



# August 2023 ROSS Newsletter

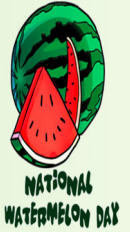


## Barbee Towers & Ralph Richards

### 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).



### Senior Utility Assistance Available!

A one-time payment will be applied for seniors **55 years and older** living within the following zip codes: **33755, 33756, 33757, 33759, 33761, 33765 & 33766**. You must provide:



- A picture ID
- A utility bill in your name
- Must be in delinquent status



Clearwater Neighborhood Family Center  
900 N. MLK Jr. Avenue  
Clearwater, FL 33755

Contact **Erma Boateng** at **727-442-5355** for appointment.  
[www.clearwaternfc.org](http://www.clearwaternfc.org)

### Upcoming August Events!

Barbee Towers



Ralph Richards



#### 360Eats Gourmet Meals Distribution

Thursday, August 3, 2023 at 2:00 PM-4:00 PM



#### Hope Villages Food Pantry

Tuesday, August 8, 2023 at 9:30 AM-3:30 PM



#### FL Dream Center Monthly Food Distribution

Tuesday, August 15, 2023 at 1:00 PM-4:30 PM



#### St. Vincent DePaul Healthy Food Distribution

Monday, August 21, 2023 at 11:30 AM-3:30 PM

Please remember to sign up prior to these events!



### Do You Need Additional Assistance?

The **Area Agency on Aging & Disability Resource Center Helpline** is a federally funded service to help seniors and caregivers gain access to services in the community, such as:



- Caregiver support
- Case management
- In-home services
- Insurance counseling
- Legal assistance
- Meal services
- Nursing home/Assisted living facilities
- Transportation
- Victim advocacy



1-800-96-ELDER (963-5337) or 727-217-8111  
Monday-Friday, 8am-5pm  
[www.agingcarefl.org/helpline/](http://www.agingcarefl.org/helpline/)

### Barbee Towers & Ralph Richards Tower



### Neighbory Transportation Group Shopping

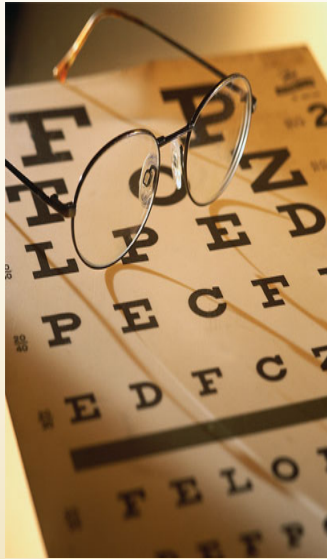
Every Thursday for residents who are registered (must be at least 60 years or older)!

- Thursday, August 3rd @ 9:15 AM - Walmart
- Thursday, August 10th @ 9:15 AM - Publix
- Thursday, August 17th @ 9:15 AM - Target
- Thursday, August 24th @ 9:15 AM - Walmart
- Thursday, August 31st @ 9:15 AM - Publix

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



Contact the **ROSS Service Coordinator** for details at **(727) 272-0473** or email [swhite@clearwaterhousingauth.org](mailto:swhite@clearwaterhousingauth.org)



## August is National Eye Exam Month...

National Eye Exam Month was founded by Sears Optical in 1989 and is dedicated to the importance of eye health and safety. Although seniors are more prone to eye issues, there are ways they can protect themselves and prevent long-term issues.

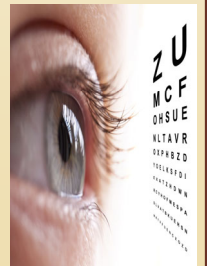
- When washing your face, use a clean towel and water to prevent infection
- Do not use others eye medication or glasses
- No Smoking
- Be sure to get a healthy amount of rest
- Consume Vitamin A and proteins (nuts are perfect)
- Do not use sprays (i.e. hairspray) close to the eyes
- When watching TV, on the computer, and/or reading, be sure to have good lighting, take short breaks to rest the eyes and make sure the print is large and clear



### No-Cost Eye Exams – Are you Eligible?

EyeCare America is a public service program of the Foundation of the American Academy of Ophthalmology. By age 65, one in three Americans has some form of vision-limiting eye disease. To help address this need, EyeCare America provides eye care to US citizens and legal residents through volunteer ophthalmologists (Eye M.D.s) at no cost to seniors who qualify.

For more information, call **877-887-6327** Hours: 11 AM-3 PM, Monday-Friday (EST)  
 Email: [eyecareamerica@ao.org](mailto:eyecareamerica@ao.org) or visit [www.ao.org/eyecare-america](http://www.ao.org/eyecare-america)



### 988 Suicide & Crisis Lifeline

#### Need Support Now?

If you or someone you know is struggling or in crisis, help is available. Call or text **988** or chat [988lifeline.org](http://988lifeline.org)



We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States. **988** is now active across the country. This new, shorter phone number will make it easier for people to remember and access mental health crisis services. (Please note, the previous **1-800-273-TALK (8255)** number will continue to function indefinitely.)

[www.988lifeline.org](http://www.988lifeline.org)



### PSTA Emergency Transportation Available



#### Just in case you didn't know...

- During a hurricane evacuation, PSTA bus rides are **FREE**
- Routes may be modified and will include shelters
- Routes will continue to operate until winds reach tropical storm force (40 mph)
- Contact PSTA at **727-540-1900** or visit [www.psta.net](http://www.psta.net)

#### Ways to find out your evacuation zone...

- Visit [www.pinellascounty.org/KnowYourZone](http://www.pinellascounty.org/KnowYourZone)
- Call **Pinellas County Emergency Management** at **727-453-3150** (automated) or **727-464-3800**
- Download the "Ready Pinellas" app at Google Play or the App Store

To stay informed, sign up for the **FREE** Alert Pinellas Notification service to receive emergency information.

To register, visit [www.pinellascounty.org/alertpinellas](http://www.pinellascounty.org/alertpinellas)



# 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.

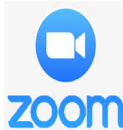
**About the Class...**

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**

