



December 2023 ROSS Newsletter



Barbee Towers & Ralph Richards Tower



A month filled with love, humanity and gift giving events like Christmas and New Year's Eve. December is the last month of the year, one of seven months with the length of 31 days and has the shortest daylight hours of all months.



Sunday, December 24, 2023 (Christmas Eve)

Monday, December 25, 2023 (Christmas Day)

Sunday, December 31, 2023 (New Year's Eve)



Barbee Towers & Ralph Richards



360Eats Gourmet Meals Distribution

**Thursday, December 7, 2023
at 2:00 PM-4:30 PM**



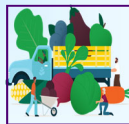
Hope Villages Food Pantry
**Tuesday, December 12, 2023
at 9:30 AM-3:30 PM**



FL Dream Center Food Distribution
**Tuesday, December 19, 2023
at 1:30 PM-4:30 PM**



HEP Healthy Mobile Market
**Tuesday, December 26, 2023
at 10:30 AM-12:30 PM**



December 2023 Holiday Events in Pinellas County!



Market Marie's Christmas @ Coachman Park
**Saturday, December 9, 2023
10:00 AM- 3:00 PM**

Shop local for your holiday gifts at Coachman Park at the "The Market Marie's Christmas Spectacular" brought to you by the 12 Days of Christmas - Clearwater Beach. Santa, Mrs. Claus, the Grinch, Cindy Lou Who and a festive pet PAWrade will be part of this month's Market!



**2nd Annual Holiday Pet
"PAW-rade!"**

**Sunday, December 17, 2023
10:00 AM- 2:00 PM**

Bring your furry loved ones to wag, woof, walk, and celebrate the holidays along Cleveland Street during this pet friendly parade. Dress in your holiday finest for pet and family photos with Santa and the Grinch.

**Station Square Park
612 Cleveland Street
Clearwater, FL 33755**

For more information or to register, visit
www.pawsonparadeparty.com



Neighbory Transportation Group Shopping

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

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

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




Contact the ROSS Coordinator for details at
(727) 446-1045, Ext. 365 or
swhite@clearwaterhousingauth.org




Our Best Holiday Wishes!

**May you be
Changed by love!
Filled with peace!
Touched by miracles!**




HOLIDAY SCAMS

Avoiding Scams During the Holidays in 2023!



Don't become another statistic!





By some estimates, nearly 75% of Americans experienced at least one type of holiday scam last year.

Americans lost over \$281 million to online shopping and non-delivery scams last year alone — with many of these taking place over the holiday season.

For more information, visit www.aura.com/learn/holiday-scams


- ◆ Research charities before you donate.
- ◆ Only use gift cards as gifts.
- ◆ Stick to the most reputable online stores as much as possible this time of year.
- ◆ Ignore emails and texts from people you don't know, and never click on unfamiliar links.
- ◆ Research the company before giving them your personal info.
- ◆ Track deliveries through the delivery company's official website.
- ◆ Create a secret family "passcode" to use on calls as a way to ensure the person you're speaking with is legitimate.
- ◆ Do your due diligence before purchasing.
- ◆ Don't trust anyone who offers you free money or gifts — especially if you never entered the giveaway.






Common Scams To Avoid this Holiday Season:

1. Fake charities that steal your money
2. Gift card scams (including empty gift cards)
3. Lookalike online stores
4. Phishing emails from companies you trust
5. Fraudulent seasonal job offers
6. Missed delivery notification texts scams
7. Grandparent scams
8. Social ads promoting fraudulent items
9. Popular holidays gifts at low prices
10. Holiday travel & online airfare scams
11. Fake online giveaways & surveys
12. Online gift exchange scams
13. Public Wi-Fi hacking
14. Mail & package theft
15. Shoulder surfing & card skimming




FOG CLOGS

Grease Disposal




Pouring fats, oils, and grease down the drain this holiday season can cause serious and expensive pipe blockages. The Solid Waste Recycling Drop Off Center is available 24 hours a day, seven days a week. To participate, please follow these steps:

1. Place leftover cooking greases, frying oils, meat drippings and bacon fats into a container.
2. Bring the grease to the city's Solid Waste/Recycling drop-off center at **1701 N. Hercules Ave, Clearwater, FL 33765**
3. Pour the contents of the container into the large barrel that is on-site. Take the empty container home or place it in the trash afterwards, as a container with a layer of grease inside is not recyclable.



For more information, call **(727) 562-4920** or visit www.myclearwater.com/recycling





Control your Diabetes For Life

Diabetes Educational Empowerment Program (DEEP) Virtual Classes

Wednesdays: December 13, 2023-January 17, 2024, 6pm-8pm
Thursdays: December 28, 2023-February 1, 2024, 1pm-3pm

Join DEEP, a six-week program (once a week, two-hour classes) that teaches you how to manage diabetes through lifestyle changes including better nutrition and physical activity. The goal of the program is to empower you to take charge of your diabetes, avoid complications, and improve self-management skills.





Registration is required. To enroll or for more information, call **(855) 269-4777** or e-mail at GetHealthy@baycare.org



CLEARWATER FREE CLINIC
Health care for uninsured families

FREE Healthcare services for the uninsured!



Address:
1218 Court Street
Clearwater, FL 33756
727-447-3041

Clinic Hours:
Monday-Thursday
8:30 AM-6:00 PM

Clearwater Free Clinic is a volunteer driven non-profit, non-government medical facility that provides primary health care at no cost to those who do not qualify for government assistance and who cannot afford private medical care.

www.clearwaterfreeclinic.org

Services include:

- ◆ Primary/Specialty care
- ◆ Women's care
- ◆ Diabetic/Nutrition programs
- ◆ Medication services
- ◆ Ophthalmology
- ◆ Pediatrics
- ◆ Behavioral Health