



April 2021 ROSS Newsletter

Barbee Towers & Ralph Richards



Still Not Vaccinated? Who's eligible?

- 1) Residents at least 18 years of age or older

What do you need to do?

- 1) Register on the CDR Health Patient Portal at www.PatientPortalFL.com OR
- 2) Call (844) 770-8548 —Available 24 hours per day, 7 days per week

Additional sites:

Publix: www.publix.com/covid-vaccine/florida

Walmart: www.walmart.com/covidvaccine

Sam's Club: www.samsclub.com/pharmacy

CVS: www.cvs.com/immunizations/covid-19-vaccine or call (800) 746-7287

Veterans: Call 727-395-2400

Disabled/Homebound residents: E-mail at HomeboundVaccine@em.myflorida.com

Disabled/Homebound Veterans: www.floridavets.org/homeboundveterans or call (850) 487-1533, ext. 9



For more information, visit www.covid19.pinellascounty.org/vaccines



Need Transportation to Get Vaccinated?

PSTA—Offers free service to several drop-off locations near vaccine sites. Call (727) 540-1900

Neighborly—Offers free rides for adults 60 and older. Call (727) 573-9444.

Area Agency on Aging—Helps Pinellas seniors find free or low-cost transportation. Call (800) 963-5337.

Medicaid—Contact your health plan provider for transportation service. If not in a health plan, call the Medicaid Help line at (877) 254-1055 for transportation services.



Neighborly Transportation Group Shopping

Every Thursday for Barbee & Ralph Richards residents (at least 60 years of age) who are registered!

- Thursday, April 1st @ 9:30 AM - Walmart
- Thursday, April 8th @ 9:30 AM - Publix
- Thursday, April 15th @ 9:30 AM - Target
- Thursday, April 22nd @ 9:30 AM - Publix
- Thursday, April 29th @ 9:30 AM - Walmart

- ◆ Please sign up prior to the scheduled trip date!
- ◆ Pick up & drop off at your location!



Contact the ROSS Coordinator for details at (727) 446-1045, Ext. 265 or swhite@clearwaterhousingauth.org

Barbee Towers



SVDPs Healthy Food Distribution
Monday, April 5, 2021 at 11:00 AM-3:00 PM

Feeding Tampa Bay Senior Meals Program
Thursday, April 8, 2021 at 11:00 AM-3:00 PM

Hope Villages Of America Mobile Food Pantry
Tuesday, April 27, 2021 at 9:30 AM-12:30 PM

Ralph Richards Towers

SVDPs Healthy Food Distribution
Monday, April 5, 2021 at 11:00 AM-3:00 PM

Feeding Tampa Bay Senior Meals Program
Thursday, April 8, 2021 at 11:00 AM-3:00 PM

Hope Villages Of America Mobile Food Pantry
Tuesday, April 13, 2021 at 9:30 AM-12:30 PM



April is Stress Awareness Month: Tips to Help You Cope...



Stress can be debilitating, and it can cause and/or aggravate health problems. Stress is a normal part of human existence and no one is immune to its effects. Feeling emotional and nervous or having trouble sleeping and eating can all be normal reactions to stress. Stress Awareness Month happens each April, and it serves as tool to increase awareness about the causes and cures for our modern stress epidemic and gives us strategies to cope with it. Here are some healthy ways you can deal with stress:

- ◆ Eat healthy, well-balanced meals.
- ◆ Exercise on a regular basis.
- ◆ Get plenty of sleep.
- ◆ Give yourself a break if you feel stressed out.
- ◆ Share your problems and how you are feeling and coping with a parent, friend, counselor, doctor, or pastor.
- ◆ Avoid drugs and alcohol. These may seem to help with stress, but in the long run, they create additional problems.
- ◆ Take a break. If news events are causing your stress, take a break from listening or watching the news.
- ◆ If problems continue or you're thinking about suicide, consult with a psychologist, social worker, or professional counselor.



With the proper understanding, good practices, and helpful support of others, stress is a battle that we can win and live balanced, healthy, and happy lives.



For immediate help, contact one of the following crisis hotlines:

- **Disaster Distress Helpline: 1-800-985-5990**
- **National Suicide Prevention Lifeline: 1-800-273-8255 or 1-888-628-9454 (for Spanish speaking callers)**



For more information, visit www.cdc.gov/violenceprevention/suicide/copingwith-stresstips.html



How do you feel?

Alone?...Isolated?...Depressed?...
We're here to help!

Gulf Coast Jewish Family & Community Services now offers FREE counseling and support to those who are in need of encouragement through our CHATS program. There's someone available to serve, listen, and help you through this time of uncertainty.



For assistance, call (727) 450-7278
Monday—Friday, 8 AM-5 PM

We are also available e-mail at
chats@gcjfcs.org

For more information, visit
www.gulfcoastjewishfamilyandcommunityservices.org

Pinellas County Emergency Rental Assistance Program



Are You Behind on Rent?

This fund helps Pinellas County individuals and families affected by the COVID-19 pandemic with financial assistance to maintain housing. You qualify for funds if:



- You are living within a rental household
- You are unemployed or have experienced a significant loss of income, job laid off, or company closed due to COVID-19
- You are behind on rent or at risk of missing payments
- Your household income is at/below 80% of the area median income (AMI). For available AMI limits, visit [atwww.bit.ly/rental-ami](http://www.bit.ly/rental-ami)

For more details about eligibility or to apply visit www.bit.ly/pc-rent.