Candidate for Pasco County Commission, District 2, will be our guest speaker at our upcoming membership meeting on **Thursday, September 18th** at 4 p.m. at Heritage Pines, 11524 Scenic Hills Blvd, Hudson. This is a valuable opportunity for community members to hear from the candidate about her platform, vision, and priorities for our county. A Q&A session will follow the presentation. We welcome all Democrats and like-minded people to come and share camaraderie and refreshments. Visit us on Facebook at [Heritage Pines Democratic Club](https://www.facebook.com/HeritagePinesDemocraticClub) or contact us at heritage-pinesdems@gmail.com.



Dementia Spotlight Foundation Caregivers Support Group Meeting, Hudson First United Methodist Church, 13123 US 19, Hudson, Tuesday, **September 2nd** at 10:30 a.m. Contact Laura Arnold, 727-808-2053, larnold32@gmail.com



Caregivers who take care of Loved Ones with dementia. Support meeting at Hudson First United Methodist Church, 13123 US 19, Hudson, **Tuesday, September 16th** at 10:30 a.m. Contact Laura Arnold, 727-808-2053, larnold32@gmail.com.



Naturecoast Botanical Garden 2025 Annual Fall Plant Sale 1489 Parker Ave, Spring Hill on **Friday, October 10th** 9 a.m. to 2 p.m. and **Saturday, October 11th** 9 a.m. to 12 p.m. We have a great variety of moderately priced tried and true plants that grow in our area. Many of our plants are grown right here at the Botanical Gardens. We will have knowledgeable Spring Hill Garden Club members to help with questions and selections. ALL proceeds go to the upkeep of the Botanical. Gardeners, please come help us keep the gardens open and FREE to the public. visit our website www.naturecoast-gardens.com.



Coming soon on **November 8th...Craft Fair and Bazaar!** More info to come. Any vendors who would like to participate please call the church, 727-863-6446. Thank you. Hope Lutheran Church, 12321 Canton Avenue, Hudson.



German American Club of Spring Hill will have a 'Welcome Back' Dance on **Sunday, September 7th**, at the Regency Oaks Civic Association. Music by 'Polka Werner'. Dress code is Club Casual. Doors open 1:00 p.m. Please bring a dish to share for our club's hors d'oeuvre table! Hors d'oeuvres and two complimentary glasses of wine per person from 2:00 to 2:45 p.m. only! Dancing from 3:00 to 7:00 p.m. B.Y.O.B. Tickets in advance only: members \$14.00, guests \$17.00. For tickets call Lisa Yaskulski at 352-688-3744. Visit us at our web address: germanclubspringhill.org.



Beacon Woods Civic Center is having a **FALL CRAFT FAIR** on **Saturday, November 8th** from 9 a.m. to 2 p.m. at 12440 Clocktower Pkwy. Start your Christmas shopping early with unique gifts, crafts and jewelry. Vendors welcome for \$20/table call 727-863-1267. Buy a gift **More Happenings on 22**



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Celebrate
HISPANIC
HERITAGE MONTH
with Mixed Tostados

National Hispanic Heritage Month is an annual, month-long celebration that begins on September 15 and lasts through October 15. The month recognizes the culture, history and contributions of American citizens who can trace their lineages to Spain, Mexico, Central and South America, and the Caribbean.

There are many ways to commemorate Hispanic Heritage Month, including by enjoying culturally relevant foods. There's no shortage of great recipes to enjoy during Hispanic Heritage Month, including this one for "Mixed Tostadas" from "The Complete Mexican, South American & Caribbean Cookbook" (Metro Books) by Jane Milton, Jenni Fleetwood and Marina Filippelli. Tostadas are like edible plates that can support many ingredients, as long as they aren't too juicy.

Mixed Tostadas

Makes 14

Oil, for shallow frying

- 14 freshly prepared unbaked corn tortillas
- 1 cup mashed red kidney or pinto beans
- 1 iceberg lettuce, shredded
- Olive oil and vinegar dressing (optional)
- 2 cooked chicken breast portions, skinned and thinly sliced
- 8 ounces guacamole
- 1 cup coarsely grated sharp cheddar cheese
- Pickled jalapeño chiles, seeded and sliced, to taste

1. Heat the oil in a shallow frying pan and fry the corn tortillas, one by one, until golden brown on both sides and crisp but not hard.
2. Spread each tortilla with a layer of mashed pinto or kidney beans. Put a layer of shredded lettuce (which can either be left plain or lightly tossed with a little dressing) over the beans.
3. Arrange chicken slices on



top of lettuce. Spread over a layer of the guacamole and then sprinkle grated cheese on top.

4. Arrange the mixed tostadas on a large platter and serve immediately, while still warm. Use your hands to eat tostadas, as they are extremely messy.

Variations: Instead of chicken, try using shredded pork, ground beef or turkey, or sliced chorizo. For a more authentic taste, use queso fresco or feta cheese instead of cheddar.

DID YOU
— Know? —

A 2023 meta-analysis published in the journal Reviews on Environmental Health found that excessive screen exposure may be a significant contributor to the development of attention deficit hyperactivity disorder (ADHD) in children. The report analyzed nine studies that examined more than 81,000 children, including nearly 29,000 who had been diagnosed with ADHD. The analysis found that children exposed to more than two hours of screen time each day had significantly higher rates of ADHD than youngsters whose daily screen time was limited to two hours or less. Researchers behind the analysis ultimately concluded reducing children's screen time could prevent the occurrence of ADHD.

