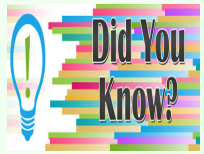




August 2024 ROSS Newsletter



Fairway Gardens & Paradise Trail



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.



Monthly Food Distribution

Tuesday, August 13, 2024
9:30 AM-12:00 PM
(Ralph Richards)
1:00 PM-3:30 PM
(Barbee Towers)



Tuesday, August 20, 2024
1:30 PM-2:30 PM
(Ralph Richards)
3:00 PM-4:30 PM
(Barbee Towers)



Contact the ROSS Coordinator prior to the event at **(727) 446-1045, ext. 248** or email at swhite@clearwaterhousingauth.org.



Mobile Drive Thru Food Pantry



WEDNESDAY
August 14th, 2024

3:30 PM-5:00 PM

Salvation Army Clearwater
1521 Druid Road
Clearwater, FL 33756
(727) 446-4177

FREE pre-packages boxes of food
No ID, paperwork, or pre-screening required

988
SUICIDE
& CRISIS
LIFELINE

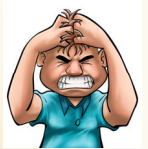
If you or someone you know
needs support now,

CALL OR TEXT: 988
CHAT: 988lifeline.org

Talk with us.



FREE Family Support!
Are you stressed?
Overwhelmed?
Anxious?



Children's Home Society (CHS) of Florida's Family Support Line is available to anyone who needs support during this difficult time. Our services include:

Free, confidential counseling and support
Counselors available 24 hours/7 days
Connections to additional programs and providers
Callers/texters can remain completely anonymous



We're here to help!
CALL or TEXT
1-888-733-6303
www.chsfl.org





Parents' Back To School 2024-2025 Checklist



Ensure a smooth start to the school year! Keep the beginning organizational steps simple:

- ♦ Find your child's exact school supply list on the **TeacherLists website** and shop right on your phone.
- ♦ Get familiar with any dress codes.
- ♦ Identify your school point person(s) to contact if your child gets sick.
- ♦ Make sure your child is up-to-date with required immunizations and recommended vaccines.
- ♦ Develop daily preparation routines before and after school.
- ♦ Talk to your child in advance about safety precautions to take at school.
- ♦ Make sure your information is current at school, including emergency contacts.
- ♦ With your child likely spending more time learning online, discuss online safety and being a good digital citizen.



For more information, visit
www.teacherlists.com



Saturday, August 3rd, 2024
11:00 AM to 2:00 PM

North Greenwood Recreation Center
900 N. Martin Luther King Jr. Avenue
Clearwater, FL 33755

Get ready for back-to-school at the North Greenwood Recreation Center alongside our community partners.

- **FREE Backpacks & school supplies**
- **Immunizations & vaccinations**
- **Wellness checks (K-12) provided by the Turley Center**
- **Pool party, food, music and games**
- **Community outreach vendors**



RSVP to North Greenwood Rec Center at (727) 562-4590



www.myclearwaterparks.com



I U H H # F O R W K I Q J # R U #
V F K R R O # # # #

Eligible Shoppers:

1. You must live in **Hillsborough** or **Pinellas County** with school aged children on free or reduced lunch program or have referral from an approved agency.
2. Call Clothes To Kids for an **appointment (only)** at **727-441-5050**. During busy months, it may take up to two weeks.
3. Come shopping! We look forward to seeing you!



1059 N. Hercules Avenue
Clearwater, FL 33765



If you need a referral, please contact the ROSS Service Coordinator at **(727) 446-1045, ext. 248** or email at swhite@clearwaterhousingauth.org

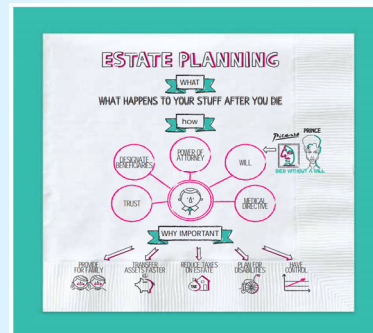
Napkin Finance

FREE financial resource with simple solutions!

Napkin Finance is a multimedia company that teaches people complex financial concepts using the format of napkins. The napkins can be both printed or played out interactively in short films.

Boost your knowledge by using the financial tips and tools gained from our bite-sized learning modules that include such topics as:

- ♦ **Investing**
- ♦ **Taxes**
- ♦ **Savings**
- ♦ **Budgeting**
- ♦ **Insurance**
- ♦ **Credit Cards**
- ♦ **Estate Planning**



To get started, visit
www.napkinfinance.com