



July 2023 ROSS Newsletter



Barbee Towers & Ralph Richards Tower



SOCIAL WELLNESS MONTH - JULY 2023 !

5 Fun Facts About Social Wellness...

1. **No stress** – Those with a social network handle stress better.
2. **Isolation**- About 20% of Americans feel isolated in their free time.
3. **Improved health**- Laughter, touching, and hugging can improve health.
4. **Loneliness** - Lack of companionship can increase cholesterol levels.
5. **Love** - Love and warmth from others can increase immunoglobulin levels.



www.nationaltoday.com/social-wellness-month/

Barbee Towers & Ralph Richards

360Eats Gourmet Meals Distribution



Thursday, July 6, 2023
 2:00 PM-3:15 PM - Barbee Towers
 3:15 PM-4:00 PM - Ralph Richards



Hope Villages of America Food Pantry



Tuesday, July 11, 2023
 9:30 AM-12:30 PM - Ralph Richards
 1:00 PM-3:30 PM - Barbee Towers



Florida Dream Center Food Distribution



Tuesday, July 18, 2023
 1:00 PM-2:30 PM - Ralph Richards
 3:00 PM-4:30 PM - Barbee Towers



Please be sure to sign up if you'd like to participate!

Barbee Towers & Ralph Richards



Neighorly Transportation Group Shopping

Every Thursday for residents who are registered (must be at least **60 years or older**)!

- Thursday, July 6th @ 9:15 AM - Target
- Thursday, July 13th @ 9:15 AM - Publix
- Thursday, July 20th @ 9:15 AM - Walmart
- Thursday, July 27th @ 9:15 AM - Publix

- ◆ Sign up 2 days prior to the scheduled trip date (required)!
- ◆ Pick up & drop off at your location!



Contact the ROSS Coordinator for details
 (727) 446-1045 or (727) 272-0473
 swhite@clearwaterhousingauth.org

LOW INCOME INTERNET ASSISTANCE AVAILABLE!

Affordable Connectivity Program Benefits



Up to \$30/month towards broadband service from participating providers



Up to \$75/month towards broadband service for households on tribal lands, including Hawaiian Home Lands



A one-time discount of up to \$100 to purchase a laptop, desktop, computer, or tablet



The Affordable Connectivity Program (ACP) is an FCC benefit program that helps ensure that low-income households can afford the broadband they need for work, school, healthcare and more.

- Limited to one monthly service discount and one device discount per household
- Go to AffordableConnectivity.gov to submit application or call **877-384-2575** to apply
- Contact your preferred participating provider to select a plan and have the discount applied to your bill.



For an application and/or assistance, contact the ROSS Coordinator at **(727) 272-0473**

Basic Home Safety Tips For Seniors



With more than 26% of Americans 65 years or older living alone, keeping the elderly safe has become an important concern for families and caregivers alike. Being aware of potential dangers means that we can be prepared in case of an emergency, prevent accidents, and ensure that our senior loved ones are safe and healthy. Here are some simple and effective senior safety tips to make your home secure:

1. Declutter your house to make sure you have plenty of space to walk around. Less clutter also means less risk of falls.
2. Make sure all rugs have anti-slipping pads.
3. Cover furniture corners to prevent injuries if you accidentally bump into them.
4. Make sure every room has proper lighting, including closets. Use a nightlight to make it easy to see at night.
5. Avoid stepping on wet or damp surfaces – promptly clean up any spills on the floor.
6. Have all the items that you use frequently within easy reach in the kitchen – don't place them on high shelves that are hard to access.

For more information, visit <https://startofcare.com/100-senior-safety-tips/>



Neighborhood Pharmacy Services Available!



- FREE delivery & pickup
- Exceptional services & offers
- Most Insurance plans are accepted
- We match and beat your best price
- FREE monthly supply of aspirin/multi-vitamins with prescription
- FREE calendar packaging
- Special prices for self-pay
- Easy to transfer your prescriptions to our pharmacy. Give us a call and we'll take care of the rest!



Inspire Pharmacy & Compounding

Address:

2019 Gulf to Bay Blvd.
Clearwater, FL 33765
Phone: (727) 441-6900
Fax: (727) 279-4000

Monday-Friday:
9:00 AM-5:00 PM
Saturday:
10:00 AM-2:00 PM
Sunday:
Closed



Aging Well Long Center
1501 N. Belcher Rd.
Clearwater, FL 33765
www.agingwell@myclearwater.com



For more information or to register for in-person classes, call 727-562-4904 at least 24 hours in advance.



Technology Chat—iPhone/iPad & Android —Monday, July 3rd, 2023, 1 PM-2 PM (iPhone/iPad) and from 2:15 PM-3:15 PM (Android)... Informal question and answer sessions. Ask about navigation, features, apps, social networks, customizing, email, and more. Make sure your device is charged and have your password readily accessible. **FREE.**

Decluttering 55+ - Invigorate Your Life - Leave a Legacy, Not a Mess: Thursday, July 6th, 2023, 2 PM-3 PM...



Michelle Passoff, author of "Lighten Up! Free Yourself from Clutter" has traveled back and forth across the U.S. and around the world teaching people how cleaning clutter is not only a path to being neat and tidy, but is a little-known and underused life management tool. She will show us how addressing everything from closets, desktops and garages, to writing your life story, making a home inventory, managing your time for your greatest pleasures, and even preparing a will and making final arrangements can invigorate your life and support you to leave a legacy, not a mess. **FREE.**

Acrylic Painting with Free Instruction: Wednesday, July 19th, 2023, 1 PM- 3 PM... 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** must be paid to the instructor on the day of your class. Space is limited. You must call in advance to be included.

