



September 2023 ROSS Newsletter



Barbee Towers & Ralph Richards Tower



September Dates & Holidays to Remember...

- ◇ Sept. 4: Labor Day
- ◇ Sept. 6: National Read a Book Day
- ◇ Sept. 10: Grandparents Day
- ◇ Sept. 11: Patriot Day
- ◇ Sept. 14: National Coloring Day
- ◇ Sept. 17: Constitution Day
- ◇ Sept. 17: Wife Appreciation Day
- ◇ Sept. 18: National Cheeseburger Day
- ◇ Sept. 18: National HIV/AIDS & Aging Awareness Day
- ◇ Sept. 22: Falls Prevention Awareness Day
- ◇ Sept. 26: National Family Day
- ◇ Sept. 29: National Coffee Day
- ◇ Sept. 30: National Chewing Gum Day



For more information, visit www.nationaltoday.com/september-holidays/

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Neighborly Transportation Group Shopping

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

- Thursday, September 7th @ 9:15 AM - Publix
- Thursday, September 14th @ 9:15 AM - Walmart
- Thursday, September 21st @ 9:15 AM - Publix
- Thursday, September 28th @ 9:15 AM - Target

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



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



Clearwater Housing Authority offices will be closed on Monday, September 4, 2023 in observance of Labor Day.



September ROSS Events!

Barbee Towers



Ralph Richards



360Eats Gourmet Meals Distribution

Thursday, September 7, 2023 at 2:00 PM-4:00 PM



Hope Villages Food Distribution

Tuesday, September 12, 2023 at 9:30 AM-3:30 PM



St. Vincent DePaul Healthy Food Distribution

Monday, September 18, 2023 at 11:30 AM-3:30 PM



FL Dream Center Food Distribution

Tuesday, September 19, 2023 at 1:00 PM-4:30 PM

If you'd like to participate, please remember to sign up prior to the scheduled events. If you have any questions or need additional information, contact the **ROSS Coordinator** at (727) 272-0473 or swhite@clearwaterhousingauth.org



SHOP WITH SNAP/EBT OR P-EBT

GET FREE

FRESH FRUITS & VEGETABLES

AT PARTICIPATING OUTLETS

BUY \$1
WITH SNAP OR P-EBT

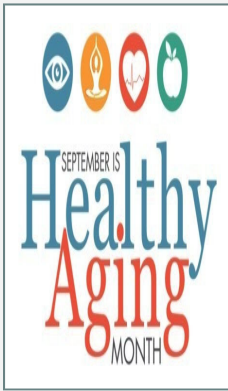
GET \$1
IN FRESH ACCESS BUCKS

Up to **\$40** per day
Farmers Markets,
Farm Stands, CSAs &
Mobile Markets

Up to **\$10** per visit
Community Grocery
Stores

FIND AN OUTLET NEAR YOU WITH THE QR CODE OR
WWW.FRESHACCESSBUCKS.COM





September is Healthy Aging Month!

September is Healthy Aging Month, a time dedicated to helping individuals gain a more positive outlook about growing older, to celebrate life and turn over a new leaf. The Healthy Aging Campaign was established over 20 years ago. Since then, more individuals have become aware of their physical and mental health, diet, social skills and even financial situations— all factors that contribute to successful aging. No matter your age, you can stay at your personal best by practicing a few tips:



- 1. Live an active life.** Regular exercise is one of the greatest keys to physical and mental well-being. Living an active life will help you stay fit enough to maintain your independence to go where you want to and perform your own activities.
- 2. Eat healthy foods.** Eat nutrient-dense foods like fruits, vegetables, and whole-grain foods. Avoid sweet, salty, and highly processed foods. Keep in mind that each person has different dietary needs – follow your doctor's suggestions regarding dietary restrictions.
- 3. Maintain your brain.** Never stop learning and challenging your mind. Take dance lessons, learn a new language, attend lectures at a local university, learn to play a musical instrument, or read a book.
- 4. Cultivate your relationships.** Maintain communication with your family and friends. Schedule regular time to meet with friends and family over coffee, during a weekly shared meal, or around a common interest. Reach out to friends who might be isolated or feel lonely.
- 5. Get enough sleep.** Develop a regular schedule with a bedtime routine. Keep your bedroom dark and noise-free. Avoid watching television or surfing the internet while in bed. Stay away from caffeine late in the day.

For more information, visit www.healthyaging.net/september-healthy-aging-month/



FREE Technology Assistance Available for Seniors!

We're Here To Help You!

Cyber-Seniors Technology Mentors are young people who have been trained to teach technology to older adults and are standing by to help with your smart phone, tablet or computer. You can also learn to:

- Set up a video call with friends and family
- Order groceries and medication online
- Watch movies, musicals and news shows
- Schedule appointments with medical professionals over video



To register for **FREE** webinars, call **1-844-217-3057**, email info@cyberseniors.org or go to our website at www.cyberseniors.org or to schedule **FREE** 1-on-1 tech-help over the phone or via video conference



Do You Need Legal Assistance?

Florida Senior Legal Helpline:
(888) 895-7873

Florida Veterans Legal Helpline:
(866) 486-6161

Monday-Friday, 9am-4:30pm

(For Florida residents aged 60 and older)

- Need a solution to a housing problem?
- Have questions about a contract you signed?
- Want advice about a family matter?
- Need assistance obtaining government benefits?



Applicants receive **FREE**, confidential legal advice and referrals from attorneys with experience representing seniors. To apply for services, call **(800) 625-2257**

www.bals.org