

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

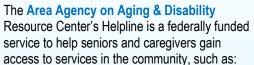


360Eats Gourmet Meals Distribution Thursday, February 9, 2023 at 4:00 PM-5:00 PM

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?







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!











KNOW YOUR NUMBERS:

- CONTROL YOUR CHOLESTEROL
- REDUCE YOUR BLOOD SUGAR





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

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 feel unsafe. Do not buzz anyone in unless 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



Have your federal tax return prepared, e-filed, and direct deposited for FREE. IRScertified 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

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.