



June 2023 ROSS Newsletter



Barbee Towers & Ralph Richards Tower

Sunday, June 18th, 2023

HAPPY

father's DAY

Monthly Food Resources...

Thursday, June 1, 2023
2:00 PM-4:30 PM
Barbee Towers & Ralph Richards (Parking Lot)

Monday, June 26, 2023
11:30 AM-3:00 PM
Barbee Towers & Ralph Richards

Do you need food and love LASAGNA?

Serving 3,500 meals per week in all 50 states, using over 20,000 volunteers!

If interested in receiving meals, visit www.lasagnalove.org/request/ or contact the ROSS Coordinator for assistance!

Pinellas Drive-Thru Food Pantry...

Feeding Tampa Bay has partnered with the Salvation Army to serve the community through the monthly drive-thru pickup at the following location on these days/times:

Salvation Army Clearwater
1521 Druid Rd
Clearwater, FL 33756
(727) 446-4177
www.salvationarmyusa.org/usn

WEDNESDAY
June 14, 2023
3:30 PM-5:00 PM

PSTA Discounted Bus Passes Available!

Did you know?

The Pinellas Suncoast Transit Authority (PSTA) Transportation Disadvantaged program is still available for those who qualify!

Please don't wait! Contact the ROSS Coordinator for assistance to apply or recertify for an annual discounted bus pass for only \$11.00 per month!

Please note: Proof of income is necessary to apply. For more information, call (727) 540-1900 or visit www.psta.net

Samuel White
ROSS Service Coordinator
(727) 272-0473
swhite@clearwaterhousingauth.org

Neighbory Transportation Group Shopping

Every Thursday for Barbee & Ralph Richards residents who are registered!
(must be at least 60 years of age to participate)

Thursday, June 1st @ 9:30 AM - Publix
Thursday, June 8th @ 9:30 AM - Walmart
Thursday, June 15th @ 9:30 AM - Winn Dixie
Thursday, June 22nd @ 9:30 AM - Walmart
Thursday, June 29th @ 9:30 AM - Publix

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

Contact the ROSS Coordinator for details!
(727) 272-0473
swhite@clearwaterhousingauth.org



National Fresh Fruit and Vegetables Month – June 2023

With the start of June we Celebrate National Fresh Fruit and Vegetables Month by adding these colorful, healthy, and tasty foods to our diet. Fruits and vegetables provide a variety of nutrients, vitamins, minerals, and fiber while remaining naturally low in calories, fat and sodium. Additionally, they lower your risk of developing certain chronic diseases and help you maintain a healthy weight. Here are some facts that you may not know about the benefits of choosing fruits and vegetables:

1. **Bananas are clones.** The Panama Disease all but wiped out an entire species of bananas in the 1950s. The bananas we eat today are actually all cloned from a single banana in southeast Asia, meaning that every single banana is exactly the same.
2. **Watermelons can keep you hydrated.** They're thick-skinned and 92% water. Explorers would carry watermelons around so they had something to drink that would keep them from getting dehydrated.
3. **Brussel sprouts may be the healthiest vegetable.** They're packed with vitamins and minerals, and have virtually zero calories, and no fat or cholesterol.
4. **Broccoli contains more protein than steak.** Since it doesn't come with fat or cholesterol, you can get all the protein you need with a significantly lower risk of cardiovascular disease.
5. **Apples give you more energy than coffee.** Thanks to its high carbohydrate, vitamin, and mineral content, apples have the perfect storm of nutrition to help you stay energized all day.

Whether you prefer a local market or just grow the fruits and veggies at home, you can enjoy any combination of these delectable delights to kick off your summer right, enjoy a healthier lifestyle, and experience a greater quality of life.

For more information, visit www.nationaltoday.com/national-fresh-fruit-and-vegetables-month/



**NATIONAL ELDER
FRAUD HOTLINE**
1-833-FRAUD-11
1-833-372-8311

Common Elder Fraud Scams

- **Romance scam:** Criminals pose as interested partners for companionship on social media.
- **Tech support scam:** Criminals pose as tech support representatives and offer to fix computer issues, gaining remote access to victims' devices and sensitive information.
- **Grandparent scam:** Criminals pose as relative—a child/grandchild—claiming to be in immediate financial need.
- **Government impersonation scam:** Criminals pose as government employees and threaten to arrest or prosecute victims unless they agree to provide funds or other payments.
- **Sweepstakes/charity/lottery scam:** Criminals claim to work for charitable organizations or they claim their targets have won a foreign lottery or sweepstake, which they can collect for a "fee."
- **Family/caregiver scam:** Relatives of the elderly victims take advantage of them or otherwise get their money.