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100% of the profits from the Pasco St. Vincent de Paul Thrift Store are distributed to our 8 local conferences to provide food and financial aid to those in need throughout our area.

Activities and events held at CARES
dba (Community Aging & Retirement Services, Inc.)
CARES
Claude Pepper Senior Center & Clinic
6640 Van Buren Street
New Port Richey, FL 34653
Phone: 727-457-8822 Email: csorrentinocares@gmail.com
Website: www.caresfl.org

Storm Survivors Flood Pasco County Health Clinic. Volunteer-run facility struggles to meet surging demand for free care. by Christine Bryant of the Suncoast News. When hurricanes Helene and Milton swept through the region last fall, the storms didn't just take down power lines and flood homes — they pushed hundreds more people into a crisis of health and survival.

At the Claude Pepper Senior Health Clinic, staff saw an immediate surge in demand as many patients struggled to get back on their feet. The small, volunteer-driven clinic saw patient counts jump more than 12% from 2023 to just after the hurricanes in 2024 — greatly stretching resources, said Kristin Amato, President and CEO of CARES, the nonprofit that oversees the free community health clinic serving Pasco County and the surrounding communities. "People who were already in a difficult situation became homeless," she said. "Even today, we find that with a lot of the patients we treat, they have to weigh paying for health care or putting food on the table."

The clinic, at 6640 Van Buren St. in New Port Richey, relies heavily on donations of funds, food, clothing and volunteer time to help patients served by volunteer doctors and health care staff. Private grants and donations from health care organizations like BayCare, help pay for administration costs and medical supplies.

As the need for services increases, however, Amato said there is a significant need for help funding everyday costs the clinic incurs, from utility bills to credentialing staff and paying for insurance. "We make do, but it is very, very tight, and our long-term goal is to expand the clinic and have more locations throughout the county," she said.

While the clinic, housed within the Claude Pepper Senior Center, was originally designed to assist seniors 55 and older who were uninsured or unable to see a Medicaid doctor, it has played a significant role in treating homeless individuals and the working poor in the county over its 20 years of operation. "When I began my CEO role, it was important to me to treat all of Pasco," Amato said. "If they are an adult 18 and older and they need health care, we'll provide them with health care services."

Recently, staff members assisted a 34-year-old man who thought he had a case of diverticulitis, a condition in which the colon becomes inflamed or infected, but instead was diagnosed with Stage 4 colon cancer. "Arrangements were made to have (him) seen at Moffitt Cancer Center, but he had to have a primary care (doctor) to manage his other disease processes since Moffitt couldn't manage those," Amato said. "This was the only way to get him seen as a patient there." Without insurance, finding a primary care doctor posed a challenge. "We took him on with one of our primary care (doctors) and he was able to receive his treatments from Moffitt," she said. "We were able to do this because our only criteria is that the patient have no insurance."

In addition to the clinic, CARES (Community Aging and Retirement Services) also provides a food bank for local residents in need. Donations of food, personal items, clothing, shoes, blankets and other necessities can be dropped off at the health clinic.

"Because we are a free clinic, we are always looking for volunteers as well, anything from clerical to medical," Amato said. "We're always looking for receptionists, medical assistants, doctors, nurses and anyone willing to do cleaning and custodial work."

For more information on volunteer opportunities, or to make a monetary donation, call 727-844-3077 or go to caresfl.org/health-wellness.

--- BWE Social Scene ---



Joanie's Beginners Line Dance Class

Every Monday beginning September 8th. Time: 10:30 a.m. to 11:30 a.m. Cost \$3.00 for BWE members, \$4.00 for nonmembers.



TAI CHI/CHI KUNG

Is a fun, slow simple exercise that's EASY so everyone will benefit. Increase focus, flexibility, energy, coordination. Improve balance, breathing, posture and lower blood pressure. A donation for members is \$5.00 and \$6.00 for guests. Class is 10:30 a.m. on Tuesdays. Call Pat, Grand Master has taught over 20 yrs. Join the fun! 992-7896



YOGA CLASSES

Yoga Classes are held at the BWE Clubhouse on **Thursdays from 5:00 p.m. – 6:00 p.m.** Classes are led by Lori-Ann Lynde, a Certified Yoga instructor. Join her for relaxing music to help stretch, strengthen, and build posture and balance in your body while relaxing your mind. All you need is a yoga mat, a towel for your head, comfortable clothes and a water bottle. The cost is a \$5.00 donation and \$6.00 for guests. For additional information call Lori-Ann 727-505-7703.



CHAIR YOGA

Lori-Ann Lynde our yoga class instructor has added chair yoga to Mondays monthly calendar at Beacon Woods East Clubhouse from 5:00 pm – 6:00 pm. The cost is \$5.00 for members & \$6.00 for guests.

What is chair yoga?

