



June 2023 ROSS Newsletter



Fairway Gardens & Paradise Trail

ROSS Community Rally via ZOOM!

Tuesday, June 13, 2023
11:00 AM - 12:00 PM
Fairway Gardens

Thursday, June 15, 2023
3:00 PM - 4:00 PM
Paradise Trail & Palmetto



Connect...
Communicate...
Collaborate...
With the ROSS
Coordinator!



Direct Link for ZOOM meetings:
<https://us02web.zoom.us/j/2432474587>

Monthly Food Resources...

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



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

If you're in need, contact the ROSS Coordinator prior to the scheduled event at (727) 272-0473 or e-mail at swhite@clearwaterhousingauth.org



City of Clearwater Citizens Free CPR Training!

Saturday, June 17, 2023
9:00 AM - 1:00 PM

Clearwater Fire and Rescue is proud to offer free Cardiopulmonary Resuscitation (CPR) classes for the citizens of Clearwater. Classes are held various Saturdays of the month and are provided by a certified American Heart Association (AHA) instructor. The goal of the program is to train citizens of Clearwater to save lives of victims in cardiac arrest through early activation of the 911 system and high-quality CPR. This program prepares citizens to perform CPR and to be a critical link in the chain-of-survival.



1760 N. Belcher Road
Clearwater, FL 33765



Registration is required.
If you have questions, call (727) 324-2434 or email at peter.gushee@myclearwater.com
www.myclearwater.com



Pinellas Drive-Thru Food Pantry...

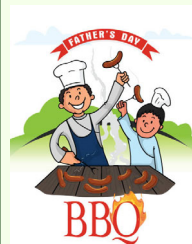


Feeding Tampa Bay has partnered with the Salvation Army to serve the community through the monthly drive-thru pickup at the following location on these days/times:

Salvation Army Clearwater
1521 Druid Rd
Clearwater, FL 33756
(727) 446-4177

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

www.salvationarmyusa.org/usn



FREE Father's Day Barbecue

Saturday, June 17, 2023
1:00 PM-4:00 PM

Morningside Recreation Complex
2400 Harn Blvd.
Clearwater, FL 33764

Can't have Father's Day without an old-fashioned barbecue! Come out to play in the pools, enjoy some hamburgers and hotdogs, and celebrate all dads with us! Reservation is required.

Call 727-562-4280 to RSVP!

www.myclearwaterparks.com



Sunday, June 18th, 2023

HAPPY

father's DAY



Barnes and Noble Summer Reading Program 2023

The program is available to school aged children in grades 1-6. Visit your local Barnes and Noble to pick up a reading journal and follow these three easy steps:

1. Read any eight (8) books this summer and record them in your Summer Reading Journal. On the reading log, your child will need to explain which part of the book is their favorite, and why.
2. Bring the completed and signed reading journal into your local Barnes and Noble Book Store between **Saturday, July 1, 2023 and Thursday, August 31, 2023.**
3. Choose your FREE book from the book list featured in the journal.



Barnes & Noble
 23654 US Hwy 19 N
 Clearwater, FL 33765
 (727) 669-1618



For more information on summer reading for all ages, visit www.BN.com/SummerReading and click your child's age category! You can also follow along on social media using the hashtag #BookYourSummer. Happy summer reading, everyone!



FREE INTERACTIVE CLASSES - June 2023

Space is limited. Pre-registration recommended for all in-person classes. To register, call (727) 562-4904.

10 Ways to Clear Brain Fog and Boost Your Memory:

Thursday, June 8th, 2pm-3pm... Memory problems, a lack of mental clarity, poor concentration, and an inability to focus can interfere with everyday life and may even be a sign of more serious trouble. Sheryl Graham, using research from Dr. Daniel Amen and others, describes techniques to help resolve brain fog and sharpen memory. **FREE.**



Abstract "Mini" Patio Pots with Free Instruction*:

Thursday, June 22nd, 12pm-2:30pm... Become an abstract artist. Learn an easy method of designing an abstract painted mini patio pot. Create layers of colorful abstract expressions by making your own one of a kind "jewel" for the patio garden. A unique and individual creation for your home or as a gift. The *\$20 (exact amount in cash) materials fee required to be paid to the instructor on the day of the class.



Aging Well Long Center - 1501 N. Belcher Rd.
 Clearwater, FL 33765

www.myclearwater.com/agingwell



Professional Skills Workshops Available in June 2023!

There are opportunities available for you to sharpen your professional skills!

Virtual and In-Person sessions include topics such as:

- Overcoming Barriers to Employment**
- Weekly Computer Basics**
- Wellness In the Workplace**
- Essential Technology Skills**
- Cleaning Up Your Online Presence**
- Interview Preparation**
- Get Hired in Person**
- Creating A Professional Resume**



For more details regarding availability and class information, call **727-524-4344**

To complete the pre-registration form for the training session, visit

www.careersourcepinellas.com/ or contact the ROSS Coordinator at **(727) 272-0473** for assistance!

swhite@clearwaterhousingauth.org



FREE Business Workshops Available!



Learn ways to start or to grow your business in Pinellas with these free virtual workshops!

The Florida Small Business Development Center Network at Pinellas County offers business training, consulting, referrals and resources. Workshops fill quickly and advanced registration is requested. Classes are cancelled on holidays or any day county offices are closed.



For more information or to request a consulting appointment, call **(727) 453-7200**. To register for upcoming virtual classes, visit

www.PCED.org/sbdc



13805 58th Street N.
Suite 1-200
Clearwater, FL 33760



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



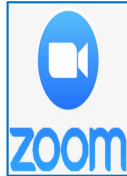
JOIN by calling **813-929-1000** to register.

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



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)

In Person Sessions

- Thursday, June 8, 2023 | 12:00pm-2:00pm
- Friday, June 23, 2023 | 1:00pm-3:00pm



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