



# March 2023 ROSS Newsletter



## Barbee Towers & Ralph Richards

### March is National Nutrition Month 2023: Fuel For the Future!

**Week One:**  
Eat with the environment in mind!

**Week Two:**  
Consult a Registered Dietitian Nutritionist (RDN)!



[www.eatright.org](http://www.eatright.org)



**Week Three:**  
Stay nourished and save money!

**Week Four:**  
Eat a variety of foods from all food groups!

**Week Five:**  
Make tasty foods at home!



### Senior Utility Assistance Available!



A one-time payment will be applied for seniors **55 years and older** living within the following zip codes: **33755, 33756, 33757, 33759, 33761, 33765 & 33766**. You must provide:



- A picture ID
- A utility bill in your name
- Must be in delinquent status

Clearwater Neighborhood Family Center  
900 N. MLK Jr. Avenue  
Clearwater, FL 33755

Contact **Erma Boateng** at  
**727-442-5355** for an appointment

[www.clearwaternfc.org](http://www.clearwaternfc.org)



If you're 60 or older and need reliable transportation, take the easy route!

**Neighborhood Care Network**  
is here to serve you!

13945 Evergreen Avenue  
Clearwater, FL 33762  
(727) 573-9444



**No-cost transportation available for:**

- ◆ Group grocery shopping every Thursday\*
- ◆ Group dining, shopping, or fun outings\*
- ◆ Medical appointments in Pinellas County

\* (A group consists of at least six (6) participants)

**Why choose Neighborhood Transportation?**

- ◆ Door-to-door service
- ◆ Courteous and professionally trained drivers
- ◆ Wheelchair accessible buses
- ◆ Sociable outings with friends



For new registration, contact **Samuel A. White - ROSS Service Coordinator** at **727-272-0473** or email at [swhite@clearwaterhousingauth.org](mailto:swhite@clearwaterhousingauth.org)



**Report fraud or financial exploitation of seniors!**  
Call **1-800-222-4444, option 2**

**AARP Foundation ElderWatch** engages hundreds of volunteers each year to help older consumers recognize, refuse and report fraud and scams. This website provides additional information and tools to help protect consumers against financial exploitation.

[www.aarpelderwatch.org](http://www.aarpelderwatch.org)



### Don't Forget to Spring Forward!

Daylight Saving Time is on  
Sunday, March 12, 2023 thru  
Sunday, November 5, 2023



On Sunday, March 12th, at 2:00 AM, Daylight Saving Time (DST) begins. We'll set our clocks **forward one hour** to 3:00 AM. Yes, you will lose one hour of sleep on that day!

**Fun Fact:** Daylight Saving Time is observed in the United States, except in Hawaii and most of Arizona.



**Aging Well Long Center**  
 1501 N. Belcher Rd.  
 Clearwater, FL 33765  
[agingwell@myclearwater.com](mailto:agingwell@myclearwater.com)



**FREE INTERACTIVE CLASSES - March 2023**

To register for classes in person or via ZOOM, call (727) 562-4904, 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, March 7th & March 21st...** SHINE (Serving Health Insurance Needs of Elders) provides information and assistance with Medicare. All of our services are free, objective, and confidential. You must call (727) 562-4904 for an appointment.

**Technology Chat: Monday, March 6th...** Informal question and answer session. Ask about navigation features, apps, social networks, customizing, email and more. Make sure your device is charged and that you have your password readily accessible. FREE.

- **iPhone & iPad: March 6th, 1:00pm to 2:00pm**
- **Android: March 6th, 2:15pm to 3:15pm**



**Introduction to Windows 11: Monday, March 27th, 10:30am –12:00pm...** Join Marvin as we explore things you may not know about Microsoft Edge. You will also learn about the Edge HUB. FREE.

**Acrylic Painting with Free Instruction: Tuesday, March 28th, 1:00pm - 3:00pm...** Join us for a fun afternoon of painting acrylics on a 12 x 12 canvas. Easy-to-follow, step-by-step instructions and all supplies are included with the materials fee. You will be amazed at the beautiful work of art you will create. \*\$15 (exact amount in cash) materials fee required to be paid to the instructor on the day of your class. Space is limited.



**Free Electronics Collection and Recycling Event**

**Wednesday, March 29, 2023**  
**7:00 AM-3:00 PM**

(This event occurs the last Wednesday of every month)

**Solid Waste Complex-Campbell**  
 1701 N. Hercules Avenue  
 Clearwater, FL 33765  
 (727) 562-4920



Clearwater residents may bring up to six items to the city's monthly **free** electronics collection event. Proof of residency is required prior to dropping off materials. Acceptable items include televisions, cell phones, computer towers/CPUs, drives (hard drives and CD drives), laptops, desktop monitors, smart phones and tablets. Scavenged electronics will not be accepted.

[www.myclearwater.com](http://www.myclearwater.com)



**FREE Apartment Cleaning Services Available through CHORES Program!**

Chore Services is a supportive service designed to help frail elderly persons (60 years of age or older) maintain a decent, independent living environment. Many elderly lack the physical stamina which some jobs require. Others lack the financial capability to purchase cleaning supplies or pay to have the work done. Whatever the circumstance, Chore Services stands ready to help.



For more information or to schedule services, call (727) 327-3091 or email at [QAuspin@poc-inc.org](mailto:QAuspin@poc-inc.org)  
 Monday-Friday 8:00 AM-4:30 PM

**Pinellas Opportunity Council**  
 4039 8th Avenue S.  
 St. Petersburg, FL 33711  
[www.poc-inc.org](http://www.poc-inc.org)