Chair Yoga allows you to perform yoga poses while seated or using a chair for balance. Chair-based yoga offers the same benefits as traditional yoga, like boosting strength, flexibility, and mental well-being. It promotes relaxation, reduces stress and improves mental clarity. Like other forms of exercise, seated yoga may also help improve mood, your confidence and relieve anxiety and depression. This yoga is a slower paced flow for beginners or those that want to focus on the pose without having to worry about balancing. Chair yoga poses engages your legs, upper back, lower back, shoulders, hamstrings, hips, glutes and feet. The poses elongate and lengthen the back and can help improve your core muscles and core strength. It can also help relieve stiffness in your shoulders, back, arms and legs.

Now let me tell you a little about myself. My name is Lori-Ann Lynde and I am a 500 hour Yoga Instructor with a specialty certification in Chair Yoga. I modify poses for those that may need it. I have been a member of the Yoga Alliance for 5 years. I would love to have everyone come out and give it a try. All you need to do is show up to class. I recommend you bring a towel and a bottle of water to stay hydrated.

Hello, Neighbors!

The Board of Directors and staff of the Beacon Woods East Homeowners' Association would like to extend a hearty welcome to our new neighbors and association members.

RAVENSWOOD VILLAGE

Ray Ramjattan
8106 Roxboro Drive

WOODWARD VILLAGE

Patricia Drake
13102 Wagner Drive

Ricky Ballard

13307 Woodward Drive

BERKLEY WOODS

Charley Sisson &
Brenda Brown
8514 Ashbury Drive

CLAYTON VILLAGE

Glynn & Elizabeth Battye
13116 Sheridan Drive

New owners are reminded that we are a Deed Restricted Community with regulations governing the maintenance and appearance of their property. We charge small association fees payable quarterly, semi-annually or annually. All new members agree to this arrangement in writing at closing.

We encourage new owners to visit our Clubhouse, check out our swimming, sports and playground facilities, and find out about our community activities.

The BWEHA Board of Directors meets once a month on the first Tuesday. New members are invited to attend these meetings and learn about the workings of our Association. They can participate in the formal Board meeting by speaking or asking questions during the Open Forum part of the meeting.

All members receive the monthly *BEACON* newsletter and are encouraged to read it for important news about the community and its people.

WEDNESDAY YARN GROUP



The Wednesday afternoon Yarn Group has been busy making items that are being donated to Hospice Care Coordinator Janie Bennett. These gifts of kindness will be given to adults, children and infants in their time of need to help with the end of life comfort.

The yarn group is a small intimate group. While we are busy creating some wonderful gifts and works of art, the additional benefits have been the dear and marvelous friends who have been made along the way. This group works in all mediums including knitting, crocheting, needlepoint, quilting, and more.

Couldn't find more caring or sharing people anywhere. Come join in the fun on Weds., 1-3 at Beacon Woods East Clubhouse on Clayton Blvd.

Beacon Woods East 6th Annual



CRAFT AND BAKE SALE

ATTENTION:

Quilters, Bakers, Candlestick Makers and all other Crafters!

Make Plans now to “rent” a tablespace for your Handmade Goods and Homemade Goodies.

All homemade goodies must comply with the cottage laws.

This Event will be open to the public

Saturday, October 4, 2025 - Open 9:00a.m. – 2:00p.m.

Set up at 8:00 a.m. the day of or 3 – 4 p.m. the day before

Beacon Woods East Clubhouse • 8421 Clayton Blvd. • Hudson, FL

Cost for table: HOA Members - \$5 per table & Non Members - \$10 per table

Table donation will help offset cost of additional HOA activities.

Pre-Registration required prior to September 26th • Space is Limited!

BWE Early Registration begins August 1st

Non - member registration begins September 1st

Name: _____

Address: _____ Lot _____

Phone #: _____

Email: _____ (necessary for info on early set up)

Number of tables (2 max) _____ Extra space for racks or stand alone display Y or N (\$2.50 additional charge)

Power requested _____

(though we cannot guarantee power, and power is very limited, we will make attempt to locate your table near an outlet)

Type of craft: _____

Baked goods: _____

Remit to office by September 26, 2025, at the BWE Clubhouse Office 8421 Clayton Blvd, Hudson

Deed Restrictions at Work:

Letters were sent in July from the Architectural Control & Deed Restriction Committee to correct verified deed restriction violations listed below:

- 3 Debris stored on property
- 12 Grass exceeds 8" in height
- 1 Vehicle parked on grass
- 1 Sidewalk sinking – trip hazard
- 1 Broken garage door
- 1 Trailer parked in street
- 1 Pod in driveway – no architectural form approved
- 1 Bushes/hedges need trimming
- 1 Street gutters need edging

2nd Notices

- Lot 353 Truck and car parked on grass
- Lot 108N Tall grass
- Lot 288N Tall grass in swale
- Lot 097N Debris stored on property
- Lot 930 Grass exceeds 8" in height
- Lot 707 Grass exceeds 8" in height

3rd Notices

- Lot 478 Grass exceeds 8" in height
- Lot 259 Inoperable vehicle in driveway
- Lot BW13 Grass exceeds 8" in height

Thanks for your compliance – the following violations have been corrected:

