



January 2026 ROSS Newsletter

Barbee Towers & Ralph Richards



New Year's Resolutions for 2026

- Let go of things from your past.
- Focus on and do one thing at a time.
- Stop complaining.
- Give one compliment a day—including yourself.
- Go a whole day without checking your phone.
- Read at least one book each month.
- Go someplace you've never been.
- Clear out your clutter.
- Volunteer your time to help others in need.
- Drink more water.
- Don't buy things you don't need.
- Stay in touch with the people who matter.
- Talk less and listen more.
- Learn a new skill or hobby.
- Be thankful for what you have every day.



Let's Get the New Year Started Right!



If you have goals you desire to achieve, the ROSS (Resident Opportunity & Self-Sufficiency) Service Coordinator is here to help you start, stay, and stick with it until the end!

Don't delay...call today!

Samuel White

(727) 446-1045, ext. 248

swhite@clearwaterhousingauth.org



A Friendly Reminder...



Clearwater Housing Authority (CHA) offices will be closed on **Monday, January 19, 2026**, in observance of Martin Luther King, Jr. Day.

ROSS Zone January 2026 Events!

Barbee Towers & Ralph Richards



Hope Villages of America Food Distribution

Tuesday, January 13, 2026

9:30 AM-12:30 PM

Barbee Towers & Ralph Richards



Florida Dream Center Food Distribution

Tuesday, January 13, 2026

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



Tuesday, January 27, 2026

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



If you're disabled and/or need food delivered personally, contact the **ROSS Coordinator** in advance at **(727) 446-1045, ext. 248** or email at swhite@clearwaterhousingauth.org



Neighborhood Transportation 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)

Thursday, January 8th @ 11:15 AM - Walmart
Thursday, January 22nd @ 11:15 AM - Publix

- ◆ Please sign up prior to the scheduled trip date!
- ◆ Pick up and drop off at your location!



Contact the ROSS Coordinator (**Samuel**) for details or to register at **(727) 446-1045, ext. 248** or email at swhite@clearwaterhousingauth.org



JANUARY IS GLAUCOMA AWARENESS MONTH

Glaucoma is one of the leading causes of vision loss and blindness. It's actually a group of diseases where pressure builds up and damages the eye's optic nerve. There's currently no way to restore vision lost from glaucoma. National Glaucoma Awareness Month occurs annually in January, and serves as a reminder for us to get regular eye exams, and to show support for others who suffer from this condition.



Ways To Observe National Glaucoma Awareness Month

1. **Know the risk factors.** High risk groups are people over the age of 60, diabetics, and those who are severely nearsighted. Others who are higher risk include people of African, Asian, and Hispanic descent.
2. **Get a checkup.** Make an appointment with your local optometrist. Regular checkups are vital to eye health—even if you have no symptoms.
3. **Work with your community.** Offer your support by volunteering at your local health centers and organizations that hosts events.

FREE Eye Exams for Seniors (65 and older)

EyeCare America offers medical eye exams, often at no out-of-pocket cost.



To find out if you qualify, call (877) 887-6327 or email at eyecareamerica@aao.org or visit www.aao.org/eyecare-america

Are you disabled and desire to work?

We will help you improve your employment status!



The **Florida Department of Education, Division of Vocational Rehabilitation (VR)** helps eligible individuals with physical or mental disabilities find or keep a better job.

Who is Eligible for Rehabilitation Services?

- You have a physical or mental disability
- Your disability is a barrier to employment
- You need VR services to get or keep a job



Pre-employment Transition services also available for students with disabilities ages 14-21 currently enrolled in school

For more information or to apply, contact

Jessica Dollard at (727) 518-3466 or email at Jessica.Dollard@vr.fldoe.org

www.RehabWorks.org



Start this year with a new opportunity!

AARP Foundation Senior Community Service Employment Program for Seniors (55+)

Working an average of 20 hours a week, older job seekers are paid the highest of federal, state or local minimum wage and are compensated by SCSEP directly. The job seekers are placed in a wide variety of community service activities at non-profit and public facilities like day care centers, senior centers, schools and hospitals. This on-the-job training experience can then be used as a bridge to obtain employment opportunities outside of the program.



To participate, you must be:

1. Age 55 or older
2. Unemployed
3. Financially qualified



Need more information or would like to get started?

Contact **Madeleine Deitz** at (727) 524-4344, ext. 1654 or mdeitz041@aarpfdnscsep.org

www.aarp.org/aarp-foundation