



June 2024 ROSS Newsletter



Barbee Towers & Ralph Richards Tower



LASAGNA LOVE



Do you need food and love LASAGNA?
Serving 3,500 meals per week in all 50 states, using over 20,000 volunteers!




If interested in receiving meals, visit www.lasagnalove.org/request/ or contact the ROSS Coordinator for assistance!



ROSS June Events at Barbee Towers & Ralph Richards

HEP Mobile Market
Tuesday, June 4, 2024 at 12:00 PM-1:00 PM (Barbee)
Tuesday, June 11, 2024 at 12:00 PM-1:00 PM (Ralph)

360Eats Gourmet Meals Distribution
Thursday, June 6, 2024 at 2:00 PM-3:00 PM (Barbee)
Thursday, June 6, 2024 at 3:15 PM-4:15 PM (Ralph)

Hope Villages Food Distribution
Tuesday, June 11, 2024 at 9:30 AM-12:00 PM (Ralph)
Tuesday, June 11, 2024 at 1:00 PM-3:00 PM (Barbee)

FL Dream Center Food Distribution
Tuesday, June 18, 2024 at 1:30 PM-2:45 PM (Ralph)
Tuesday, June 18, 2024 at 3:15 PM-4:30 PM (Barbee)

Sertoma Hearing Screening & Phone Distribution
Tuesday, June 25, 2024 at 10:30 AM-12:00 PM (Barbee)
Tuesday, June 25, 2024 at 1:00 PM-3:00 PM (Ralph)

If you need more information, contact the ROSS Coordinator at 727-446-1045, Ext. 248 prior to event!






PSTA Discounted Bus Passes Available!

Did you know?

The Pinellas Suncoast Transit Authority (PSTA) Transportation Disadvantaged program is still available for those who qualify!

Please don't wait! Contact the ROSS Coordinator for assistance to apply or recertify for an annual discounted bus pass for only \$11.00 per month!



Please note: Proof of income is necessary to apply. For more information, call (727) 540-1900 or visit www.psta.net

Samuel White
ROSS Service Coordinator
(727) 446-1045, Ext. 248
swhite@clearwaterhousingauth.org



Neighborly Transportation Group Shopping



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

Thursday, June 6th @ 9:30 AM - Walmart
Thursday, June 13th @ 9:30 AM - Publix
Thursday, June 20th @ 9:30 AM - Target
Thursday, June 27th @ 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!
(727) 446-1045, Ext. 248
swhite@clearwaterhousingauth.org





National Fresh Fruit and Vegetables Month – June 2024

With the start of June we Celebrate National Fresh Fruit and Vegetables Month by adding these colorful, healthy, and tasty foods to our diet. Fruits and vegetables provide a variety of nutrients, vitamins, minerals, and fiber while remaining naturally low in calories, fat and sodium. Additionally, they lower your risk of developing certain chronic diseases and help you maintain a healthy weight. Here are some facts that you may not know about the benefits of choosing fruits and vegetables:

1. **Bananas are clones.** The Panama Disease all but wiped out an entire species of bananas in the 1950s. The bananas we eat today are actually all cloned from a single banana in southeast Asia, meaning that every single banana is exactly the same.
2. **Watermelons can keep you hydrated.** They're thick-skinned and 92% water. Explorers would carry watermelons around so they had something to drink that would keep them from getting dehydrated.
3. **Brussel sprouts may be the healthiest vegetable.** They're packed with vitamins and minerals, and have virtually zero calories, and no fat or cholesterol.
4. **Broccoli contains more protein than steak.** Since it doesn't come with fat or cholesterol, you can get all the protein you need with a significantly lower risk of cardiovascular disease.
5. **Apples give you more energy than coffee.** Thanks to its high carbohydrate, vitamin, and mineral content, apples have the perfect storm of nutrition to help you stay energized all day.

Whether you prefer a local market or just grow the fruits and veggies at home, you can enjoy any combination of these delectable delights to kick off your summer right, enjoy a healthier lifestyle, and experience a greater quality of life.

For more information, visit www.nationaltoday.com/national-fresh-fruit-and-vegetables-month/



**NATIONAL ELDER
FRAUD HOTLINE**
1-833-FRAUD-11
1-833-372-8311

Common Elder Fraud Scams

- **Romance scam:** Criminals pose as interested partners for companionship on social media.
- **Tech support scam:** Criminals pose as tech support representatives and offer to fix computer issues, gaining remote access to victims' devices and sensitive information.
- **Grandparent scam:** Criminals pose as relative—a child/grandchild—claiming to be in immediate financial need.
- **Government impersonation scam:** Criminals pose as government employees and threaten to arrest or prosecute victims unless they agree to provide funds or other payments.
- **Sweepstakes/charity/lottery scam:** Criminals claim to work for charitable organizations or they claim their targets have won a foreign lottery or sweepstake, which they can collect for a "fee."
- **Family/caregiver scam:** Relatives of the elderly victims take advantage of them or otherwise get their money.

If you've been a victim, call **1-833-372-8311**
Monday–Friday, 10 AM-6 PM
www.ovc.ojp.gov/program/elder-fraud-abuse



Senior Utility & Rental Assistance Program



**Available Services include: Utility Assistance,
Rental Assistance, and *Financial Literacy**

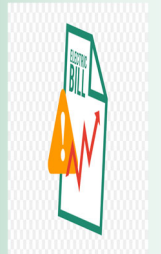
*(Financial Literacy class must be completed
before receiving and assistance)



QUALIFICATIONS

- ◆ Pinellas County residency
- ◆ At least 55 or older
- ◆ Property not homesteaded
- ◆ Must meet income guidelines

You must complete an application
along with necessary documents



For more information or to obtain an application,
call **727-442-4155, Ext. 112** or
email asantiago@TampaBayNHS.org

Tampa Bay Neighborhood Housing Services

608 N. Garden Avenue
Clearwater, FL 33755
www.TBNHS.com