- Lot 568 Vehicle parked in street overnight
- Lot BW14 Grass exceeds 8" in height
- Lot 201 Grass exceeds 8" in height
- Lot 191N High grass
- Lot 104 Bushes/hedges exceed 5' in height
- Lot BW14 Palm trees need trimming
- Lot BW03 Trees need trimming
- Lot 890 Grass exceeds 8" in height
- Lot 925 Vehicle parked on grass
- Lot 839 Grass exceeds 8" in height
- Lot 956 Hedged exceed 5' in height

BWHEA Operating Statement – July 2025

INCOME			
	HOA FEES	\$	32,322.95
	GUEST FEES	\$	79.00
	CLUBHOUSE RENTAL	\$	300.00
	ATTORNEY FEES	\$	-
	INTEREST INCOME RESERVES	\$	532.11
	ESTOPPEL CERTIFICATES	\$	650.00
	LATE FEE	\$	362.00
	OTHER INCOME	\$	50.00
	TOTAL		\$ 34,296.06
EXPENSE			
	UTILITIES		\$ 2,028.26
	SERVICES		
	* MAJOR REPAIRS	\$	11,035.71
	EMPLOYEE COSTS	\$	124.12
	** ELECTRICAL SUPPLIES/REPAIRS	\$	(2,481.00)
	PERMITS/LICENSES	\$	31.25
	PLUMBING SUPPLIES	\$	81.66
	PAINT SUPPLIES	\$	554.14
	OFFICE SUPPLIES	\$	547.57
	COPIER MAINTENANCE AGREEMENT	\$	66.66
	LAWN MAINTENANCE CONTRACT	\$	1,750.00
	SPECIAL ACTIVITIES	\$	135.00
	SOD/TREE REMOVAL	\$	650.00
	POOL SUPPLIES	\$	176.82
	RETENTION AREA CLEANING	\$	1,000.00
	SALES TAX	\$	303.81
	COMPUTER & INTERNET EXPENSE	\$	32.10
	TOTAL		\$ 14,007.84
	MAINTENANCE/SUPPLIES		
	JANITOR SUPPLIES	\$	167.05
	COMMON AREA MAINTENANCE	\$	158.53
	BUILDING MAINTENANCE	\$	192.07
	TOTAL		\$ 517.65
PAYROLL			
	SALARIES		\$ 10,903.70
	TOTAL		\$ 27,457.45
NET INCOME	POOLING RESERVES	STANDARD RESERVES	
\$ 6,838.61	\$ 160,384.39	\$ 220,641.36	
RESERVES - DEPOSITED \$5,000.00 TO EACH RESERVE ACCOUNT IN JULY			
	* UPGRADED CAMERA SYSTEM		
	** REIMBURSEMENT FOR PARKING LOT LIGHT & POLE		



A note from the publisher:

Thanks to Our Readers:

Just a note to thank our readers for patronizing the businesses in this publication and letting them know you saw their ad in *The Beacon*.

The advertisers make this free magazine possible to all the residents in Beacon Woods East.

Thanks again — Your friends at Sieber Graphics



The Recipe for Healthy Dogs Begins With Food

Nutrition is a cornerstone of good health. The right foods provide vitamins and minerals that affect everything from energy levels to susceptibility to disease to body weight. Companion animals also derive similar benefits from nutritious foods, but pet parents may not recognize all of their options. Store shelves are lined with countless dog foods, and some pack a more nutritious punch than others.

Right amount of food

One of the first considerations for feeding is determining the right amount of food. Checking the label for the serving size recommendation from the food manufacturer may not be so cut and dry. That's because dog food companies are in the business of selling food, which means the serving recommendation might be larger than is actually necessary.

The 2022 U.S. Pet Obesity Prevalence Survey found 61 percent of cats and 59 percent of dogs are overweight or obese. Overfeeding is a notable culprit behind that problem. It's better to experiment with food portions to achieve the right balance instead of doling out cups of food in accordance with the instructions on a packet. Consult with a veterinarian or conduct research on what a healthy weight looks like on a particular dog breed, and what weights are in the right range for age and gender.

Food standards

It's wise to choose a high-quality, nutritionally complete and balanced diet for dogs. Price isn't always indicative of quality, but pet owners may want to choose the best food they can afford. Check nutrition labels to ensure that protein sources are the first ingredients, which means they are in higher quantities in the food. Pass on foods that have a lot of fillers.

Choose foods that meet the standards set by organizations like the Association of American Feed Control Officials (AAFCO). This ensures the food provides all the necessary nutrients for a specific life stage (puppy, adult, senior).

Consistent meals

Consistency in feeding times is beneficial to dogs, who tend to prefer routine in their lives to alleviate stress. Scheduled meal-times may help with digestive health by regulating bowel movements. Plus, rather than "free feeding," which means leaving a food bowl out all day, scheduled meals can prevent overeating and a healthier routine.

Offer treats sparingly

Every now and then offering a dog a treat of human food can fit into a healthy lifestyle. Although many human foods are unsafe for

Meeting Minutes *continued*

for several years. The house was finally sold, and there has been some activity, in the past few weeks there has been no work done and the lawn needs to be mowed. The house is back on the market, the LLC that bought it listed it within days of the purchase. Lois will contact the Owner about taking care of the lawn on a regular basis.

A homeowner commented that the retention area is still in need of tree and debris removal. With the record heat the past few weeks it has been hard for Richard to work in that area for any extended period of time. This is an ongoing project and is made more difficult by the homeowners that continually dump lawn and brush in the area. We are having problems within the areas behind Woodward, Wagner, Berkley and Braxton. The board would appreciate any help in identifying those guilty of this illegal dumping.

