



February 2024 ROSS Newsletter



Fairway Gardens & Paradise Trail





LOVE YOUR HEART

GET ACTIVE!



VISIT YOUR PRIMARY CARE PROVIDER



FEBRUARY IS
AMERICAN HEART MONTH

EAT WELL!
A DIET LOW IN SALT & SATURATED FATS





KNOW YOUR NUMBERS:

- CONTROL YOUR CHOLESTEROL
- MANAGE YOUR BLOOD PRESSURE
- REDUCE YOUR BLOOD SUGAR



QUIT SMOKING!

Monthly Food Distribution at Barbee Towers & Ralph Richards!





360Eats Gourmet Meals Distribution
Thursday, February 1, 2024 at 2:00 PM-4:30 PM


Hope Villages Food Distribution
Tuesday, February 13, 2024 at 9:30 AM-3:00 PM

FL Dream Center Food Distribution
Tuesday, February 20, 2024 at 1:30 PM-4:30 PM

HEP Mobile Market
Tuesday, February 27, 2024 at 10:30 AM-11:30 AM

If interested in receiving food, contact the ROSS Coordinator at 727-446-1045 prior to event!




FREE Vision Screenings for Adults & Children!

Tuesday, February 6, 2024
9:00 AM-12:00 PM

Pinellas County Health Department
310 N. Myrtle Avenue
Clearwater, Florida 33755
(727) 469-5800

Preserve Vision Florida provides FREE vision screenings for youth and their parents (please bring the BLUE card). **Appointments are not required.** Assistance will also be provided for glasses and exams for those who qualify.



For more information, call (813) 874-2020 or visit www.pvfla.org/vision-screenings/



Crime Prevention Tips for Home & Travel

When Traveling:

- Carry as few cards as possible in your wallet – that goes for identity cards and credit cards alike.
- Avoid carrying large amounts of cash.
- Always keep your purse close to your body and never leave it in a shopping cart.
- Don't allow your cell phone to be a distraction.
- Avoid walking alone after dark or in areas that are known to be dangerous.

At Home:

- Have deadbolts installed on your doors, and keep all doors and windows locked.
- Draw the curtains at night, and keep the outside and inside of your house well lit.
- Do not leave extra keys in obvious places.
- Do not remain in an elevator with a stranger if you feel unsafe. Do not buzz anyone in unless you are certain you know who they are.
- Retrieve your mail as soon as possible, or set up a P.O. box, so sensitive mail cannot be stolen.
- Never allow an unsolicited person to enter your home. Ask for identification, even if they say it is an emergency. If necessary, call the company to confirm the individual is meant to be there.
- Call 911 to report any/all suspicious activity, as well as the PH staff at (727) 446-1045.





Clearwater Police Department
(Non-Emergency Number)
727-562-4242
www.seniorliving.org



Official 2024 Free Tax Preparation Locations



DID YOU EARN LESS THAN \$79,000 LAST YEAR?

Have your federal tax return prepared, e-filed, and direct deposited for FREE. IRS-certified volunteers will prepare your taxes and ensure you get the largest refund for which you qualify. The following locations offer services by **appointment ONLY**:

High Point Neighborhood
Family Center
5812 150th Avenue N
Clearwater, FL 33760
(727) 533-0730

**United
Way**



United Way Suncoast

Clearwater Neighborhood
Family Center
900 N. MLK Jr. Avenue
Clearwater, FL 33755
(727) 442-5355



InterCultural Advocacy Institute
Hispanic Outreach Center (HOC)
612 Franklin Street
Clearwater, FL 33756
(727) 445-9734



For available days/times or to schedule an appointment, please call **833-897-8482** or visit <https://booknow.appointment-plus.com/cn2re6xy/>. Taxpayers are encouraged to visit <https://unitedwaysuncoast.org/what-we-do/income/free-tax-help/>. You may also prepare your own taxes using the free online filing option at www.MyFreeTaxes.com.

HAI Group - 2024 Resident Scholarship Program



The 2024 HAI Group Resident Scholarship Program is now accepting submissions! This year, 20 people will win Scholarships valued at \$6,000.00 each for up to four (4) consecutive years to continue their education. Entries must be submitted between Monday, February 5, 2024, and Friday, April 26, 2024 by 4 PM (EST).



Eligibility

Each applicant must meet the following criteria:

- **Residency:** You have resided for at least the previous six (6) months in a Housing authority or in a property with a Housing choice voucher (HCV) program. This has to be administered by a housing authority that is a member of Housing Authority Risk Retention Group (HARRG), or Housing Authority Property Insurance, A Mutual Company (HAPI), or you have resided for at least six months in an affordable housing property insured by Housing Enterprise Insurance Company (HEIC).
- **Enrollment:** You are or will be enrolled in the fall for the 2024-2025 academic year in an accredited and/or licensed Technical school or accredited two- or four-year College or University in the United States.
- **Citizenship:** You must be a United States citizen.
- **Other:** You must follow all other rules outlined in the official rules (found on the website below: www.housingcenter.com/scholarship or contact scholarship@housingcenter.com).

SCHOLARSHIPS



All Clearwater Housing Authority (CHA) offices will be closed on Monday, February 19, 2024, in observance of President's Day.

