



# July 2024 ROSS Newsletter



## Barbee Towers & Ralph Richards Tower

### SOCIAL WELLNESS MONTH - JULY 2024 !

#### 5 Fun Facts About Social Wellness...

1. **No stress** – Those with a social network handle stress better.
2. **Isolation**- About 20% of Americans feel isolated in their free time.
3. **Improved health**- Laughter, touching, and hugging can improve health.
4. **Loneliness** - Lack of companionship can increase cholesterol levels.
5. **Love** - Love and warmth from others can increase immunoglobulin levels.



[www.nationaltoday.com/social-wellness-month/](http://www.nationaltoday.com/social-wellness-month/)

### Barbee Towers & Ralph Richards



#### HEP Mobile Market

Tuesday, July 2, 2024  
12:00 PM-1:00 PM - Barbee Towers

Tuesday, July 9, 2024  
12:00 PM-1:00 PM - Ralph Richards



#### Hope Villages of America Food Pantry



Tuesday, July 9, 2024  
9:30 AM-12:00 PM - Ralph Richards  
1:00 PM-3:30 PM - Barbee Towers



#### Florida Dream Center Food Distribution



Tuesday, July 23, 2024  
1:30 PM-2:30 PM - Ralph Richards  
3:15 PM-4:30 PM - Barbee Towers



### Barbee Towers & Ralph Richards



#### Neighborty Transportation Group Shopping

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

- Monday, July 1st @ 10:15 AM - Walmart
- Thursday, July 4th (Holiday - No trip)
- Thursday, July 11th @ 9:15 AM - Publix
- Thursday, July 18th @ 9:15 AM - Walmart
- Thursday, July 25th @ 9:15 AM - Publix

- ◆ Sign up 2 days prior to the scheduled trip date (required)!
- ◆ Pick up & drop off at your location!



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



### Low-Income Home Energy Assistance

The Low-Income Home Energy Assistance Program (LIHEAP) is a federally funded program that helps income-qualified families with home heating and cooling costs.

To be eligible, you must meet the following requirements:

- Have a total income no more than 60% of the Florida State Median Income
- Be responsible for paying your home heating or cooling bills
- Be a resident of Florida/Pinellas County
- Be a US Citizen, qualified alien, or permanent US resident

For more information, call **(727) 327-2081**  
To apply for services, visit [www.pcul.org](http://www.pcul.org)



### AFFORDABLE CONNECTIVITY PROGRAM HAS ENDED!

#### To All Whom It Concerns/Affects:

Due to a lack of additional funding from Congress the Affordable Connectivity Program (ACP) has ended. Effectively as of **June 1, 2024**, participating households will no longer receive the monthly discount. ACP enrolled households are strongly encouraged to carefully review written notices from their internet company and from the Universal Service Administrative Company (USAC), the ACP administrator, about the end of ACP and how your internet service bill will be impacted.

For questions about the end of ACP, call the ACP Support Center at **(877) 384-2575** or email: [ACPSupport@usac.org](mailto:ACPSupport@usac.org).

For issues with your ACP provider, submit a complaint to [www.consumercomplaints.fcc.gov](http://www.consumercomplaints.fcc.gov).



## Basic Home Safety Tips For Seniors



With more than 26% of Americans 65 years or older living alone, keeping the elderly safe has become an important concern for families and caregivers alike. Being aware of potential dangers means that we can be prepared in case of an emergency, prevent accidents, and ensure that our senior loved ones are safe and healthy. Here are some simple and effective senior safety tips to make your home secure:

1. Declutter your house to make sure you have plenty of space to walk around. Less clutter also means less risk of falls.
2. Make sure all rugs have anti-slipping pads.
3. Cover furniture corners to prevent injuries if you accidentally bump into them.
4. Make sure every room has proper lighting, including closets. Use a nightlight to make it easy to see at night.
5. Avoid stepping on wet or damp surfaces – promptly clean up any spills on the floor.
6. Have all the items that you use frequently within easy reach in the kitchen – don't place them on high shelves that are hard to access.

For more information, visit

<https://startofcare.com/100-senior-safety-tips/>

**inspire**  
pharmacy  
Do Good, Feel Better

**Neighborhood Pharmacy  
Services Available!**



- FREE delivery & pickup
- Exceptional services & offers
- Most Insurance plans are accepted
- We match and beat your best price
- FREE monthly supply of aspirin/multi-vitamins with prescription
- FREE calendar packaging
- Special prices for self-pay
- Easy to transfer your prescriptions to our pharmacy. Give us a call and we'll take care of the rest!



## Inspire Pharmacy & Compounding

### Address:

2019 Gulf to Bay Blvd.  
Clearwater, FL 33765  
Phone: (727) 441-6900  
Fax: (727) 279-4000

Monday-Friday:  
9:00 AM-5:00 PM  
Saturday:  
10:00 AM-2:00 PM  
Sunday:  
Closed



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

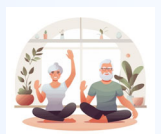


For more information or to register for in-person classes, call 727-562-4904 at least 24 hours in advance.



**Technology Chat—iPhone/iPad & Android: Monday, July 1st, 2024, 1 PM-2 PM (iPhone/iPad) and from 2 PM-3 PM (Android)...** Informal question and answer sessions. Ask about navigation, features, apps, social networks, customizing, email, and more. Make sure your device is charged and have your password readily accessible. **FREE.**

**Mindfulness Meditation: Tuesday, July 2nd & 16th, 2024, 1 PM-2 PM...** Deeply relaxed and deeply alert is the paradoxical truth of mindfulness meditation, an ancient art that may provide a stress management tool and path towards personal growth. You will learn mindfulness and loving-kindness meditations as a way of connecting compassionately to yourself and others. No experience necessary. **FREE.**



**Gmail: Monday, July 22nd, 2024, 10:30 AM-12 PM...** Looking for a strong, secure, no ads email. Gmail is a great option. In this session, Marvin, will introduce you to the many features of Gmail. Bring your fully charged laptop or Chromebook. **FREE.**

**Acrylic Painting with Free Instruction: Tuesday, July 23rd, 2024, 1 PM-3 PM...** Join us for a fun afternoon of painting acrylics on a 12 x 12 canvas. Easy-to-follow, step-by-step instructions and all supplies are included with the materials fee. You will be amazed at the beautiful work of art you will create. **\*\$15 (exact amount in cash) materials fee** must be paid to the instructor on the day of your class. Space is limited.