A comment was made about the sand at the corner of Clayton and Braxton. There is no irrigation in that area, so the grass is not growing. The board has not found a solution to this issue and are open to suggestions.

There have been a lot of complaints about solicitation in the community. We have posted "no soliciting" signs at the entrance to the community but enforcing this is an issue. The board suggested putting a no soliciting sign on your door to keep solicitors away.

Adjournment: President Botte adjourned the meeting at 7:15 p.m.

Lois Yassanye, Recording Secretary
Allison Pierce, Secretary



dogs, plenty are perfectly fine to eat. When supplementing with these foods, pet owners should adjust dog food portions to balance out the meal. Many vets recommend that treats comprise no more than 10 to 15 percent of a dog's daily caloric intake. The pet supply company Chewy recommends these items as "people food" for dogs, but dog owners should be sure to check with their vets before introducing any new food into their dogs' diets.

- Apples
- Bananas
- Blueberries
- Cranberries
- Eggs
- Lettuce and other greens
- Peanut butter
- Plain popcorn
- Pumpkin



A healthy diet for a dog involves portion control, high-quality food, consistent feedings, and infrequent, healthy treats. Partnering with a veterinarian can be a good way for dog owners to maintain their focus on a dog's individual needs and weight to ensure a long, healthy life.

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Tips To Find A Job In The Modern Market

Professionals know that standing out in a crowded field of applicants has long been a challenge when seeking a new job. But that challenge grew significantly more difficult in the internet era, when it became vastly easier and quicker to apply for a new opportunity but simultaneously more difficult to stand out from the many other applicants who could apply in a few minutes or less.

The modern job market certainly requires a different approach to finding a job than in years past. However, some useful points can help talented professionals find their next job.

• **Hone your networking skills.** Networking is a vital skill for modern professionals, including those looking for a new job. Though internet reports suggest as much as 85 percent of job openings are now filled through networking, that data has been debunked and characterized as a myth. Still, network-

ing can help professionals learn about openings before they're listed (if they're even listed at all) and also provide insight into a company's culture.

• **Create a visible online profile.** LinkedIn was long considered the go-to platform for professionals to establish an online profile, and that's largely still the case. Though some LinkedIn users complain that jobs advertised on the site are not removed even weeks after they've been filled and others feel the site has become a more traditional social networking site and less a professional networking platform in recent years, it's still a go-to platform among human resources professionals and recruiters. In fact, a recent report from Jobvite found that 87 percent of recruiters utilize LinkedIn to identify candidates. So while some may view LinkedIn as less useful than it used to be, HR professionals continue to value it.



The modern job market can be difficult to navigate. But diligent and dedicated professionals who commit to the process can land a fulfilling job.

• **Create an informative online profile.** It's important to have an online profile in the modern professional world and equally vital to make that profile as informative as possible. Avoid lengthy sentences that HR professionals and others are unlikely to read in favor of bullet points of relevant experiences and skills. It's possible to be both concise and informative, and professionals should aspire to be both when crafting their online profile.

• **Keep looking.** Though it's hard to confirm various online claims regarding how many applications the average job seeker submits before landing a new job, various sources indicate a person can expect to apply for as many as 200 jobs before successfully finding new work. That's a lot of leg work and frustration, but it's vital that professionals avoid waving the white flag. A new opportunity will eventually arise, particularly for those who fully commit to finding a new job.

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868-2306

Childhood obesity is a complex condition with a variety of contributing factors. The Centers for Disease Control and Prevention indicates about one in five American children have obesity. The Government of Canada says obesity rates among children and youth in Canada have nearly tripled in the last 30 years, with one in seven Canadian children now meeting the criteria for obesity.

According to the Cleveland Clinic, childhood obesity happens when a child is above a healthy weight for their age, height and sex. The medical definition defines childhood obesity as having a body mass index at or above the 95th percentile for age and sex in children age two years and older. Children in the age range of 12 to 19 have the highest percentage of childhood obesity.

Individuals may wonder what factors are driving these statistics. Childhood obesity has many causes, and the fol-



lowing are some things caregivers should be aware of so that their children's weights do not put their health at risk.

- **Genes:** Childhood obesity is very much affected by a child's genes inherited from parents. Nirvana Healthcare says one study found that 80 percent of kids were obese if both of their parents were overweight. Children with siblings who are obese also are more likely to develop the condition themselves. The Cleveland Clinic says studies show various genes may contribute to weight gain.

- **Poor diet:** The foods children eat contribute to weight gain and the development of childhood obesity. Dietary habits that include consuming high-calorie, low-nutrient foods and beverages put one at risk for becoming overweight or obese.

- **Lack of physical exercise:** The CDC says children who are physically active have stronger muscles and bones, better cardiovascular fitness, and lower body fat than those who are inactive. Kids ages three to five should be physically active throughout the day. Kids between the ages of six and 17 need at least 60 minutes

of physical activity every day.

- **Insufficient sleep:** Insufficient sleep could be contributing to childhood obesity. The CDC says kids who don't sleep enough are at risk for unhealthy weight gain, although researchers are still trying to learn how sleep is linked to weight gain.

