



# March 2025 ROSS Newsletter



**Barbee Towers & Ralph Richards**

## March is National Nutrition Month 2025: Food Connects Us!

**Week One:**  
Connect with Food.

**Week Two:**  
Connect with a Nutritionist  
Expert.



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

**Week Three:**  
Explore the Connection  
between Food & Culture.

**Week Four:**  
Build the Connection  
Across All Stages of Life.



## 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 an appointment  
[www.clearwaternfc.org](http://www.clearwaternfc.org)



**If you're 60 or older and need reliable transportation, take the easy route!**

**Neighborhood Care Network  
is here to serve you!**

**13945 Evergreen Avenue  
Clearwater, FL 33762  
(727) 573-9444**



### No-cost transportation available for:

- ◆ Group grocery shopping every Thursday\*
  - ◆ Group dining, shopping, or fun outings\*
  - ◆ Medical appointments in Pinellas County
- \* (A group consists of at least seven (7) participants)

### Why choose Neighborhood Transportation?

- ◆ Door-to-door service
- ◆ Courteous and professionally trained drivers
- ◆ Wheelchair accessible buses
- ◆ Sociable outings with friends



**For new registration, contact Samuel White - ROSS Service Coordinator at  
727-446-1045, ext. 248 or email at [swhite@clearwaterhousingauth.org](mailto:swhite@clearwaterhousingauth.org)**



## Report fraud or financial exploitation of seniors!

**Call 1-800-222-4444, option 2**

**AARP Foundation ElderWatch** engages hundreds of volunteers each year to help older consumers recognize, refuse and report fraud and scams. This website provides additional information and tools to help protect consumers against financial exploitation.

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



## Don't Forget to Spring Forward!

**Daylight Saving Time is on  
Sunday, March 9, 2025 thru  
Sunday, November 2, 2025**



On **Sunday, March 9th**, at **2:00 AM**, Daylight Saving Time (DST) begins. We'll set our clocks **forward one hour** to 3:00 AM. Yes, you will lose one hour of sleep on that day!

**Fun Fact:** Daylight Saving Time is observed in the United States, except in Hawaii and most of Arizona.



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



## FREE INTERACTIVE CLASSES - March 2025

To reserve your spot for classes in person, call (727) 562-4904, ext. 224.



**Technology Chat—iPhone/iPad & Android: Monday, March 3rd, 2025, 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, March 4th & 18th, 2025, 1:30 PM-2:30 PM...**

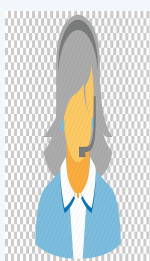
Deeply relaxed and deeply alert is the paradoxical truth of mindfulness meditation, an ancient art that may provide a stress management tool and path towards personal growth. You will learn mindfulness and loving-kindness meditations as a way of connecting compassionately to yourself and others. No experience necessary. **FREE.**



**Women's Hour: Friday, March 7th & 21st, 2025, 1 PM-2 PM...** Join this group to meet like-minded women in the same place in life and create long-lasting friendships. Enjoy an opportunity to bond with others and maybe even make plans outside of scheduled meeting times. **FREE.**

**Oil Pastels Crayon with Free Instruction: Tuesday, March 11th, 2025, 1 PM-3 PM...**

This is a two-hour workshop for beginners and advanced beginners interested in oil pastel crayon techniques. The instructor will teach each step from start to finish and everyone will draw the same picture. **\*\$20 (exact amount in cash) materials fee** required to be paid to the instructor on the day of your class. Space is limited.



## Would you like to CHAT?

Companionship, Help & Access by Telephone for Seniors (**CHATS**) matches interested seniors with a volunteer caller to enjoy a friendly weekly telephone chat. **CHATS** is completely free, only a reliable land line or cell phone is required.

To receive a friendly call each week or be a volunteer caller, contact **Tabitha Greller** at **727-434-8795** or email **CHATS@gcjfcs.org**



**Gulf Coast JFCS**  
 14041 Icot Blvd.  
 Clearwater, FL 33760



For more information, visit [www.gcjfcs.org](http://www.gcjfcs.org)



## FREE Social Security Disability Assistance!



Do you have a disabling condition that prevents you from working? We have Disability Advocates ready to help you apply for Social Security benefits.

### To qualify for services:

- Be a U.S. citizen or non-sponsored legal resident.
- Be a Pinellas County resident.
- Be an adult between ages 18 and 64.
- Have a disabling condition and unable to work for a year or more, or have a terminal illness.
- Meet Federal Poverty Level Income guidelines.
- NOT have an active Social Security application.

Call **(727) 464-4200** to speak with a Disability Advocate to determine if your condition meets Social Security Disability guidelines or email at **humansvs@pinellas.gov**

Monday-Friday 8:00 AM-4:30 PM



**Pinellas County Human Services**  
 2189 Cleveland Street, Ste 230  
 Clearwater, FL 33765  
[www.pinellas.gov](http://www.pinellas.gov)

