



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!



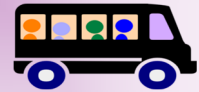
Neighorly Transportation Weekly Group Shopping

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



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/



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



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



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

United Way

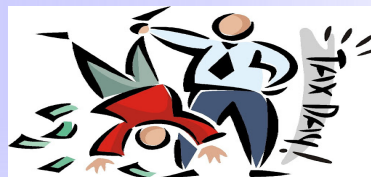


United Way Suncoast

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.