

# May 2020 ROSS Newsletter



Barbee Towers & Ralph Richards Tower



## Memorial Day...

**Memorial Day** is a federal holiday observed on the last Monday of May to honor the men and women who died while in the military service of their country. In **2020**, it will be commemorated on **Monday, May 25th**. We must spend time remembering those who lost their lives and could not come home, reflecting on their service, and why we have the luxury and freedom that we enjoy today. We should also consider how we can support and safeguard their grieving families and loved ones who are left behind. For a list of charities to donate in honor of this cause, visit [www.give.org](http://www.give.org) (type in "Memorial Day giving" in the section that asks you to enter a charity).



## Food Pantry Resources for our Residents!

### RCS Mobile Food Distribution



Tuesday, May 12, 2020  
9:30 AM-11:30 AM  
Ralph Richards

Tuesday, May 26, 2020  
9:30 AM-11:30 AM  
Barbee Towers

### Additional Food Assistance...

RCS Food Bank is serving the community during COVID-19 through curbside pickup at the following location on these days and times:



Address:

700 Druid Rd.  
Clearwater, FL 33756  
(727) 443-4031  
[www.rcspinellas.org](http://www.rcspinellas.org)

Monday 12:30 PM-3:30 PM  
Tuesday 12:30 PM-3:30 PM  
Wednesday 12:30 PM-3:30 PM  
Thursday 12:30 PM-6:45 PM  
Friday 12:30 PM-3:30 PM  
No appointment needed



### May Dates & Holidays To Remember in 2020...

Tuesday, May 5th—Cinco de Mayo  
Sunday, May 10th—Mother's Day  
Saturday, May 16th—Armed Forces Day  
Monday, May 25th—Memorial Day

May is also the month to commemorate:

- ⇒ Date Your Mate Month
- ⇒ National Barbecue Month
- ⇒ National Bike Month
- ⇒ National Blood Pressure Month
- ⇒ National Hamburger Month
- ⇒ National Salad Month
- ⇒ Older Americans Month



### Neighborly Transportation Group Shopping

Every Thursday for Barbee & Ralph Richards residents who are registered!

Thursday, May 7th @ 9:15 AM - Publix  
Thursday, May 14th @ 9:15 AM - Target  
Thursday, May 21st @ 9:15 AM - Walmart  
Thursday, May 28th @ 9:15 AM - Sprouts

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



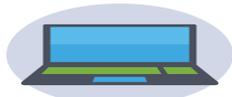
Contact the ROSS Coordinator for details!  
(727) 446-1045, Ext. 265  
[swhite@clearwaterhousingauth.org](mailto:swhite@clearwaterhousingauth.org)





## May 2020 is Older Americans Month....

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The 2020 theme is **Make Your Mark**, designed to encourage and celebrate the countless contributions that older adults make to their communities. Their time, talents, and experience are invaluable contributions that benefits our families, peers, and neighbors every day. Communities, organizations, and individuals of all ages are also making their marks. This year's theme highlights the difference that everyone can make in the lives of older adults, in support of caregivers, and to strengthen communities. This May, we invite you to celebrate Older Americans Month and **Make Your Mark!** For more information, visit [www.acl.gov/oam/2020/older-americans-month-2020](http://www.acl.gov/oam/2020/older-americans-month-2020).



### Available Low-Cost Internet Service & Computers...



#### PCs for People

- ◆ Laptops \$160 (free shipping)
- ◆ Desktops \$110 (free shipping)
- ◆ As low as \$11.25 per month
- ◆ Prepaid plans available
- ◆ Unlimited data



For more information, call (651) 354-2552

#### Eligibility Requirements

200% below federal income poverty level or currently enrolled in an income based government assistance program, such as:

- Section 8 or Public Housing
- SNAP program (Food assistance)
- SSI (Social Security Income)
- TANF (Financial Assistance)

Free/reduced school lunch program

For more details, visit [www.everyoneon.org](http://www.everyoneon.org)

#### Spectrum Internet Assist

- ◆ \$17.99 per month
- ◆ 2 months free internet service
- ◆ No data caps
- ◆ Internet modem included
- ◆ Add in-home wifi for \$5 per month



For more information, call (844) 525-1574



## Seniors: Coping with COVID-19 Isolation

Americans of all ages are experiencing increased social isolation and loneliness in combatting the COVID-19 pandemic. According to the National Institute on Aging, nearly 14 million older adults in the U.S. live alone and are especially vulnerable during this time. Their research has linked social isolation and loneliness to higher risks for a variety of physical and mental conditions. Here are some quick tips for older adults experiencing social isolation:

- ◆ **Find or keep a sense of purpose.** Take up a hobby such as growing an herb garden, crossword puzzles, knitting, or other activities.
- ◆ **Age-appropriate workouts** can help you stay in good physical and mental shape. Gentle exercises such as walking are suggested. Consult a healthcare professional or primary care physician first.
- ◆ **Manage medication.** Do you have enough to last you for the next 30-60 days? If you need assistance, contact your doctor or a loved one who can help you.
- ◆ **Keep a routine that includes consistent sleep/wake cycles.** Include talking to family or friends in that routine. Whether it be writing them a letter or calling them on the phone.
- ◆ **Nourish your body.** Ensure you are eating a balanced diet and drinking plenty of water. If produce is hard to come by right now, check to see if local farmer's markets are delivering.
- ◆ **Take a break from the news.** Although it is important to stay updated, it is recommended to take at least a 15-minute break.
- ◆ **Stay connected to your loved ones, friends, or mentor** using your phone, or applications like Facetime or Skype to speak to them virtually.



For more information, visit [www.journal-republican.com/coronavirus](http://www.journal-republican.com/coronavirus)