- **Behavioral factors and lifestyle:** Snacking and dining out more frequently than cooking meals at home may increase risk for obesity. Increased screen time and sedentary behavior also influences the chances for childhood obesity to develop, says the Cleveland Clinic.

- **Social determinants of health (SDoHs):** SDoHs are factors in the environments where one lives, works, plays, and learns that can affect health. Some of the SDoHs include proximity to fast food restaurants, whether parks or recreational facilities are nearby, transportation access, accessibility of healthy food options, foods served in daycare centers, and more.

Obesity continues to affect many children, putting their health at risk now and in the future. Understanding contributors to this illness can enable families to make positive changes.

griffith

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 Doctor of Medicine in Dentistry

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fall on the ROAD

It's Apple Picking Time!

Here are Some Apple Picking Pointers



Visiting an apple orchard and picking one's fill of apples is a quintessential fall activity. Apple picking is an ideal way to spend time outdoors when the weather tends to be cool and

pleasant. Gathering fresh-from-the-tree fruit to turn into favorite fall desserts like cobblers and pies is irresistible.

According to the Economic Research Service, Washington

state is the leading apple producer in the United States. It is followed very distantly by New York and Michigan. Apples were first cultivated in Canada by early French settlers, with the first trees planted in Nova Scotia's Annapolis Valley around 1633. Today, New Brunswick, Quebec, Ontario, and British Columbia have become strong players in the apple business. While other areas may not be apple meccas, those looking to pick their own have plenty of options across North American to enjoy this pastime. Prior to an apple picking adventure, people can do a little preparation to ensure the afternoon is fun and fruitful.

• **Do some research.** Before individuals head out, they should do research into the available orchards and which apple varieties they specialize in. Ripening seasons vary, so certain varieties may not be available at all times. Call ahead to learn which apples are ripe and when.

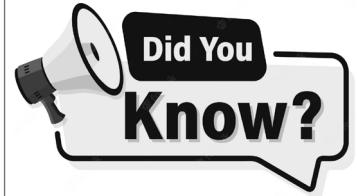
• **Visit early.** The best apples are often available early in the season before the trees have been heavily picked over. It's also a good idea to visit the orchard early in the day, which means cooler temperatures and smaller crowds.

• **Dress appropriately.** Orchards can be dusty, muddy and buggy. The ground also may be uneven. Individuals can wear comfortable clothes and closed-toed shoes that can get dirty. Also, they should dress in layers, as it can be chilly early in the day and then warmer later on.

• **Pick correctly.** Instead of yanking on the apples, which can damage the tree and apples, people should gently roll or twist the apple upwards from the branch. If the apple is ripe it will detach easily with stem intact.

• **Avoid bruising.** It's wise to inspect the apples to make sure they are firm and brightly colored. Those with bruising or insect damage should be left behind.

• **Don't overload.** Only pick what you need. Apples are deli-



Eyeglasses for Kids

There is no definitive age when a child may need to get eyeglasses. However, the American Association for Pediatric Ophthalmology and Strabismus notes that children's visual systems are still developing during the first 12 years of their life, and during this period wearing glasses can be important for normal vision development. Glasses can help straighten crossed or misaligned eyes, bolster weak vision caused by differences in vision between a child's eyes, and even protect the stronger eye. The American Academy of Pediatrics recommends children begin vision screening around age 3 and receive annual screenings each year at ages 4, 5 and 6. After that, screening is recommended when children turn 8, 10, 12, and 15. Of course, parents who begin to suspect their children are having trouble with their vision are urged to take the child to an ophthalmologist once such suspicions arise. Some notable signs include inexplicable declines in academic performance, children sitting closer to the television than they once did and children's own remarks regarding their vision if they say anything at all.



cate, and overloading the apples into bags can crush or bruise the ones on the bottom. Plus, over-picking means that the apples may spoil before they can be eaten.

After a day at the orchard, apples can be stored unwashed in a cool, dark place, which will help them stay fresher, longer.

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Menopause *continued*

put an end to intimacy.

FACT: Some women report changes in libido and vaginal comfort after menopause takes place, but many women remain sexually active and happy. A study in Menopause, the official journal of the NAMS, found 60 percent of women between the ages of 50 and 79 reported being sexually active. Various products and treatments can support sexual health as women age.


Menopause is something most women will experience as they age, whether naturally or brought on by reproductive surgery. Getting past the myths to the real information can set minds at ease.

PUPPY CARE *continued*
TRAINING

It's important to begin training early to establish clear communication and build a strong bond between the puppy and owner. Positive reinforcement, which rewards desired behaviors with treats, play and praise, is the training method that most experts recommend. Begin with basic commands like, "sit," "stay," "come," and "leave it." Consistency is key, and keep training sessions short and fun.

Establishing a consistent potty schedule and rewarding the puppy immediately when they eliminate in the right spot can help develop house training skills.

Getting a new puppy is a fun experience that requires proper care to ensure the long-term well-being of the animal.



