



# March 2026 ROSS Newsletter



**Barbee Towers & Ralph Richards**

**March is National Nutrition Month 2026:  
Discover the Power of Nutrition!**

**Week 1:**  
Power Your Day  
with Nutrition.

**Week 2:**  
Find Advice Backed  
by Science.



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



**Week 3:**  
Stay Nourished on  
any Budget.

**Week 4:**  
Feel Good with  
Healthy Habits.

**ROSS March Activities!**  
**Barbee Towers (BT) & Ralph Richards (RR)**  
**Good Neighbors Grocery Giveaway (BT)**  
Wednesday, March 4 @ 12:00pm-2:00pm  
**Pinellas FREE Vascular Screenings (BT)**  
Thursday, March 5 @ 1:00pm-3:00pm  
**Hope Villages Food Distribution**  
Tuesday, March 10 @ 9:30am-11:00am (RR)  
Tuesday, March 10 @ 11:30am-1:00pm (BT)  
**Dedicated Community Bingo (BT)**  
Friday, March 13 @ 12:00pm-2:00pm  
**FL Dream Center Food Distribution**  
Tuesday, March 17 @ 2:00pm-4:00pm (RR)  
Tuesday, March 24 @ 2:00pm-4:00pm (BT)



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

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

5225 Tech Data Dr. Suite 102  
Clearwater, FL 33760  
(727) 573-9444



**No-cost transportation available for:**

- ◆ Group grocery shopping bi-weekly on Thursdays\*
- ◆ Group dining, shopping, or fun outings\*
- ◆ Medical appointments in Pinellas County

\* (A group consists of at least seven (6) participants)

**Why choose Neighborly Transportation?**

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



For new registration, contact Samuel White - ROSS Program 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 Elder Watch** 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 8, 2026 thru  
Sunday, November 1, 2026**



On **Sunday, March 8th**, 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 2026

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

### Don't Be Fooled—National Consumer Week: Wednesday, March 4th, 2 PM-3 PM...

Join Anna Marie from Pinellas County Consumer Protection, who will share important information and tips that will allow you to identify, stop, and report a scam. **FREE.**



Healthy Eating in 2026: Tuesday, March 10th, 2 PM-3:30 PM... Join Sheryl as she explores current research, trends, good nutrition tips, and takeaways from multiple credentialed sources. **FREE.**

Between the Covers Book Club: Monday, March 16th, 1 PM-2 PM... Join Kathleen on the 3rd Monday of each month and other book lovers as they discuss a new reading adventure. Bring a book you'd like to recommend for our next meeting. **FREE.**

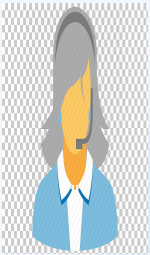


Introduction to Computers: Monday, March 23rd, 10:30 AM-12 PM ... Computers and programs today have changed. This class will introduce you to some of the best and the newest features and updates to your computer, including AI (Copilot) and Microsoft Cloud. See how and why the use of these programs have become increasingly popular. **FREE.**

Water Coloring with Free Instruction: Wednesday, March 25th, 1 PM-3 PM... This is a two hour workshop for beginners and advanced beginners interested in water color 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](mailto:CHATS@gcjfcs.org)



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



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

