



# January 2020 ROSS Newsletter



Barbee Towers & Ralph Richards Tower

## New Year's Resolutions for 2020

- Focus on a passion, not the way you look.
- Exercise to feel better, not to be thinner.
- Stop complaining.
- Give one compliment a day.
- Go a whole day without checking your phone.
- Read at least one book each month.
- Go someplace you've never been.
- Clear out your clutter.
- Volunteer your time to help others in need.
- Travel on a small budget.
- Drink more water.
- Don't buy things you don't need.
- Let go of grudges.
- Stay in touch with the people who matter.
- Talk less and listen more.

## Let's Get the New Year Started Right!

If you have goals you desire to achieve, the ROSS (Resident Opportunity & Self-Sufficiency) Service Coordinator is here to help you start, stay, and stick with it until the end!



**Don't delay...call today!**



**Samuel A. White**

**(727) 446-1045, Ext. 265**

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## A Friendly Reminder...



Clearwater Housing Authority (CHA) offices will be closed on **Monday, January 20, 2020**, in observance of Martin Luther King, Jr. Day.



## The "ROSS Zone" - Upcoming JANUARY Events

**Barbee Towers**

### Dedicated Community Bingo

Wednesday, January 22, 2020 at 1:00 PM-2:00 PM

### Dedicated Community Breakfast

Monday, January 27, 2020 at 10:00 AM-11:00 AM

### RCS Food Distribution

Tuesday, January 28, 2020 at 9:30 AM-11:30 AM

### United Healthcare Community Bingo

Wednesday, January 29, 2020 at 2:00 PM-3:00 PM

**Ralph Richards Tower**

### RCS Food Distribution

Tuesday, January 14, 2020 at 9:30 AM-11:30 AM

### Dedicated Community Bingo

Wednesday, January 22, 2020 at 1:00 PM-2:00 PM  
(Barbee Towers)

### Dedicated Community Breakfast

Monday, January 27, 2020 at 10:00 AM-11:00 AM  
(Barbee Towers - Please RSVP)

### United Healthcare Community Bingo

Wednesday, January 29, 2020 at 12:30 PM-1:30 PM

# 6 Ways to Eat Well As You Get Older



 <p><b>Know what a healthy plate looks like</b></p> <p>See how to build a healthy plate at <a href="http://ChooseMyPlate.gov">ChooseMyPlate.gov</a></p> <p><b>1</b></p>	 <p><b>Look for important nutrients</b></p> <p>Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.</p> <p><b>2</b></p>	 <p><b>Read nutrition labels</b></p> <p>Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.</p> <p><b>3</b></p>
 <p><b>Use recommended servings</b></p> <p>Learn the recommended daily servings for adults aged 60+ at <a href="http://heart.org">heart.org</a></p> <p><b>4</b></p>	 <p><b>Stay hydrated</b></p> <p>Water is an important nutrient too! Drink fluids consistently throughout the day.</p> <p><b>5</b></p>	 <p><b>Stretch your food budget</b></p> <p>Get help paying for healthy food at <a href="http://BenefitsCheckUp.org/getSNAP">BenefitsCheckUp.org/getSNAP</a></p> <p><b>6</b></p>



## City of Clearwater 62 PLUS Program

Does your fixed income make it difficult to avoid late payments on your monthly utility bill? If you're 62 years of age or older and/or are permanently disabled, the Utility Customer Service offers a program to assist you!



- ◆ Complete an application form certifying that you are at least 62 years of age or disabled and that you are on a fixed income (Social Security, disability or retirement).
- ◆ Provide identification - Social Security, Driver License, or State ID Number.
- ◆ Provide documentation of your income. The letter from the Social Security Office that shows your monthly income or your Disability or Retirement papers are sufficient.
- ◆ Indicate on what date you receive your monthly income check (or direct deposit) each month.

For more information, call **(727) 562-4600** or visit the office at:

**Municipal Services Building,  
100 S. Myrtle Avenue, Clearwater, FL 33756**



To obtain an application and/or for personal assistance, please contact the **ROSS Service Coordinator** at **(727) 446-1045, Ext. 265.**

Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending.

— — Carl Bard

## Senior Awareness Fair

**Friday, January 24, 2020  
9:00 AM-12:00 PM**

Hale Senior Activity Center  
330 Douglas Avenue  
Dunedin, FL 34698



This event features over 50 vendors providing information for older adults on a variety of topics including healthcare, beauty, nutrition, exercise, legal/financial help, retirement living and home care. Attendance is **FREE** and lunch is provided. For more information, call Dunedin Parks & Recreation at **(727) 298-3299**, or visit the website at [www.dunedingov.com/Home/Components/Calendar/Event](http://www.dunedingov.com/Home/Components/Calendar/Event).