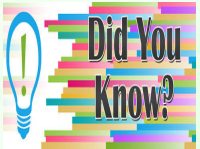




# August 2023 ROSS Newsletter



## Fairway Gardens & Paradise Trail



### National Watermelon Day - Thursday, August 3, 2023

National Watermelon Day encourages the consumption of Watermelons. Watermelons can lower the risk of heart disease and reduce hypertension. About 92% of a watermelon is water making it a popular refreshing fruit. Watermelons have high Lycopene levels that promote cardiovascular health, bone health, and prevent prostate cancer. With proper growing conditions, watermelons grow to enormous sizes. Around the world, competitions award prizes each year for the largest one. The Guinness Book of World Records states that the heaviest watermelon weighed 262 pounds. To learn more refreshing watermelon facts, check out [www.watermelon.org](http://www.watermelon.org).



### Hope Villages Food Pantry

**Tuesday, August 8, 2023**  
9:30 AM-12:30 PM  
Ralph Richards



**Tuesday, August 15, 2023**  
1:00 PM-2:30 PM  
(Ralph Richards)  
3:00 PM-4:30 PM  
(Barbee Towers)



Contact the ROSS Coordinator prior to the scheduled event at (727) 272-0473 or email at [swhite@clearwaterhousingauth.org](mailto:swhite@clearwaterhousingauth.org).



### Mobile Drive Thru Food Pantry



**WEDNESDAY**  
**August 9th, 2023**  
**3:30 PM-5:00 PM**  
**Salvation Army Clearwater**  
1521 Druid Road  
Clearwater, FL 33756  
(727) 446-4177

**FREE pre-packages boxes of food**  
**No ID, paperwork, or pre-screening required**

# 988

## SUICIDE & CRISIS LIFELINE

If you or someone you know needs support now,

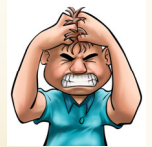
**CALL OR TEXT: 988**  
**CHAT: 988lifeline.org**

Talk with us.



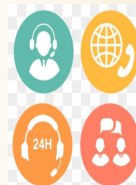
### FREE Family Support!

**Are you stressed?**  
**Overwhelmed?**  
**Anxious?**



Children's Home Society (CHS) of Florida's Family Support Line is available to anyone who needs support during this difficult time. Our services include:

- Free, confidential counseling and support
- Counselors available 24 hours/7 days
- Connections to additional programs and providers
- Callers/texters can remain completely anonymous



**We're here to help!**  
**CALL or TEXT**  
**1-888-733-6303**  
**[www.chsfl.org](http://www.chsfl.org)**





### Parents' Back To School 2023 Checklist



Ensure a smooth start to the school year! Keep the beginning organizational steps simple:

- ◆ Find your child's exact school supply list on the TeacherLists website and shop right on your phone.
- ◆ Get familiar with any dress codes.
- ◆ Identify your school point person(s) to contact if your child gets sick.
- ◆ Make sure your child is up-to-date with required immunizations and recommended vaccines.
- ◆ Develop daily preparation routines before and after school.
- ◆ Talk to your child in advance about safety precautions to take at school.
- ◆ Make sure your information is current at school, including emergency contacts.
- ◆ With your child likely spending more time learning online, discuss online safety and being a good digital citizen.



For more information, visit [www.teacherlists.com](http://www.teacherlists.com)



**Saturday, August 5th, 2023**  
**11:00 AM to 2:00 PM**

**North Greenwood Recreation & Aquatic Complex**  
**900 N. Martin Luther King Jr. Avenue**  
**Clearwater, FL 33755**

Get ready for back-to-school at the North Greenwood Recreation Center alongside our community partners.

- Physicals, no immunizations
- Health and wellness checks
- Pool party, food, music and games
- Community outreach vendors
- FREE Backpacks for the first 350 patrons



RSVP to North Greenwood Rec Center at (727) 562-4590



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



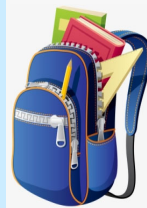
### FREE CLOTHING FOR SCHOOL!

#### Eligible Shoppers:

1. You must live in Hillsborough or Pinellas County with school aged children on free or reduced lunch program or have referral from an approved agency.
2. Call Clothes To Kids for an appointment (only) at **727-441-5050**. During busy months, it may take up to two weeks.
3. Come shopping! We look forward to seeing you! **1059 N. Hercules Avenue**  
**Clearwater, FL 33765**



If you need a referral, please contact the ROSS Service Coordinator at **(727) 272-0473** or email at [swhite@clearwaterhousingauth.org](mailto:swhite@clearwaterhousingauth.org)



### FREE BACKPACKS!

**July 31, 2023 - August 4, 2023**  
**10:00 AM-5:00 PM**

In partnership with the Clearwater Library Foundation, the Clearwater Public Library System will offer free backpacks, books and school supplies for students in grades kindergarten through 12. Stop by any of the library's five locations during open hours to pick up supplies, while they last:

- Clearwater Beach Library, 69 Bay Esplanade
- Clearwater Main Library, 100 N. Osceola Ave.
- Clearwater East Community Library, 2465 Drew St.
- Countryside Library, 2642 Sabal Springs Dr.
- North Greenwood Library, 905 N. Martin Luther King Jr. Ave.

For more information and library hours, call **(727) 562-4970** or visit [myclearwaterlibrary.com](http://myclearwaterlibrary.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 August 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!

Join on **ZOOM** using a computer or mobile phone or call in by phone!

Florida Area Health Education Center presents

**FREE Group Quit Sessions**

### One-Time Virtual Group

**Monday, July 31, 2023 | 6:00pm-8:00pm**

**Tuesday, August 1, 2023 | 10:00am-12:00pm**

**Thursday, August 3, 2023 | 1:00pm-3:00pm**

**Wednesday, August 9, 2023 | 10:00am-12:00pm**

**Wednesday, August 9, 2023 | 6:00pm-8:00pm**

**Thursday, August 10, 2023 | 1:00pm-3:00pm**

**Monday, August 14, 2023 | 6:00pm-8:00pm**

**Tuesday, August 15, 2023 | 10:00am-12:00pm**

**Thursday, August 17, 2023 | 1:00pm-3:00pm**

**Monday, August 21, 2023 | 6:00pm-8:00pm**

**Wednesday, August 23, 2023 | 10:00am-12:00pm**

**Thursday, August 24, 2023 | 1:00pm-3:00pm**

**Monday, August 28, 2023 | 6:00pm-8:00pm**

**Thursday, August 31, 2023 | 10:00am-12:00pm**

**Friday, August 25, 2023 | 1:00pm-3:00pm (In Person)**

**CareerSource Pinellas - 2312 Gulf to Bay Blvd.**

**Clearwater, FL 33765**



GULFCOAST NORTH  
AREA HEALTH  
EDUCATION CENTER

If you'd like additional information or assistance with registering, contact

**Samuel A. White—ROSS Service Coordinator**

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

**swhite@clearwaterhousingauth.org**

**www.tobaccofreeflorida.com**