PUZZLE ANSWERS

S	I	S		S	V	P	V	P	A	P
Y	L	F		E	Z	V	A	M	A	V
O	G	E		I	N	N	S	U	N	S
S		U		A	T	R		A	D	
		R		E	W	S				
	V			S	I	K	A	H	K	
	A				P	R	C	E	T	
	N				E	R		E	A	
	O				M	U	R	E	A	
					I	B	E	A	M	
							O			



Medication *continued*

hospitalizations and side effects. A 2024 study published in Scientific Reports found that 5 percent of hospitalizations among patients age 65 and older (78 being the median patient age) were caused by side effects associated with polypharmacy (multiple medication use). This underscores the importance of managing medications properly. The following is a guide to help manage medications effectively.

Know your medications.

The first step in safe medication use is to be fully vetted about every medication taken. This includes the brand and generic name, dosage, frequency of dosage, timing of taking the drug, how it should be administered, side effects, storage, and interactions. It's important to keep an updated list of all medications taken, including vitamins, supplements and OTC drugs to share with each health care provider at every appointment.

Follow directions.

Strictly adhere to the information on the medication label and any instructions provided by the doctor or nurse. Never alter dosage volume or frequency without first consulting a health care provider. Complete a full course of antibiotics even after symptoms improve to prevent antibiotic resistance. Do not share medica-

tions with others or take someone else's prescriptions.

Communicate effectively. Open a dialogue with health care providers to get further clarification about medications and questions that come up. Report side effects promptly and inquire about alternative medications that may be available. Also communicate if the cost of a specific drug is prohibitive, as failing to take a medication due to cost can be a health risk.

Keep organized. Utilize an effective system for storing and organizing medications to prevent missed or accidental double doses. Use reminders on smartphones or health trackers to remember when to take medication doses. Always store drugs in their original containers, away from children and pets. Safely discard old medications when the expiration date has passed. Many communities offer drug take-back programs, and the Food and Drug Administration (www.fda.org) provides instructions on how to dispose of certain medications where take-back programs are unavailable.

Ask for help. Anyone who is experiencing difficulty managing medications should reach out to a relative, friend or caregiver service for assistance.

Managing medications safely is a vital component of senior health care.

Local HAPPENINGS

- CONTINUED -

and give a gift - ONE BLOOD Bloodmobile will be in the parking lot for your lifesaving donations.



Weeki Wachee Senior Citizens Club: Our Clubs provide an outlet for senior citizens from all walks of life and nationalities to have fun, learn and socialize. Our Clubs are Poker, Crafts, Pine Needlers, Mexican Train Dominoes, Texas Hold'em 6:30 p.m. Thursdays, Pinochle, Mah Jongg, Rockhounds and Cards and Games. Bingo starts at 1 p.m. Thursdays. Open to the public. Call 352-251-8404 for more info. WWSCC, 3357 Susan Dr., Spring Hill, FL 34606. Proceeds benefit building funds.



Come meet with the **Women's Republican Club of Pasco County on Monday, September 8th** at Timber Greens Country Club 6333 Timber Greens Blvd. NPR, 5:30 Social Hour (Food/Drinks available for purchase while you mingle.) Meeting 6:30 - 7:30. \$20 optional yearly dues. Men are welcome. Questions, call De'Ann at 810-923-0112.



We're back! **Women's Connection of New Port Richey** will hold their **monthly luncheon on Wednesday, September 10th** at Spartan Manor, 6121 Massachusetts Avenue, NPR, 11:30 a.m. - 1:30 p.m. All women are welcome, no membership or dues. Join us for a fun-filled event with a delicious meal, a presentation from Richey Suncoast Theatre and an inspirational talk from Cindy Cleveland, "Hope in Real Life." The cost is \$20 inclusive and reservations are necessary. Call Karen at 727-842-9090 or Ruth at 727-233-2247.



Hudson Beach Yacht Club will hold their **September General Meeting** at the Sea Ranch Club house, 13711 Ve-

ronica Dr. in the Sea Ranch subdivision off US 19 on **September 2nd**. Doors open at 7:00 p.m., meeting starts at 7:30 p.m. Visitors are encouraged. Boat ownership is not required. Visit our website at <http://www.myhbyc.com> or call 727-808-0909, leave your name and phone number to ask for information. **The International Coastal Cleanup** will be on **Saturday, September 20th** beginning at 9:00 a.m. at the Sea Ranch Clubhouse. Volunteers are needed to fan out over the local area. Water bottles, gloves, trash bags, grabbers and area assignments are available at the clubhouse. Food will be available at 11:00 a.m. for the participants. Call 727-819-8125 for more information.



Are you looking to honor local Veterans? You might want to **consider volunteering for Gulfside Hospice**. If so, call Gulfside Hospice Veteran Volunteer Services Program Coordinator Janie Bennett at 813-576-8851 for more information and to sign up. We offer a 1 day training at no cost to you! Lunch is provided. Look forward to hearing from YOU!



Attention Nonprofit Organizations

If you would like to post an announcement in this publication, we will do our best to publish it free of charge. Send your **100 WORDS OR LESS**

Non-Profit Local Happening to events@siebergraphics.com by the 17th of each month. Only Non-Profit may submit.

All submissions are subject to omission.

