



# February 2025 ROSS Newsletter



**Barbee Towers & Ralph Richards**





**LOVE YOUR HEART**

**GET ACTIVE!**



**VISIT YOUR PRIMARY CARE PROVIDER**



FEBRUARY IS  
**AMERICAN HEART MONTH**

**EAT WELL!**

A DIET LOW IN SALT & SATURATED FATS




**KNOW YOUR NUMBERS:**

- CONTROL YOUR CHOLESTEROL
- MANAGE YOUR BLOOD PRESSURE
- REDUCE YOUR BLOOD SUGAR



**QUIT SMOKING!**



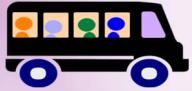
**Neighborly Transportation Weekly Group Shopping**

**Thursdays bi-weekly for residents who are registered** (must be at least 60 years or older)!


**(Group shopping trips will take place on the 2nd & 4th Thursday of each month)**

**February 13th @ 11:15 AM - Publix**  
**February 27th @ 11:15 AM - Walmart**


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



Contact the **ROSS Coordinator** at (727) 446-1045, ext. 248 or email at [swhite@clearwaterhousingauth.org](mailto:swhite@clearwaterhousingauth.org)




**Clearwater Housing Authority (CHA) offices will be closed on Monday, February 17, 2025, in observance of President's Day.**



**ROSS Monthly Food Events!**

**Barbee Towers & Ralph Richards**



**Hope Villages Food Distribution**


**Tuesday, February 11, 2025**





**9:30 AM-11:30 AM (Ralph Richards)**  
**12:00 PM-2:30 PM (Barbee Towers)**

**FL Dream Center Food Distribution**

**Tuesday, February 18, 2025 at 1:30 PM-3:30 PM**

**(Ralph Richards location ONLY, due to the renovations project at Barbee Towers location. However, Barbee Towers residents are invited to attend this event!)**



**Do You Need Assistance?**

The **Area Agency on Aging & Disability** Resource Center's 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/](http://www.agingcarefl.org/helpline/)



**Need Medical Equipment You Can't Afford/Not Covered by Your Insurer? We're Here For You!**

**Our Services include:**

- \* Free gently used medical equipment
- \* Equipment donation & recycling program
- \* Adult incontinence supply bank
- \* Consumer Equipment & Modification program
- \* Installation ramps, grab bars, & hand rails
- \* Deaf alerting equipment & installation
- \* Wheelchair battery repair/replacement
- \* Purchase of durable medical equipment

**Disability Achievement Center**

2552 Belcher Rd South  
Largo, FL 33773  
(727) 539-7550, ext 238  
[www.mydacil.org](http://www.mydacil.org)



**Crime Prevention Tips for Home & Travel**  
**When Traveling:**



- Carry as few cards as possible in your wallet – that goes for identity cards and credit cards alike.
- Avoid carrying large amounts of cash.
- Always keep your purse close to your body and never leave it in a shopping cart.
- Don't allow your cell phone to be a distraction.
- Avoid walking alone after dark or in areas that are known to be dangerous.

**At Home:**

- Have deadbolts installed on your doors, and keep all doors and windows locked.
- Draw the curtains at night, and keep the outside and inside of your house well lit.
- Do not leave extra keys in obvious places.
- Do not remain in an elevator with a stranger if you feel unsafe. Do not buzz anyone in unless you are certain you know who they are.
- Retrieve your mail as soon as possible, or set up a P.O. box, so sensitive mail cannot be stolen.
- Never allow an unsolicited person to enter your home. Ask for identification, even if they say it is an emergency. If necessary, call the company to confirm the individual is meant to be there.
- Call **911** to report any/all suspicious activity, as well as the PH staff at **(727) 446-1045**.

**Clearwater Police Department**  
**(Non-Emergency Number)**  
**727-562-4242**



[www.seniorliving.org](http://www.seniorliving.org)

**DID YOU EARN LESS THAN \$79,000 LAST YEAR?**



Have your federal tax return prepared, e-filed, and direct deposited for FREE. IRS-certified volunteers will prepare your taxes and ensure you get the largest refund for which you qualify. The following locations offer services by **appointment ONLY**:

United for the Community  
- Clearwater  
13575 58th Street N  
Clearwater, FL 33760  
**(727) 358-9220**



Clearwater Neighborhood  
Family Center  
900 N. MLK Jr. Avenue  
Clearwater, FL 33755  
**(727) 442-5355**



Inter Cultural Advocacy Institute  
Hispanic Outreach Center (HOC)  
612 Franklin Street  
Clearwater, FL 33756  
**(727) 445-9734**



For available days/times or to schedule an appointment, please call **833-897-8482** or visit <https://booknow.appointment-plus.com/cn2re6xy/>. Taxpayers are encouraged to visit <https://unitedwaysuncoast.org/what-we-do/income/free-tax-help/>. You may also prepare your own taxes using the free online filing option at [www.MyFreeTaxes.com](http://www.MyFreeTaxes.com).