



July 2025 ROSS Newsletter

Barbee Towers & Ralph Richards Tower



SOCIAL WELLNESS MONTH - JULY 2025 !

5 Fun Facts About Social Wellness...

1. **No stress** – Those with a social network handle stress better.
2. **Isolation**- About 20% of Americans feel isolated in their free time.
3. **Improved health**- Laughter, touching, and hugging can improve health.
4. **Loneliness** - Lack of companionship can increase cholesterol levels.
5. **Love** - Love and warmth from others can increase immunoglobulin levels.

www.nationaltoday.com/social-wellness-month/



Barbee Towers & Ralph Richards

Hope Villages of America Food Distribution

Tuesday, July 8, 2025

9:30 AM-11:00 AM - Ralph Richards
11:30 AM-1:30 PM - Barbee Towers



Florida Dream Center Food Distribution

Tuesday, July 15, 2025

2:00 PM-4:00 PM - Ralph Richards

Tuesday, July 22, 2025

2:00 PM-4:00 PM - Barbee Towers



If you'd like to participate, contact the **ROSS**

Coordinator at (727) 446-1045, ext. 248 prior to the event for assistance!

swhite@clearwaterhousingauth.org



Barbee Towers & Ralph Richards



Neighborhood Transportation Group Shopping

Trips occur on the **2nd & 4th Thursday of each month** for Barbee & Ralph Richards residents who are registered! You must be **at least 60 years of age** or older to participate!

Thursday, July 10th @ 11:15 AM - Publix
Thursday, July 24th @ 11:15 AM - Walmart

- ♦ Sign up 2 days prior to the scheduled trip date (required)!
- ♦ Pick up & drop off at your location!



Contact the **ROSS Coordinator** for details at
(727) 446-1045, ext. 248

swhite@clearwaterhousingauth.org



Low-Income Home Energy Assistance

The Low-Income Home Energy Assistance Program (**LIHEAP**) is a federally funded program that helps income-qualified families with home heating and cooling costs.

To be eligible, you must meet the following requirements:

- Have a total income no more than 60% of the Florida State Median Income
- Be responsible for paying your home heating or cooling bills
- Be a resident of Florida/Pinellas County
- Be a US Citizen, qualified alien, or permanent US resident

For more information, call **(727) 327-2081**

To apply for services, visit www.pcul.org



NEED ASSISTANCE WITH APPLYING FOR BENEFITS?

We have a team of advisors that will help you apply for the following programs:



Medicaid
Food Stamps (SNAP)
Medicare
Free Phones



For questions about our **FREE** services or to schedule an appointment, call **Desh Lopez** at (727) 877-1091 or email at cs@pinellascommunityservices.org



www.pinellascommunityservices.org



Basic Home Safety Tips For Seniors



With more than 26% of Americans 65 years or older living alone, keeping the elderly safe has become an important concern for families and caregivers alike. Being aware of potential dangers means that we can be prepared in case of an emergency, prevent accidents, and ensure that our senior loved ones are safe and healthy. Here are some simple and effective senior safety tips to make your home secure:

1. Declutter your house to make sure you have plenty of space to walk around. Less clutter also means less risk of falls.
2. Make sure all rugs have anti-slipping pads.
3. Cover furniture corners to prevent injuries if you accidentally bump into them.
4. Make sure every room has proper lighting, including closets. Use a nightlight to make it easy to see at night.
5. Avoid stepping on wet or damp surfaces – promptly clean up any spills on the floor.
6. Have all the items that you use frequently within easy reach in the kitchen – don't place them on high shelves that are hard to access.

For more information, visit
<https://startofcare.com/100-senior-safety-tips/>

inspire
 pharmacy
 Do Good, Feel Better

**Neighborhood Pharmacy
 Services Available!**



- FREE delivery & pickup
- Exceptional services & offers
- Most Insurance plans are accepted
- We match and beat your best price
- FREE monthly supply of aspirin/multi-vitamins with prescription
- FREE calendar packaging
- Special prices for self-pay
- Easy to transfer your prescriptions to our pharmacy. Give us a call and we'll take care of the rest!



Inspire Pharmacy & Compounding

Address:

2019 Gulf to Bay Blvd.
 Clearwater, FL 33765
 Phone: (727) 441-6900
 Fax: (727) 279-4000

Monday-Friday:
 9:00 AM-5:00 PM
Saturday:
 10:00 AM-2:00 PM
Sunday:
 Closed



Aging Well Long Center
 1501 N. Belcher Rd.
 Clearwater, FL 33765
www.agingwell@myclearwater.com

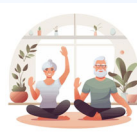
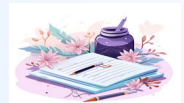


For more information or to register for in-person classes, call **727-562-4904** at least 24 hours in advance.



Technology Chat—iPhone/iPad & Android: Monday, July 7th, 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.**

Creative Writing Group: Friday, July 11th, 2025, 10:30 AM-12 PM... Bring your sharpened pencils and notebook. This group will inspire and engage you in poetry and writing exercises. **FREE.**



Mindfulness Meditation: Tuesday, July 15th, 2025, 1 PM-2 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.**

Wreathmaking with Free Instruction: Thursday, July 17th, 2025, 12:30 PM-3 PM... Learn how to make a colorful, beautiful wreath from deco mesh. Choose colors, ribbons, flowers, and signs to decorate them and take them home. The ***\$25 (exact amount in cash)** materials fee is required to be paid to the instructor on the day of the class.

