



April 2026 ROSS Newsletter

Barbee Towers & Ralph Richards



April is Water conservation month

American residents use about 100-125 gallons of water per day. The average faucet flows at a rate of two gallons per minute. A running toilet can waste up to 200 gallons of water per day. The average family in Clearwater uses 130 gallons of water each day. Here are some things you can do to help conserve one of our greatest resources:



Four Tips to Help Conserve Water Indoors

- Turn off faucet while brushing teeth.
- Take shorter showers.
- Fix leaks in faucets, showerheads and toilets.
- Only wash full loads.



Join us in the effort to save water. Questions about water leaks and utility bills can be directed to the city's Utility Customer Service Department at (727) 562-4600. www.myclearwater.com



Need Transportation to Get Vaccinated?

POSTA - Offers free service to several drop-off locations near vaccine sites. Call (727) 540-1900

Neighborly - Offers free transportation for adults 60 and older. Call (727) 573-9444.

Carelift Transportation — Offers transportation to BayCare facilities only. Call (727) 734-6107 (N Pinellas) or (727) 461-8548 (Clearwater/Largo) from 9am to 3pm.

Medicaid — Residents with Medicaid can receive a free ride. Call the help line at (877) 254-1055 at least 3 business days to arrange for transportation services.



Neighborly Transportation Group Shopping

Shopping trips are provided on the 2nd & 4th Thursday for Barbee & Ralph Richards residents (at least 60 years of age) who are registered!

Thursday, April 9th @ 11:30 AM - Walmart
Thursday, April 23rd @ 11:30 AM - Publix

Please sign up 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 email at swhite@clearwaterhousingauth.org



Barbee Towers

Good Neighbors Grocery Giveaway
Wednesday, April 1, 2026 at 12:00 PM-2:00 PM
(Community Room)

Dedicated Senior Bingo
Friday, April 10, 2026 at 12:00 PM-2:00 PM
(Community Room)

Hope Villages Food Distribution
Tuesday, April 14, 2026 at 11:30 AM-1:30 PM

FL Dream Center Food Distribution
Tuesday, April 28, 2026 at 2:00 PM-4:00 PM
(Covered porch area outside Community Room)



Ralph Richards



Hope Villages Food Distribution
Tuesday, April 14, 2026 at 9:30 AM-11:00 AM

FL Dream Center Food Distribution
Tuesday, April 21, 2026 at 2:00 PM-4:00 PM

FL Dream Center Food Distribution (Barbee)
Tuesday, April 28, 2026 at 2:00 PM-4:00 PM

Ralph Richards residents are welcome to participate in events at Barbee Towers location!

FLORIDA VETERANS COALITION & CCHR FLORIDA PRESENTS

VETERAN RESOURCES EXPO & FAMILY DAY

A DAY DEDICATED TO THOSE WHO SERVED AND THE FAMILIES WHO SUPPORT THEM.

SATURDAY . 11 APRIL . 11AM - 3PM

DOWNTOWN CLEARWATER
CORNER OF DREW ST. & FORT HARRISON

THE MISSION: BOOTHS TO LEARN ABOUT RESOURCES AND BENEFITS FOR VETS AND THEIR FAMILIES.

THE CELEBRATION: LIVE MUSIC, JROTC COLOR GUARD AND A BOUNCY HOUSE WITH GAMES FOR THE KIDS.

THE TREATS: FREE FOOD, DRINKS & ICE CREAM!

ALL VETERANS, ACTIVE-DUTY, FRIENDS, FAMILY, AND VETERAN ADVOCATES ARE WELCOME!

BRING YOUR FRIENDS, YOUR APPETITE, AND YOUR PATRIOTIC SPIRIT!

FOR MORE INFO VISIT:
WWW.CCHRFLORIDA.ORG/EVENTS
OR CALL OR TEXT 727-244-5114



April is Stress Awareness Month: Tips to Help You Cope



- ◆ Eat healthy, well-balanced meals.
- ◆ Exercise on a regular basis.
- ◆ Get plenty of sleep.
- ◆ Give yourself a break if you feel stressed out.
- ◆ Share your problems and feelings and coping with a parent, friend, counselor, doctor, or pastor.
- ◆ Avoid drugs and alcohol. These may seem to help with the stress, but in the long run, they create additional problems.
- ◆ Take a break. If news events are causing your stress, take a break from listening or watching the news.
- ◆ If problems continue or you are thinking about suicide, talk to a psychologist, social worker, or professional counselor.

With the proper understanding, good practices, and helpful support of others, stress is a battle that we can win and live balanced, healthy, and happy lives.

Hotline For immediate help, contact one of the following crisis hotlines:

- **Disaster Distress Helpline:** 1-800-985-5990
- **National Suicide & Crisis Lifeline:** 988
- www.988lifeline.org

For more information, visit www.cdc.gov/violenceprevention/copingwithstresstips.html



FREE Technology Assistance Available for Seniors!

We're Here To Help You!

Cyber-Seniors Technology Mentors are young people who have been trained to teach technology to older adults and are standing by to help with your smart phone, tablet or computer. You can also learn to:

- Set up a video call with friends and family
- Order groceries and medication online
- Watch movies, musicals and news shows
- Schedule appointments with medical professionals over video



To register for **FREE** webinars, call 1-844-217-3057, email info@cyberseniors.org or go to our website at www.cyberseniors.org or to schedule **FREE** 1-on-1 tech-help over the phone or via video conference



Shred-A-Thon and Medicine Disposal Event



Saturday, April 25, 2026
9:00 AM-2:00 PM



Countryside Mall
27001 US Hwy 19 N
Clearwater, FL 33761



(near intersection of US 19 & Countryside Blvd south of Whole Foods)

- ◆ **FREE** shredding event for Clearwater residents **only** - no businesses (bring proof of residency)
- ◆ Drop-offs are for all paperwork and old/expired prescription medication
- ◆ Needles or other hazardous materials will **NOT** be accepted
- ◆ Limit of 10 boxes per vehicle for shredding

Residents with questions can call
(727) 562-4920

Clearwater Solid Waste/Recycling Department
1701 N. Hercules Avenue
Clearwater, FL 33765
www.myclearwater.com

