



# March 2024 ROSS Newsletter

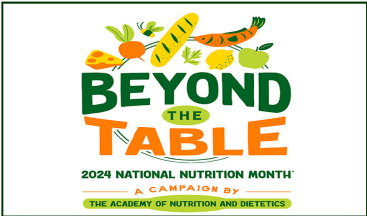


## Barbee Towers & Ralph Richards

### March is National Nutrition Month 2024: Beyond the Table!

**Week One:**  
Stay nourished on any budget.

**Week Two:**  
Consult a Registered Dietitian Nutritionist (RDN).



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



**Week Three:**  
Eat a variety of foods from all food groups.

**Week Four:**  
Eat with the environment in mind.



### 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 an appointment

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



If you're 60 or older and need reliable transportation, take the easy route!

**Neighborhood Care Network is here to serve you!**

13945 Evergreen Avenue  
Clearwater, FL 33762  
(727) 573-9444



**No-cost transportation available for:**

- ◆ Group grocery shopping every Thursday\*
- ◆ Group dining, shopping, or fun outings\*
- ◆ Medical appointments in Pinellas County

\* (A group consists of at least seven (7) participants)

**Why choose Neighborhood Transportation?**

- ◆ Door-to-door service
- ◆ Courteous and professionally trained drivers
- ◆ Wheelchair accessible buses
- ◆ Sociable outings with friends



For new registration, contact **Samuel A. White - ROSS Service Coordinator** at **727-446-1045, Ext. 248** or email at [swhite@clearwaterhousingauth.org](mailto:swhite@clearwaterhousingauth.org)



### Report fraud or financial exploitation of seniors!

Call 1-800-222-4444, option 2

**AARP Foundation ElderWatch** engages hundreds of volunteers each year to help older consumers recognize, refuse and report fraud and scams. This website provides additional information and tools to help protect consumers against financial exploitation.

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



### Don't Forget to Spring Forward!

Daylight Saving Time is on **Sunday, March 10, 2024** thru **Sunday, November 3, 2024**



On **Sunday, March 10th**, at **2:00 AM**, Daylight Saving Time (DST) begins. We'll set our clocks **forward one hour** to 3:00 AM. Yes, you will lose one hour of sleep on that day!

**Fun Fact:** Daylight Saving Time is observed in the United States, except in Hawaii and most of Arizona.



**Aging Well Long Center**  
 1501 N. Belcher Rd.  
 Clearwater, FL 33765  
[agingwell@myclearwater.com](mailto:agingwell@myclearwater.com)



## FREE INTERACTIVE CLASSES - March 2024

To reserve your spot for classes in person, call (727) 562-4904, ext. 224.



**George Gandy and His Bridge: Thursday, March 7th, 2:00pm-3:00pm...** Join the Tampa Bay History Center as they present the history of the Gandy Bridge and how it connected Tampa and St. Petersburg in 1924. It was spectacular enough to attract worldwide attention, and lots of dignitaries, including governors from seventeen states. **FREE.**

**Bringing Your Ancestors to Life - Going Beyond the Facts: Thursday, March 21st, 2:00pm-3:00pm...** Join Karen Fortin as she will explore how you can use traditional genealogy and family resources, such as birth and death records, census records, deeds and newspaper articles, to discover more about the lives, experiences and even personalities of your ancestors. **FREE.**



**Growing Herbs for Flavor and Health: Tuesday, March 26th, 2:00pm-3:00pm...**

This will be an exciting and informative program. Join Master Gardner as they present on the how's, what's and when's of growing flavorful herbs. **FREE.**

**Healthy Aging: Thursday, March 28th, 2:00pm-3:30pm...** Sheryl Graham outlines research that identifies actions you can take to help manage your physical, mental and cognitive health, live as independently as possible and maintain your quality of life as you age. **FREE.**



## Would you like to CHAT?



Companionship, Help & Access by Telephone for Seniors (**CHATS**) matches interested seniors with a volunteer caller to enjoy a friendly weekly telephone chat. **CHATS** is completely free, only a reliable land line or cell phone is required.

To receive a friendly call each week or be a volunteer caller, contact **Tabitha Greller** at **727-434-8795** or email [CHATS@gcjfcs.org](mailto:CHATS@gcjfcs.org)



Gulf Coast JFCS  
 14041 Icot Blvd.  
 Clearwater, FL 33760

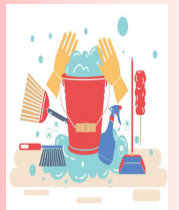


For more information, visit [www.gcjfs.org](http://www.gcjfs.org)



**FREE Apartment Cleaning Services Available through CHORES Program!**

Chore Services is a supportive service designed to help frail elderly persons (60 years of age or older) maintain a decent, independent living environment. Many elderly lack the physical stamina which some jobs require. Others lack the financial capability to purchase cleaning supplies or pay to have the work done. Whatever the circumstance, Chore Services stands ready to help.



For more information or to schedule services, call **(727) 217-8111** or email [adrc.helpline@aaapp.org](mailto:adrc.helpline@aaapp.org)

Monday-Friday 8:00 AM-4:30 PM

**Pinellas Opportunity Council**

4039 8th Avenue S.  
 St. Petersburg, FL 33711

[www.poc-inc.org](http://www.poc-inc.org)