



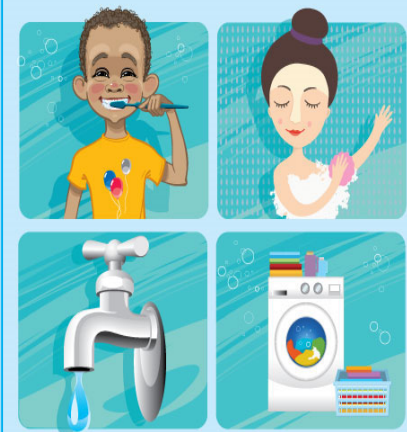
April 2024 ROSS Newsletter

Barbee Towers & Ralph Richards



April is Water conservation month

American residents use about 100-125 gallons of water per day. The average faucet flows at a rate of two gallons per minute. A running toilet can waste up to 200 gallons of water per day. The average family in Clearwater uses 130 gallons of water each day. Here are some things you can do to help conserve one of our greatest resources:



Four Tips to Help Conserve Water Indoors

- Turn off faucet while brushing teeth.
- Take shorter showers.
- Fix leaks in faucets, showerheads and toilets.
- Only wash full loads.

Join us in the effort to save water. Questions about water leaks and utility bills can be directed to the city's Utility Customer Service Department at (727) 562-4600. www.myclearwater.com



Need Transportation to Get Vaccinated?

PSTA—Offers free service to several drop-off locations near vaccine sites. Call (727) 540-1900

Neighborly- Offers free rides for adults 60 and older. Call (727) 573-9444.

Area Agency on Aging—Helps Pinellas seniors find free or low-cost transportation. Call (800) 963-5337.

Medicaid—Contact your health plan provider for specific information about transportation service. If not in a health plan, call the Medicaid Help line at (877) 254-1055 for transportation services.



Neighborly Transportation Group Shopping

Every Thursday for Barbee & Ralph Richards residents (at least 60 years of age) who are registered!

- Thursday, April 4th @ 9:30 AM - Walmart
- Thursday, April 11th @ 9:30 AM - Publix
- Thursday, April 18th @ 9:30 AM - Target
- Thursday, April 25th @ 9:30 AM - Publix

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



Contact the ROSS Coordinator for details at (727) 446-1045, Ext. 248 or email at swhite@clearwaterhousingauth.org



Barbee Towers

360Eats Gourmet Meals Distribution
Thursday, April 4, 2024 at 2:00 PM-3:00 PM

HEP Mobile Market
Thursday, April 4, 2024 at 2:30 PM-3:30 PM

Hope Villages Food Distribution
Tuesday, April 16, 2024 at 1:00 PM-3:00 PM

FL Dream Center Food Distribution
Tuesday, April 23, 2024 at 3:00 PM-4:30 PM



Ralph Richards Towers

360Eats Gourmet Meals Distribution
Thursday, April 4, 2024 at 3:00 PM-4:00 PM

HEP Mobile Market
Thursday, April 4, 2024 at 3:30 PM-4:30 PM

Hope Villages Food Distribution
Tuesday, April 16, 2024 at 9:30 AM-12:30 PM

FL Dream Center Food Distribution
Tuesday, April 23, 2024 at 1:30 PM-2:30 PM





April is Stress Awareness Month: Tips to Help You Cope...

Stress can be debilitating, and it can cause and/or aggravate health problems. Stress is a normal part of human existence and no one is immune to its effects. Feeling emotional and nervous or having trouble sleeping and eating can all be normal reactions to stress. Stress Awareness Month happens each April, and it serves as a tool to increase awareness about the causes and cures for our modern stress epidemic and gives us strategies to cope with it. Here are some healthy ways you can deal with stress:

- ◆ Eat healthy, well-balanced meals.
- ◆ Exercise on a regular basis.
- ◆ Get plenty of sleep.
- ◆ Give yourself a break if you feel stressed out.
- ◆ Share your problems and how you are feeling and coping with a parent, friend, counselor, doctor, or pastor.
- ◆ Avoid drugs and alcohol. These may seem to help with stress, but in the long run, they create additional problems.
- ◆ Take a break. If news events are causing your stress, take a break from listening or watching the news.
- ◆ If problems continue or you're thinking about suicide, consult with a psychologist, social worker, or professional counselor.



With the proper understanding, good practices, and helpful support of others, stress is a battle that we can win and live balanced, healthy, and happy lives.



For immediate help, contact one of the following crisis hotlines:

- **Disaster Distress Helpline: 1-800-985-5990**
- **National Suicide & Crisis Lifeline: 988**
- **www.988lifeline.org**



For more information, visit www.cdc.gov/violenceprevention/suicide/copingwith-stresstips.html



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**



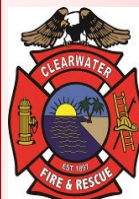
To register for **FREE** webinars, call **1-844-217-3057**, email info@cyberseniors.org or go to our website at www.cyberseniors.org or to schedule **FREE** 1-on-1 tech-help over the phone or via video conference



City of Clearwater Citizens Free CPR Training!

**Saturday, April 13, 2024
9:00 AM - 1:00 PM**

Clearwater Fire and Rescue is proud to offer free Cardiopulmonary Resuscitation (CPR) classes for the citizens of Clearwater. Classes are held various Saturdays of the month and are provided by a certified American Heart Association (AHA) instructor. The goal of the program is to train citizens of Clearwater to save lives of victims in cardiac arrest through early activation of the 911 system and high-quality CPR. This program prepares citizens to perform CPR and to be a critical link in the chain-of-survival.



**1760 N. Belcher Road
Clearwater, FL 33765**

Registration is required.

If you have questions, call **(727) 324-2434** or email at peter.gushee@myclearwater.com