6 Health Benefits of Honey



Some refer to honey as "the nectar of the gods" due to its ties to healing, divinity and culture in ancient times. Honeybees collect nectar from flowers and convert it into honey through an enzymatic process in their specialized bodies. Honey is stored in honeycombs for later consumption. The National Honey Board says a hive can produce about 55 pounds of surplus honey each year that beekeepers harvest from the combs. The extracted honey is strained to remove any particles and excess wax before it is bottled and brought to consumers.

People are drawn to honey, not only for its sweet taste, but because of the health benefits it provides. Here are six unique health benefits of honey.

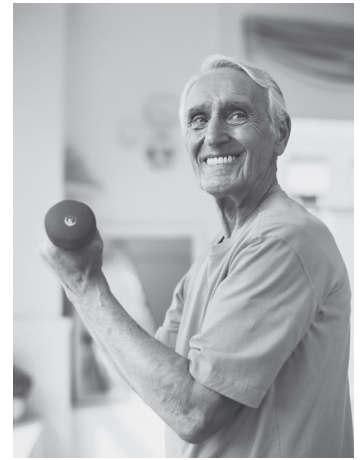
1. Honey is rich in health-promoting plant compounds known as polyphenols. Healthline says regular consumption of polyphenols is thought to boost digestion and brain health, and protect against certain diseases.

2. Antioxidants found in honey might be associated with a reduced risk of heart disease.

3. The Mayo Clinic says studies suggest that honey might offer antidepressant, anticonvulsant and anti-anxiety benefits.

4. Both the flavonoids and polyphenols in honey have been shown to be anti-inflammatory, which means they can help tame inflammation in the body that comes from illnesses and eating ultra-processed foods. As a natural sweetener, the Cleveland Clinic says honey is a less inflammatory choice than regular sugar.

5. The World Health Organization and the American Academy of Pediatrics both endorse honey as a natural cough remedy. However, honey should not be given to children under the



Exercises *continued*

• **Resistance bands:** Using these bands in varying strengths can effectively work arm and leg muscles.

Balance

Seniors need to focus on exercises that promote balance, which can help prevent dangerous falls.

• **Single-leg stands:** Standing on one leg while holding on to a chair or counter for support is a start, with a gradual build-up for longer lengths of time.

• **Sobriety walk:** Individuals can walk a straight line as if they are proving sobriety to a police officer, by placing the heel of one foot directly in front of the toes of another.

• **Gentle hop:** Hopping (or stepping) gently from one foot to another is another balance technique to master.

These are just some of the exercises that are ideal for seniors who are returning to exercise or new to daily fitness. People also can work with trainers who are experienced at helping seniors get fit.



age of one.

6. Manuka honey can be applied topically to treat cuts and sores. This specific type of honey is found to be both antibacterial and antifungal. Raw honey of other types has been used to treat burns and wounds for centuries.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Sunday</p> <p>7</p>	<p>Monday</p> <p>1</p>  <p>OFFICE CLOSED</p>	<p>Tuesday</p> <p>2</p> <p>10:30a Tai Chi 7:00p BWE Board Meeting</p>	<p>Wednesday</p> <p>3</p> <p>1:00p Yarn Group</p>	<p>Thursday</p> <p>4</p> <p>9:30a Tai Chi 5:00p Yoga</p> 	<p>Friday</p> <p>5</p> <p>11:00a Knitters for Charity</p>	<p>Saturday</p> <p>6</p>
<p>14</p>	<p>8</p> <p>9:30a Tai Chi 10:00a Architectural/Deed Committee Meeting 10:30a Line Dancing 5:00p Chair Yoga</p>	<p>9</p> <p>10:30a Tai Chi 4:00p Berkley Woods Meeting</p>	<p>10</p> <p>1:00p Yarn Group</p>	<p>11</p> <p>9:30a Tai Chi 5:00p Yoga</p>	<p>12</p> <p>11:00a Knitters for Charity</p>	<p>13</p>
<p>15</p>	<p>15</p> <p>9:30a Tai Chi 10:00a Architectural/Deed Committee Meeting 10:30a Line Dancing 5:00p Chair Yoga</p>	<p>16</p> <p>10:30a Tai Chi</p>	<p>17</p> <p>1:00p Yarn Group</p>	<p>18</p> <p>9:30a Tai Chi 5:00p Yoga</p>	<p>19</p> <p>11:00a Knitters for Charity</p>	<p>20</p>
<p>21</p> 	<p>22</p> <p>9:30a Tai Chi 10:00a Architectural/Deed Committee Meeting 10:30a Line Dancing 5:00p Chair Yoga</p>	<p>23</p> <p>10:30a Tai Chi</p>	<p>24</p> <p>1:00p Yarn Group</p>	<p>25</p> <p>9:30a Tai Chi 5:00p Yoga</p>	<p>26</p> <p>11:00a Knitters for Charity</p>	<p>27</p>
<p>28</p>	<p>29</p> <p>9:30a Tai Chi 10:00a Architectural/Deed Committee Meeting 10:30a Line Dancing</p>	<p>30</p> 				

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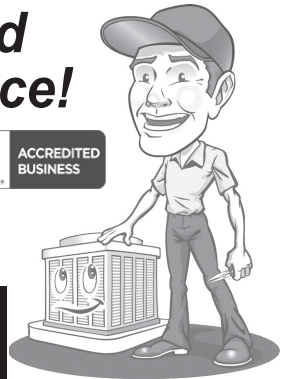
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