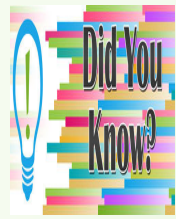




# August 2025 ROSS Newsletter

Barbee Towers & Ralph Richards



## National Watermelon Day - Sunday, August 3, 2025

National Watermelon Day encourages the consumption of Watermelons. Watermelons can lower the risk of heart disease and reduce hypertension. About 92% of a watermelon is water making it a popular refreshing fruit. Watermelons have high Lycopene levels that promote cardiovascular health, bone health, and prevent prostate cancer. With proper growing conditions, watermelons grow to enormous sizes. Around the world, competitions award prizes each year for the largest one. The Guinness Book of World Records states that the heaviest watermelon weighed 262 pounds. To learn more refreshing watermelon facts, check out [www.watermelon.org](http://www.watermelon.org).



## Utility Assistance Available for Seniors!

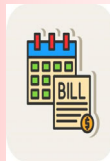


A one-time payment will be applied for seniors **55 years and older** living within the following zip codes: **33755, 33756, 33757, 33759, 33761, 33765 & 33766.**



You must provide:

- A picture ID
- A utility bill in your name
- Must be in delinquent status



**Salvation Army Clearwater**  
1521 Druid Road  
Clearwater, FL 33756



Contact **Cheryl Devars** at 727-446-4177 for appointment.

## Upcoming August Events!

Barbee Towers



Ralph Richards



### Hope Villages Food Distribution

Tuesday, August 12th at 9:30 AM-11:00 AM (RR)

Tuesday, August 12th at 11:30 AM-1:30 PM (BT)



### FL Dream Center Food Distribution

Tuesday, August 19th at 2:00 PM-4:00 PM (RR)

Tuesday, August 26th at 2:00 PM-4:00 PM (BT)

Barbee Towers (BT) & Ralph Richards (RR)

Please remember to sign up prior to these events!

**Samuel White - ROSS Program Coordinator**  
(727) 446-1045, ext. 248



## Do You Need Additional Assistance?

The **Area Agency on Aging & Disability** Resource Center 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/)

## Barbee Towers & Ralph Richards Towers

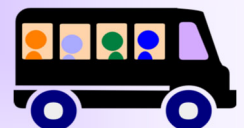


## Neighborly Transportation Group Shopping

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!

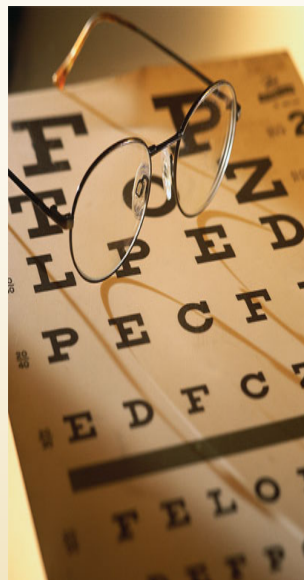
**Thursday, August 14th @ 11:15 AM - Publix**  
**Thursday, August 28th @ 11:15 AM - Walmart**

- ♦ Please sign up 2 days prior to the scheduled trip date!
- ♦ Pick up & drop off at your location!



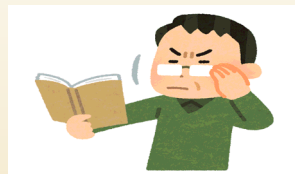
Contact the **ROSS Coordinator** for details at (727) 446-1045, ext. 248 or [swhite@clearwaterhousingauth.org](mailto:swhite@clearwaterhousingauth.org)

## August is National Eye Exam Month...



National Eye Exam Month was founded by Sears Optical in 1989 and is dedicated to the importance of eye health and safety. Although seniors are more prone to eye issues, there are ways they can protect themselves and prevent long-term issues.

- When washing your face, use a clean towel and water to prevent infection
- Do not use others eye medication or glasses
- No Smoking
- Be sure to get a healthy amount of rest
- Consume Vitamin A and proteins (nuts are perfect)
- Do not use sprays (i.e. hairspray) close to the eyes
- When watching TV, on the computer, and/or reading, be sure to have good lighting, take short breaks to rest the eyes and make sure the print is large and clear



## No-Cost Eye Exams – Are you Eligible?

EyeCare America is a public service program of the Foundation of the American Academy of Ophthalmology. By age 65, one in three Americans has some form of vision-limiting eye disease. To help address this need, EyeCare America provides eye care to US citizens and legal residents through volunteer ophthalmologists (Eye M.D.s) at no cost to seniors who qualify.

For more information, call **877-887-6327** Hours: 11 AM-3 PM, Monday-Friday (EST)  
Email: [eyecareamerica@aao.org](mailto:eyecareamerica@aao.org) or visit [www.aao.org/eyecare-america](http://www.aao.org/eyecare-america)



## 988 Suicide & Crisis Lifeline Need Support Now?

If you or someone you know is struggling or in crisis, help is available. Call or text **988** or chat [988lifeline.org](http://988lifeline.org)

*There is hope.*



We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States. **988** is now active across the country. This new, shorter phone number will make it easier for people to remember and access mental health crisis services. (Please note, the previous **1-800-273-TALK (8255)** number will continue to function indefinitely.)

[www.988lifeline.org](http://www.988lifeline.org)



## PSTA Emergency Transportation Available



### Just in case you didn't know...

- During a hurricane evacuation, PSTA bus rides are **FREE**
- Routes may be modified and will include shelters
- Routes will continue to operate until winds reach tropical storm force (40 mph)
- Contact PSTA at **727-540-1900** or visit [www.psta.net](http://www.psta.net)

### Ways to find out your evacuation zone...

- Visit [www.pinellascounty.gov/KnowYourZone](http://www.pinellascounty.gov/KnowYourZone)
- Call **Pinellas County Emergency Management** at **727-453-3150** (automated) or **727-464-3800**
- Download the "Ready Pinellas" app at Google Play or the App Store

To stay informed, sign up for the **FREE** Alert Pinellas Notification service to receive emergency information.

To register, visit

[www.pinellascounty.gov/emergency](http://www.pinellascounty.gov/emergency)

