



July 2025 ROSS Newsletter

Fairway Gardens & Paradise Trail



SOCIAL WELLNESS MONTH - JULY 2025!



During Social Wellness Month in July, break out of your fixed routine and vow to meet new people. This is because social wellness is all about your capability to bond with others and build satisfying relationships. Why is this so important? Well, the fact is, the more people you meet, the more likely you are to develop new hobbies and embark on journeys you never even imagined you would be a part of. You will get to hear new jokes, experiment, go to new places, get involved in new activities, etc. Most importantly, social relationships have a lasting impact on physical health!



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

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



Citizen's FREE CPR Program!

Clearwater Fire and Rescue is proud to offer free Cardiopulmonary Resuscitation (CPR) classes for the citizens of Clearwater.

Classes are held the third Saturday of the month and are provided by a certified American Heart Association (AHA) instructor. This program prepares citizens to perform CPR and to be a critical link in the chain-of-survival.



To apply, visit
www.myclearwater.com



If you have questions, please call (727) 324-2434 or contact us by email at peter.gushee@myclearwater.com



The Achievery - Free Digital Learning for Students!

A free digital learning platform designed by education experts for teachers, parents, and students!

The Achievery pairs over 500 entertaining videos and clips from popular movies and television shows with engaging learning activities aligned across seven academic subject areas. The Achievery is ad-free and available at no cost to students, parents and educators. You are one step away!



To get started, visit www.theachievery.com



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





Back to School Bash 2025

Saturday, July 26, 2025
10:00 AM-2:00 PM



Countryside Mall (Market in the Mall)
27001 US Hwy N.
Clearwater, FL 33761

- ♦ FREE school supplies
- ♦ Backpack giveaway
- ♦ Scavenger hunt
- ♦ Free raffles
- ♦ Entertainment, activities, and more!



For more information, contact Cheryl Taylor
at (727) 365-6411 or email at
Cheryl@CommunityMarketsandEvents.com
www.communitymarketsandevents.com



Back to School Event 2025

Pinellas Sheriff's Police
Athletic League (PAL)

Saturday, August 2, 2025
9:00 AM-12:00 PM

**FREE backpacks with school supplies
for the 2025-2026 School Year!**

For more information, call (727) 453-4PAL or
email at Info@PinellasPAL.com



The Lealman Sports Complex
3755 46th Avenue S
St. Petersburg, FL 33714

www.PINELLASPAL.com



Low-Income Home Energy Assistance Program (LIHEAP)



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



Available Assistance includes:

- ♦ **Home Energy Assistance** - Assists eligible households in meeting the cost of home energy (electric or gas bills). This program is administered once a year beginning July 1 and ends July 31. (Elderly, disabled individuals and households with children 5 or younger have priority.)
- ♦ **Crisis Assistance** - Helps eligible households resolve or mitigate a home energy crisis (electric or gas bills). This program is offered during Summer (April 1 - September 30) and Winter months (October 1 thru March 31)
- ♦ **Weather-Related Assistance** - Assist to resolve or mitigate a home energy crisis (electric or gas bills) caused by an emergency (hurricane, flooding, etc.) and that is declared by government officials.



8th Annual Rising Above Youth Experience 2025!

Wednesday, July 16, 2025 & Thursday, July 17, 2025 at 10:00 AM-3:00 PM Daily

This **FREE** Youth Leadership event brings community, individuals, organizations together in a safe environment to discuss issues, find common ground and produce solutions that our youth can participate in to create a better community!

For more information, call (727) 442-5355
For registration details, visit
www.risingabove2025.eventbrite.com



TWO DAYS at the following Location:

St. Pete College—Drew Campus
2465 Drew Street
Clearwater, FL 33765
6th thru 12th grade



Wednesday - Wellness Wonderland
Thursday - Stem Drones & Robot

Event highlights include workshops, drone competition, gaming bus, robots, activities, contests, prizes & more !