



February 2023 ROSS Newsletter



Barbee Towers & Ralph Richards



February Dates & Holidays to Remember...

- ◇ American Heart Month
- ◇ Black History Month
- ◇ Feb. 9: National Pizza Day
- ◇ Feb. 11: National Inventors Day
- ◇ Feb. 12: Abraham Lincoln's Birthday
- ◇ Feb. 12: Super Bowl Sunday
- ◇ Feb. 12: World Marriage Day
- ◇ Feb. 14: **Valentine's Day**
- ◇ Feb. 15: Susan B. Anthony Day
- ◇ Feb. 17: National Caregivers Day
- ◇ Feb. 20: National Muffin Day
- ◇ Feb. 20: President's Day
- ◇ Feb. 20: George Washington's Birthday
- ◇ Feb. 23: National Chili Day



For more information, visit

www.nationaltoday.com/february-holidays/



Neighborly Transportation Weekly Group Shopping

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

February 2nd @ 9:15 AM - Walmart

February 9th @ 9:15 AM - Publix

February 16th @ 9:15 AM - Target

February 23rd @ 9:15 AM - Publix

- ◆ 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) 272-0473 or email swhite@clearwaterhousingauth.org

Clearwater Housing Authority (CHA) offices will be closed on Monday, February 20, 2023, in observance of President's Day.



Barbee Towers



360Eats Gourmet Meals Distribution
Thursday, February 9, 2023 at 2:00 PM-3:30 PM

St. Vincent Healthy Food Distribution
Monday, February 13, 2023 at 1:30 PM-3:00 PM



Ralph Richards Tower



360Eats Gourmet Meals Distribution
Thursday, February 9, 2023 at 4:00 PM-5:00 PM

St. Vincent Healthy Food Distribution
Monday, February 13, 2023 at 11:30 AM-1:00 PM

Hope Villages Food Pantry
Tuesday, February 14, 2023 at 9:30 AM-1:00 PM

Do You Need Assistance?

The **Area Agency on Aging & Disability** Resource Center's Helpline is a federally funded service to help seniors and caregivers gain access to services in the community, such as:



Caregiver support
Case management
In-home services
Insurance counseling
Legal assistance
Meal services




Nursing home/Assisted living facilities
Transportation
Victim advocacy

1-800-96-ELDER (963-5337) or 727-217-8111


Monday-Friday, 8am-5pm

www.agingcarefl.org/helpline/




LOVE YOUR HEART

GET ACTIVE!




VISIT YOUR PRIMARY CARE PROVIDER




FEBRUARY IS
AMERICAN HEART MONTH

EAT WELL!
A DIET LOW IN SALT & SATURATED FATS



KNOW YOUR NUMBERS:

- CONTROL YOUR CHOLESTEROL
- MANAGE YOUR BLOOD PRESSURE
- REDUCE YOUR BLOOD SUGAR



QUIT SMOKING!



Need Medical Equipment You Can't Afford/Not Covered by Your Insurer?

We're Here For You!

Our Services include:


- * Free gently used medical equipment
- * Equipment donation & recycling program
- * Adult incontinence supply bank
- * Consumer Equipment & Modification program
- * Installation ramps, grab bars, & hand rails
- * Deaf alerting equipment & installation
- * Wheelchair battery repair/replacement
- * Purchase of durable medical equipment

Disability Achievement Center

2552 Belcher Rd South
Largo, FL 33773
(727) 539-7550
www.mydacil.org








Crime Prevention Tips for Home & Travel


When Traveling:




- Carry as few cards as possible in your wallet – that goes for identity cards and credit cards alike.
- Avoid carrying large amounts of cash.
- Always keep your purse close to your body and never leave it in a shopping cart.
- Don't allow your cell phone to be a distraction.
- Avoid walking alone after dark or in areas that are known to be dangerous.

At Home:


- Have deadbolts installed on your doors, and keep all doors and windows locked.
- Draw the curtains at night, and keep the outside and inside of your house well lit.
- Do not leave extra keys in obvious places.
- Do not remain in an elevator with a stranger if you are certain you know who they are.
- Retrieve your mail as soon as possible, or set up a P.O. box, so sensitive mail cannot be stolen.
- Never allow an unsolicited person to enter your home. Ask for identification, even if they say it is an emergency. If necessary, call the company to confirm the individual is meant to be there.
- Call **911** to report any/all suspicious activity, as well as the PH staff at **(727) 446-1045**.



Clearwater Police Department
(Non-Emergency Number)
727-562-4242




DID YOU EARN LESS THAN \$74,000 LAST YEAR?




Have your federal tax return prepared, e-filed, and direct deposited for FREE. IRS-certified volunteers will prepare your taxes and ensure you get the largest refund for which you qualify. The following locations offer services by **appointment ONLY**:

High Point Neighborhood Family Center
5812 150th Avenue N
Clearwater, FL 33760
(727) 533-0730




United Way Suncoast

Clearwater Neighborhood Family Center
900 N. MLK Jr. Avenue
Clearwater, FL 33755
(727) 442-5355



InterCultural Advocacy Institute
Hispanic Outreach Center (HOC)
612 Franklin Street
Clearwater, FL 33756
(727) 445-9734



For available days/times or to schedule an appointment, please call **833-897-8482** or visit <https://booknow.appointment-plus.com/cn2re6xy/>. Taxpayers are encouraged to visit <https://unitedwaysuncoast.org/what-we-do/income/free-tax-help/>. You may also prepare your own taxes using the free online filing option at www.MyFreeTaxes.com.