



August 2024 ROSS Newsletter



Barbee Towers & Ralph Richards

National Watermelon Day - Saturday, August 3, 2024



National Watermelon Day encourages the consumption of Watermelons. Watermelons can lower the risk of heart disease and reduce hypertension. About 92% of a watermelon is water making it a popular refreshing fruit. Watermelons have high Lycopene levels that promote cardiovascular health, bone health, and prevent prostate cancer. With proper growing conditions, watermelons grow to enormous sizes. Around the world, competitions award prizes each year for the largest one. The Guinness Book of World Records states that the heaviest watermelon weighed 262 pounds. To learn more refreshing watermelon facts, check out www.watermelon.org.



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 appointment.
www.clearwaternfc.org

Upcoming August Events!

Barbee Towers



Ralph Richards



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



HEP Mobile Market
Tuesday, August 6, 2024 at 12:00 PM-1:00 PM



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



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

Please remember to sign up prior to these events!



Do You Need Additional Assistance?

The **Area Agency on Aging & Disability Resource Center Helpline** is a federally funded service to help seniors and caregivers gain access to services in the community, such as:



- Caregiver support
- Case management
- In-home services
- Insurance counseling
- Legal assistance
- Meal services
- Nursing home/Assisted living facilities
- Transportation
- Victim advocacy



1-800-96-ELDER (963-5337) or 727-217-8111
Monday-Friday, 8am-5pm
www.agingcarefl.org/helpline/

Barbee Towers & Ralph Richards Tower



Neighbory Transportation Group Shopping

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

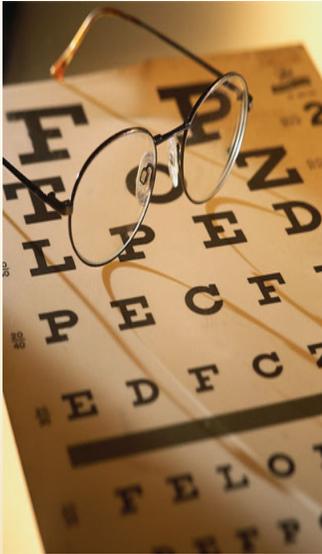
Thursday, August 8th @ 9:15 AM - Walmart
Thursday, August 22nd @ 9:15 AM - Walmart

IMPORTANT! Effectively as of August 1st, the weekly shopping trips will be changed to bi-weekly due to funding issues.

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



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



August is National Eye Exam Month...

National Eye Exam Month was founded by Sears Optical in 1989 and is dedicated to the importance of eye health and safety. Although seniors are more prone to eye issues, there are ways they can protect themselves and prevent long-term issues.

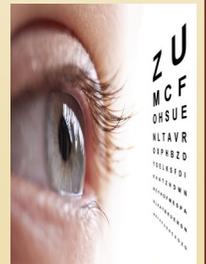
- When washing your face, use a clean towel and water to prevent infection
- Do not use others eye medication or glasses
- No Smoking
- Be sure to get a healthy amount of rest
- Consume Vitamin A and proteins (nuts are perfect)
- Do not use sprays (i.e. hairspray) close to the eyes
- When watching TV, on the computer, and/or reading, be sure to have good lighting, take short breaks to rest the eyes and make sure the print is large and clear



No-Cost Eye Exams – Are you Eligible?

EyeCare America is a public service program of the Foundation of the American Academy of Ophthalmology. By age 65, one in three Americans has some form of vision-limiting eye disease. To help address this need, EyeCare America provides eye care to US citizens and legal residents through volunteer ophthalmologists (Eye M.D.s) at no cost to seniors who qualify.

For more information, call **877-887-6327** Hours: 11 AM-3 PM, Monday-Friday (EST)
 Email: eyecareamerica@aao.org or visit www.aao.org/eyecare-america



988 Suicide & Crisis Lifeline

Need Support Now?

If you or someone you know is struggling or in crisis, help is available. Call or text **988** or chat 988lifeline.org



We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States. **988** is now active across the country. This new, shorter phone number will make it easier for people to remember and access mental health crisis services. (Please note, the previous **1-800-273-TALK (8255)** number will continue to function indefinitely.)

www.988lifeline.org



PSTA Emergency Transportation Available



Just in case you didn't know...

- During a hurricane evacuation, PSTA bus rides are **FREE**
- Routes may be modified and will include shelters
- Routes will continue to operate until winds reach tropical storm force (40 mph)
- Contact PSTA at **727-540-1900** or visit www.psta.net

Ways to find out your evacuation zone...

- Visit www.pinellascounty.gov/KnowYourZone
- Call **Pinellas County Emergency Management** at **727-453-3150** (automated) or **727-464-3800**
- Download the "Ready Pinellas" app at Google Play or the App Store

To stay informed, sign up for the **FREE** Alert Pinellas Notification service to receive emergency information.

To register, visit www.pinellascounty.gov/emergency

