



November 2020 ROSS Newsletter

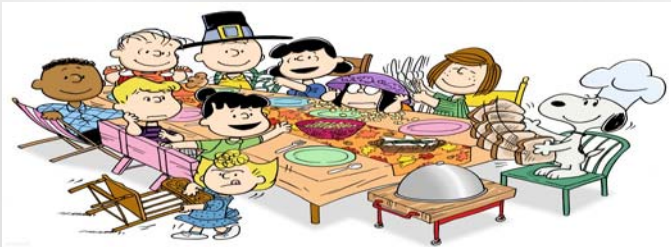
Barbee Towers & Ralph Richards Tower



Clearwater Housing Authority (CHA) wishes you a Happy Thanksgiving!

Our offices will be closed on Wednesday, November 11, 2020 (Veteran's Day),
Thursday, November 26, 2020 & Friday, November 27, 2020

Join us at our Annual Holiday Luncheon!



Ralph Richards Tower

**Wednesday, November 18, 2020
11:00 AM–1:00 PM**

Barbee Towers

**Thursday, November 19, 2020
11:00 AM–1:00 PM**

Meals will be delivered to your door. You must complete and return the sign-up sheet/menu list to participate.

ROSS Zone November Events!



Barbee Towers

Feeding Tampa Bay Senior Meals Program

Thursday, November 5, 2020 at 12:00 PM–3:00 PM



RCS Mobile Food Pantry

Tuesday, November 24, 2020 at 9:30 AM–12:00 PM



Ralph Richards

Feeding Tampa Bay Senior Meals Program

Thursday, November 5, 2020 at 12:00 PM–3:00 PM



RCS Mobile Food Pantry

Tuesday, November 10, 2020 at 9:30 AM–12:00 PM



Neighborhood Transportation Group Shopping

Every Thursday for residents who are registered (must be at least 60 years or older)!

Thursday, November 5th @ 9:15 AM - Walmart
Thursday, November 12th @ 9:15 AM - Target
Thursday, November 19th @ 9:15 AM - Publix
Monday, November 23rd @ 9:15 AM - Walmart
Thursday, November 26th (No trips - Happy Thanksgiving!)

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



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

Veteran's Day



Veteran's Day seeks to honor and give thanks to all the men and women who have served and are serving in the U.S. Armed Forces. Veteran's Day is observed on November 11th each year.

**FREE Adult Buffet for Veterans
November 11, 2020
11:00 AM– 8:00 PM**

**Cicis - Clearwater
1560 McMullen Booth Road
Clearwater, FL 33759
727-474-5149**



Limit 1 FREE adult buffet (drink not included) for veterans/active duty members with ID or proof of service.



Important Tips to Prevent/Control Diabetes

1. Practice healthy eating
2. Exercise regularly
3. Get screened early
4. Manage your weight
5. Quit smoking
6. Get regular check-ups



To learn more, visit
www.FloridaHealth.gov/Diabetes

Gratitude

Did you know *Gratitude*...

- ♦ Shields you from negativity
- ♦ Makes you at least 25% happier
 - ♦ Rewires your brain
 - ♦ Eliminates stress
 - ♦ Heals
 - ♦ Improves sleep
- ♦ Boosts self-esteem and performance
- ♦ Enhances the Law of attraction
 - ♦ Improves relationship



Aging Well Long Center
 1501 N. Belcher Rd.
 Clearwater, FL 33765
agingwell@myclearwater.com



FREE VIRTUAL INTERACTIVE CLASSES - NOVEMBER 2020

To register for any scheduled ZOOM classes, call (727) 724-3070, ext. 224 and a ZOOM link will be sent to you via e-mail within 24 hours of the program start time.

Health Insurance Education via ZOOM or by Telephone: Tuesdays ONLY...SHINE
 (Serving Health Insurance Needs of Elders) volunteers provide information and assistance with Medicare/ Medicaid programs, prescriptions, and long-term care insurance. All services are objective and confidential. Call for an appointment.



Online Shopping Safety via ZOOM: Thursday, November 12th, 1pm-2pm.... Online shopping has gained popularity due to variety of items, quick delivery, and great deals. Scammers are also shopping online looking to steal your money and personal information. Join Anna Marie from Pinellas County Consumer Protection for online safety tips, information and awareness of the latest scams, and step to take if you fall victim to online fraud. Call for an appointment.



Computer Class via ZOOM-Windows 10/Microsoft Edge: Monday, November 16th, 10am-11:30am... Marvin's class will show you the basics of using the 2020 Windows 10 version and the new Microsoft Edge browser. You'll need both of these programs to participate. Call for an appointment.



Blood Pressure Self-Monitoring Program: Monday, November 23rd, 10am-12pm.... 10 minute, in-person initial appointment. This is a four month interactive, evidence-based program that encourages self-monitoring your blood pressure and provides tips for maintaining your cardiovascular health and nutrition education. Eligible participants receive a blood pressure monitor if they do not have one. Eligibility requirements apply. Call for an appointment.

