



May 2023 ROSS Newsletter



Barbee Towers & Ralph Richards Tower



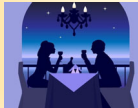
May Dates & Holidays To Remember in 2023

- Tuesday, May 2nd - Teacher's Appreciation Day
- Friday, May 5th - Cinco de Mayo
- Sunday, May 14th - Mother's Day
- *Monday, May 29th - Memorial Day

Clearwater Housing Authority offices will be closed in observance of this holiday

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



Food Resources for our Residents!

Tuesday, May 9, 2023
9:30 AM-1:00 PM
Ralph Richards
(pickup in front lobby)



Monday, May 15, 2023
11:30 AM-3:00 PM
Barbee Towers & Ralph Richards (delivery only)



Additional Food Assistance...



Hope Villages of America Food Bank is serving the community through curbside pickup at the following location on these days and times:



Address:

700 Druid Rd.
Clearwater, FL 33756
(727) 443-4031

Food Distribution Hours:

Monday—Friday
12:30 PM-3:30 PM
Thursday
12:30 PM-6:30 PM

www.hopevillagesofamerica.org

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 2023, it will be commemorated on **Monday, May 29th**. 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 (type in "Memorial Day giving" in the site "SEARCH" section).



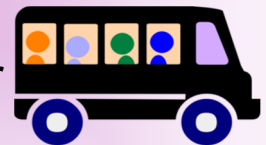
Neighbory Transportation Weekly Group Shopping



Every Thursday for Barbee & Ralph Richards residents (60 years of age +) who are registered!

- Thursday, May 4th @ 9:30 AM - Publix
- Thursday, May 11th @ 9:30 AM - Target
- Thursday, May 18th @ 9:30 AM - Publix
- Thursday, May 25th @ 9:30 AM - Walmart

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



Contact the **ROSS Coordinator** for details or to obtain an application to register!
(727) 272-0473
swhite@clearwaterhousingauth.org






OLDER AMERICANS MONTH
AGING UNBOUND: MAY 2023

May 2023 - Older Americans Month: *Aging Unbound!*

Every May, the Administration for Community Living (ACL) leads the nation's observance of **Older Americans Month (OAM)**. The 2023 theme is **Aging Unbound**, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes. Join us in promoting flexible thinking about aging – and how we all benefit when older adults remain engaged, independent, and included. For more information, visit www.acl.gov/oam/2023/older-americans-month-2023





Available Low-Cost Internet Service & Computers...



PCs for People

- ◆ Laptops \$135 (free shipping)
- ◆ Desktops \$80 (free shipping)
- ◆ As low as \$15 per month
- ◆ Prepaid plans available
- ◆ Unlimited data

For more information, call (651) 354-2552 

www.pcsrefurbished.com


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


Vshfwxqp Iqwhuqhw Dvvlkw
(Seniors must be at least 65 yrs+)

- ◆ \$17.99 per month
- ◆ 30 Mbps of Internet speed 
- ◆ No data caps
- ◆ FREE Internet modem
- ◆ Add in-home wi-fi for \$5 per month

To start the qualification process, call (855) 257-2064 or visit www.SpectruminternetAssist.com



Loneliness and Social Isolation - Tips for Staying Connected



Everyone needs social connections to survive and thrive. But as people age, they often find themselves spending more time alone. Being alone may leave older adults more vulnerable to loneliness and social isolation, which can affect their health and well-being. Here are some quick tips for older adults experiencing social isolation or a sense of loneliness:

- ◆ **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.
- ◆ **Nourish your body.** Ensure you are eating a balanced diet and drinking plenty of water.
- ◆ **Take a break from the news.** Although it's important to stay updated, it's recommended to take at least a 15-minute break.
- ◆ **Stay connected to your loved ones, friends, or mentor.** Schedule time each day to stay in touch by email, social media, voice call, or text. Talk with people you trust to share your feelings.
- ◆ **Adopt a pet if you're able to care for them.** Animals can be a source of comfort and may also lower stress and blood pressure.
- ◆ **Get involved in your community.** Look for opportunities to volunteer. Check out resources and programs at your local social service agencies, community/senior centers, and public libraries

Need help with social isolation or feeling lonely?

Seniors in Service at 727-382-7121 or visit www.Seniorsinservice.org
Eldercare Locator at 800-677-1116 or visit <https://eldercare.acl.gov/>

