



# May 2026 ROSS Newsletter



## Barbee Towers & Ralph Richards Tower



### May Dates & Holidays To Remember in 2026



**Teacher's Appreciation Week**  
 Monday, May 4th - Friday May 8th  
**Mother's Day** - Sunday, May 10th  
**\*Memorial Day** - Monday, May 25th\*

**\*Clearwater Housing Authority offices will be closed in observance of this holiday\***

May is also the month to commemorate:

- ⇒ Date Your Mate Month
- ⇒ National Barbecue Month
- ⇒ National Bike Month
- ⇒ National Blood Pressure Month
- ⇒ National Hamburger Month
- ⇒ National Salad Month
- ⇒ Older Americans Month



[www.holidayinsights.com](http://www.holidayinsights.com)



### Barbee Towers & Ralph Richards



**Good Neighbors Grocery Giveaway**  
 Wednesday, May 6, 2026 at 12:00 PM-2:00 PM  
 (Barbee Towers - Community Room)

**Good Neighbors Mother's Day Giveaway**  
 Thursday, May 7, 2026 at 1:00 PM-3:00 PM  
 (Barbee Towers - Community Room)

**Dedicated Senior Bingo**  
 Friday, May 8, 2026 at 12:00 PM-2:00 PM  
 (Barbee Towers - Community Room)

**Hope Villages Food Distribution**  
 Tuesday, May 12, 2026 at 9:30 AM-11:30 AM (RR)  
 Tuesday, May 12, 2026 at 11:30 AM-1:30 PM (BT)

**GTE Financial Literacy Workshop**  
 Thursday, May 14, 2026 at 3:00 PM-4:00 PM  
 (Barbee Towers - Community Room)

**FL Dream Center Food Distribution**  
 Tuesday, May 12, 2026 at 2:00 PM-4:00 PM (BT)  
 Tuesday, May 19, 2026 at 2:00 PM-4:00 PM (RR)



**Happy Mother's Day**  
**Sunday, May 10th, 2026**



**Clearwater Honor Fest**  
 at Florida Veterans Memorial Plaza

**Monday, May 25, 2026**  
 6:00 PM - 8:30 PM

450 South Lake Drive  
 Clearwater, FL 33755



Come out to honor the sacrifices of the men and women who laid their lives down for us and this country. Events include a ceremony, local shops and vendors, food, family activities, entertainment, and more!  
 For more information, contact (727) 386-8283.

To register, visit  
[www.floridaveterans.org/honor-fest/](http://www.floridaveterans.org/honor-fest/)



### Neighbory Transportation Weekly Group Shopping

Every 2nd & 4th Thursday of each month for Barbee & Ralph Richards residents (60 years of age or older) who are registered!

**Thursday, May 14th @ 11:30 AM - Walmart**  
**Thursday, May 28th @ 11:30 AM - Target**

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

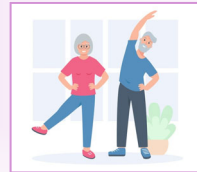


Contact the **ROSS Coordinator** for details or to obtain an application to register!  
 (727) 446-1045, ext. 248  
[swhite@clearwaterhousingauth.org](mailto:swhite@clearwaterhousingauth.org)



## May 2026 - Older Americans Month: Champion Your Health!

Every May, the Administration for Community Living (ACL) leads the nation's observance of **Older Americans Month (OAM)**. The 2026 theme **Champion Your Health**, underscores prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages taking an active role in managing and advocating for your health, accessing preventive care, and making informed decisions. This year, we are focused on evidence-based approaches, self-management, caregiver roles, and community partnerships that empower individuals to lead healthy lives. For more information, visit [www.acl.gov/oam/2026/older-americans-month-2026](http://www.acl.gov/oam/2026/older-americans-month-2026)



### Available Low-Cost Internet Service & Computers...



#### PCs for People

- ◆ Laptops \$150 (free shipping)
- ◆ Desktops \$100 (free shipping)
- ◆ As low as \$25 per month
- ◆ Prepaid plans available
- ◆ Unlimited data

For more information, call (651) 354-2552



[www.pcsrefurbished.com](http://www.pcsrefurbished.com)

#### Eligibility Requirements

200% below federal income poverty level or currently enrolled in an income based government assistance program, such as:

Section 8 or Public Housing  
SNAP program (Food assistance)  
SSI (Social Security Income)  
TANF (Financial Assistance)  
Free/reduced school lunch program

For more details, visit [www.everyoneon.org](http://www.everyoneon.org)

#### Spectrum Internet Assist

(Seniors must be at least 65 yrs+)

- ◆ \$24.99 per month
- ◆ 50 Mbps of Internet speed
- ◆ FREE Internet modem
- ◆ Add wi-fi router for \$10 per month



To start the qualification process, call (877) 959-1748 or visit [www.SpectrumInternetAssist.com](http://www.SpectrumInternetAssist.com)

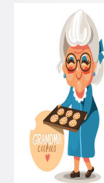


## Loneliness and Social Isolation - Tips for Staying Connected

Everyone needs social connections to survive and thrive. But as people age, they often find themselves spending more time alone. Being alone may leave older adults more vulnerable to loneliness and social isolation, which can affect their health and well-being. Here are some quick tips for older adults experiencing social isolation or a sense of loneliness:



- ◆ **Find or keep a sense of purpose.** Take up a hobby such as growing an herb garden, crossword puzzles, knitting, or other activities.
- ◆ **Age-appropriate workouts** can help you stay in good physical and mental shape. Gentle exercises such as walking are suggested. Consult a healthcare professional.
- ◆ **Nourish your body.** Ensure you are eating a balanced diet and drinking plenty of water.
- ◆ **Take a break from the news.** Although it's important to stay updated, it's recommended to take at least a 15-minute break.
- ◆ **Stay connected to your loved ones, friends, or mentor.** Schedule time each day to stay in touch by email, social media, voice call, or text. Talk with people you trust to share your feelings.
- ◆ **Adopt a pet if you're able to care for them.** Animals can be a source of comfort and may also lower stress and blood pressure.
- ◆ **Get involved in your community.** Look for opportunities to volunteer. Check out resources and programs at your local social service agencies, community/senior centers, and public libraries.



Need help with social isolation or feeling lonely?

**Seniors in Service** at 727-382-7121 or visit [www.Seniorsinservice.org](http://www.Seniorsinservice.org)

**Eldercare Locator** at 800-677-1116 or visit <https://eldercare.acl.gov/>

