



# January 2024 ROSS Newsletter



**Barbee Towers & Ralph Richards**

## New Year's Resolutions for 2024

- Let go of things from your past.
- Focus on and do one thing at a time.
- Stop complaining.
- Give one compliment a day—including yourself.
- Go a whole day without checking your phone.
- Read at least one book each month.
- Go someplace you've never been.
- Clear out your clutter.
- Volunteer your time to help others in need.
- Drink more water.
- Don't buy things you don't need.
- Stay in touch with the people who matter.
- Talk less and listen more.



## Let's Get the New Year Started Right!



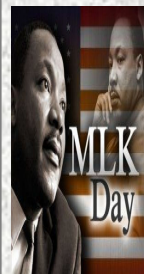
If you have goals you desire to achieve, the ROSS (Resident Opportunity & Self-Sufficiency) Service Coordinator is here to help you start, stay, and stick with it until the end!

**Don't delay...call today!**

*Samuel A. White*

**(727) 446-1045, Ext. 365**

[swhite@clearwaterhousingauth.org](mailto:swhite@clearwaterhousingauth.org)



## A Friendly Reminder...

Clearwater Housing Authority (CHA) offices will be closed on **Monday, January 15, 2024**, in observance of Martin Luther King, Jr. Day.

## ROSS Zone January 2024 Events!

### Barbee Towers & Ralph Richards



#### 360Eats Gourmet Meals Distribution

Thursday, January 4, 2024 at 2:00 PM-3:00 PM  
Thursday, January 4, 2024 at 3:30 PM-4:30 PM



#### Hope Villages of America Food Pantry

Tuesday, January 9, 2024 at 9:30 AM-12:30 PM  
Tuesday, January 9, 2024 at 1:00 PM-3:30 PM



#### FL Dream Center Food Distribution

Tuesday, January 23, 2024 at 1:30 PM-2:30 PM  
Tuesday, January 23, 2024 at 3:00 PM-4:00 PM



#### HEP Healthy Mobile Market

Tuesday, January 30, 2024 at 10:30 AM-11:00 AM  
Tuesday, January 30, 2024 at 11:00 AM-11:30 AM



Please sign up in advance of the event you'd like to participate!



If you're disabled and/or need food delivered to you personally, contact the **ROSS Coordinator** in advance at **(727) 446-1045, Ext. 365** or email at [swhite@clearwaterhousingauth.org](mailto:swhite@clearwaterhousingauth.org)



## Neighborly Transportation Group Shopping



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

**Thursday, January 4th @ 9:15 AM - Publix**  
**Thursday, January 11th @ 9:15 AM - Walmart**  
**Thursday, January 18th @ 9:15 AM - Publix**  
**Thursday, January 25th @ 9:15 AM - Target**

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



Contact the ROSS Coordinator (**Samuel**) for details or to register at **(727) 446-1045, Ext. 365** or email at [swhite@clearwaterhousingauth.org](mailto:swhite@clearwaterhousingauth.org)



## JANUARY IS GLAUCOMA AWARENESS MONTH

Glaucoma is one of the leading causes of vision loss and blindness. It's actually a group of diseases where pressure builds up and damages the eye's optic nerve. There's currently no way to restore vision lost from glaucoma. National Glaucoma Awareness Month occurs annually in January, and serves as a reminder for us to get regular eye exams, and to show support for others who suffer from this condition.



### Ways To Observe National Glaucoma Awareness Month

- 1. Know the risk factors.** High risk groups are people over the age of 60, diabetics, and those who are severely nearsighted. Others who are higher risk include people of African, Asian, and Hispanic descent.
- 2. Get a checkup.** Make an appointment with your local optometrist. Regular checkups are vital to eye health—even if you have no symptoms.
- 3. Work with your community.** Offer your support by volunteering at your local health centers and organizations that hosts events.

### FREE Eye Exams for Seniors (65 and older)

**EyeCare America** offers medical eye exams, often at no out-of-pocket cost.



To find out if you qualify, call (877) 887-6327 or visit

[www.aao.org/eyecare-america.org](http://www.aao.org/eyecare-america.org)

### Are you disabled and desire to work?

We will help you improve your employment status!



The **Florida Department of Education, Division of Vocational Rehabilitation (VR)** helps eligible individuals with physical or mental disabilities find or keep a better job.

Who is Eligible for Rehabilitation Services?

- You have a physical or mental disability
- Your disability is a barrier to employment
- You need VR services to get or keep a job



Pre-employment Transition services also available for students with disabilities ages 14-21 currently enrolled in school

For more information or to apply, contact

**Jessica Dollard** at (727) 518-3466 or email at [Jessica.Dollard@vr.fldoe.org](mailto:Jessica.Dollard@vr.fldoe.org)

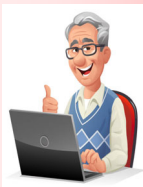
[www.RehabWorks.org](http://www.RehabWorks.org)



### Start this year with a new opportunity!

#### AARP Foundation Senior Community Service Employment Program for Seniors (55+)

Working an average of 20 hours a week, older job seekers are paid the highest of federal, state or local minimum wage and are compensated by SCSEP directly. The job seekers are placed in a wide variety of community service activities at non-profit and public facilities like day care centers, senior centers, schools and hospitals. This on-the-job training experience can then be used as a bridge to obtain employment opportunities outside of the program.



To participate, you must be:

1. Age 55 or older
2. Unemployed
3. Financially qualified



Need more information or would like to get started?

Contact **Madeleine Deitz** at (727) 524-4344, Ext. 1654 or [mdeitz041@aarpfdnscsep.org](mailto:mdeitz041@aarpfdnscsep.org)

[www.aarp.org/aarp-foundation](http://www.aarp.org/aarp-foundation)