If you've been a victim, call **1-833-372-8311**
Monday–Friday, 10 AM-6 PM
www.ovc.ojp.gov/program/elder-fraud-abuse



Senior Utility & Rental Assistance Program



**Available Services include: Utility Assistance,
Rental Assistance, and *Financial Literacy**

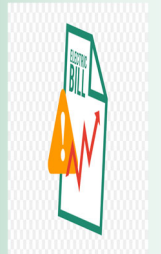
*(Financial Literacy class must be completed
before receiving and assistance)



QUALIFICATIONS

- ◆ Pinellas County residency
- ◆ At least 55 or older
- ◆ Property not homesteaded
- ◆ Must meet income guidelines

You must complete an application
along with necessary documents



For more information or to obtain an application,
call **727-442-4155, Ext. 112** or
email asantiago@TampaBayNHS.org

Tampa Bay Neighborhood Housing Services

608 N. Garden Avenue
Clearwater, FL 33755

www.TBNHS.com



3 FREE & EASY WAYS TO QUIT



Talk to a Quit Coach® who can help you quit tobacco.

1-877-U-CAN-NOW

1-877-822-6669

TTY/TDD 1-877-777-6534



Online help quitting tobacco is only a few clicks away.

tobaccofreeflorida.com/webcoach



Looking for local face-to-face help? Find classes near you.

tobaccofreeflorida.com/ahec

1-877-848-6696



QUIT YOUR WAY

FREE Virtual Tools to Quit Classes June 2023



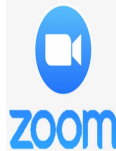
JOIN by calling **813-929-1000** to register.

Pre-registration is required!

You will be emailed a link to join by ZOOM conference via video or audio.

About the Class...

You will be provided relevant information about the effects of tobacco use, the benefits of quitting, and will assist you with developing your **OWN QUIT PLAN**. The cessation groups cover all forms of tobacco.



Benefits include:

- FREE workbook and materials.
- FREE Nicotine replacement patches, gum, or lozenges.
- More than **DOUBLES** your chance of success!



GULF COAST NORTH
AREA HEALTH
EDUCATION CENTER



In Person Sessions

Thursday, June 8, 2023 | 12:00pm-2:00pm

Friday, June 23, 2023 | 1:00pm-3:00pm



Gulfcoast North Area Health Education Center presents FREE Group Quit (Virtual Sessions)

Thursday, June 1, 2023 | 6:00pm-8:00pm (Single)

Friday, June 2, 2023 | 12:00pm-2:00pm (Single)

Monday, June 5, 2023 | 5:30pm-7:30pm (SPANISH Single)

Monday, June 5, 2023 | 6:00pm-8:00pm (Single)

Tuesday, June 6, 2023 | 2:00pm-3:00pm (Multi)

Wednesday, June 7, 2023 | 10:00am-12:00pm (Single)

Thursday, June 8, 2023 | 1:00pm-3:00pm (Single)

Monday, June 12, 2023 | 10:00am-12:00pm (Single)

Wednesday, June 14, 2023 | 6:00pm-8:00pm (Single)

Thursday, June 15, 2023 | 5:30pm-7:30pm (Single)

Friday, June 16, 2023 | 12:00pm-2:00pm (Single)

Monday, June 19, 2023 | 6:00pm-8:00pm (Single)

Tuesday, June 20, 2023 | 12:00pm-2:00pm (SPANISH Single)

Wednesday, June 21, 2023 | 10:00am-12:00pm (Single)

Thursday, June 22, 2023 | 1:00pm-3:00pm (Single)

Monday, June 26, 2023 | 6:00pm-8:00pm (Single)

Wednesday, June 28, 2023 | 10:00am-12:00pm (Single)

Friday, June 29, 2023 | 12:00pm-2:00pm (Single)



If you need assistance with registering, contact

Samuel A. White—ROSS Service Coordinator

(727) 446-1045 or (727) 272-0473

swhite@clearwaterhousingauth.org

www.tobaccofreeflorida.com

For local information on quarterly Tobacco Free Coalition meetings,

call **727-275-6246**

or email

TFCPinellas@gmail.com