



June 2026 ROSS Newsletter



Barbee Towers & Ralph Richards Tower

Sunday, June 21st, 2026

HAPPY

father's DAY

LASAGNA LOVE

Do you need food and love LASAGNA?

Serving 3,500 meals per week in all 50 states, using over 20,000 volunteers!

If interested in receiving meals, visit www.lasagnalove.org/request/ or contact the ROSS Coordinator at (727) 446-1045, ext. 248 for assistance!

Monthly Events at Barbee Towers (BT) & Ralph Richards (RRT)

Good Neighbors Grocery Giveaway
Wednesday, June 3, 2026 at 12:00 PM-2:00 PM (BT)

Hope Villages Food Distribution
Tuesday, June 9, 2026 at 9:30 AM-11:00 AM (RRT)
Tuesday, June 9, 2026 at 11:30 AM-1:00 PM (BT)

Dedicated Community Bingo
Friday, June 12, 2026 at 12:00 PM-2:00 PM (BT)

GTE Financial Literacy Workshop
Thursday, June 18, 2026 at 3:00 PM-4:00 PM (BT)

FL Dream Center Food Distribution
Tuesday, June 16, 2026 at 1:30 PM-3:30 PM (RRT)
Tuesday, June 23, 2026 at 1:30 PM-3:30 PM (BT)

Empath Life Lunch & Learn Session
Thursday, June 25, 2026 at 2:00 PM-3:00 PM (RRT)

If you need more information, contact the ROSS Coordinator at 727-446-1045, ext. 248 prior to event!

PSTA Discounted Bus Passes Available!

Did you know?

The Pinellas Suncoast Transit Authority (PSTA) Transportation Disadvantaged program is still available for those who qualify!

Please don't wait! Contact the ROSS Coordinator for assistance to apply or recertify for an annual discounted bus pass for only \$11.00 per month!

Proof of income is necessary to apply.

For more information, call (727) 540-1900 or visit www.psta.net

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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, June 11th @ 11:30 AM - Walmart
Thursday, June 25th @ 11:30 AM - Publix

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

For registration or more details, contact the ROSS Program Coordinator (727) 446-1045, ext. 248 swhite@clearwaterhousingauth.org



June is National Fresh Fruit & Vegetables Month!

With the start of June, we celebrate **National Fresh Fruit & Vegetables Month** by adding these colorful, healthy, and tasty foods to our diet.

Fruits and vegetables provide a variety of nutrients, vitamins, minerals, and fiber while remaining naturally low in calories, fat and sodium. Additionally, they lower your risk of developing certain chronic diseases and help to maintain a healthy weight. Here are some facts about the benefits of choosing fruits and vegetables:

1. **Bananas are clones**
2. **Watermelons can keep you hydrated**
3. **Brussel sprouts may be the healthiest vegetable**
4. **Broccoli contains more protein than steak**
5. **Apples give you more energy than coffee**

You can enjoy any combination of these delights to kick off your summer right, enjoy a healthier lifestyle, and experience a greater quality of life!

For more information, visit,

www.nationaltoday.com/national-fresh-fruit-and-vegetables-month/



June is PTSD Awareness Month!

Post-Traumatic Stress Disorder (PTSD) affects millions yet remains misunderstood. This month, we shed light on this complex mental health condition by focusing on education about symptoms, treatment options and coping strategies to foster empathy and reduce stigma.

Did you know?...

- 20 million Americans are living with PTSD
- One in 11 people will be diagnosed with PTSD at some point in their lives
- Those living with PTSD can struggle with flashbacks, anxiety, hypervigilance, difficulty trusting others, and daily life and relationships issues
- Post-traumatic stress doesn't only affect military veterans. Almost 70 percent of U.S. adults experience trauma in their lives, and women are twice as likely to experience PTSD.
- Others prone to PTSD include first responders, healthcare workers, survivors of accidents, victims of crime/abuse, and witnesses of traumatic events



If you or someone you know is struggling, healing is possible and help is available!



Suicide & Crisis Lifeline: Call or text **988** (available 24/7)

Veterans Crisis Line: Call **988** and press **1**, or text **838255**

SAMHSA National Helpline: Call **1-800-662-4357**

NAMI HelpLine: Call **1-800-950-6264** (Mon–Fri, 10am–10pm ET) or text **"NAMI"** to **62460** to speak with a trained specialist

www.ptsd.va.gov/gethelp/crisis_help.asp



Common Elder Fraud Scams

- **Romance scam:** Criminals pose as interested partners for companionship on social media.
- **Tech support scam:** Criminals pose as tech support representatives and offer to fix computer issues, gaining remote access to victims' devices and sensitive information.
- **Grandparent scam:** Criminals pose as relative—a child/grandchild—claiming to be in immediate financial need.
- **Government impersonation scam:** Criminals pose as government employees and threaten to arrest or prosecute victims unless they agree to provide funds or other payments.
- **Sweepstakes/charity/lottery scam:** Criminals claim to work for charitable organizations or they claim their targets have won a foreign lottery or sweepstake, which they can collect for a "fee."
- **Family/caregiver scam:** Relatives of the elderly victims take advantage of them or otherwise get their money.

If you've been a victim, call **1-833-372-8311**

Monday–Friday, 10 AM-6 PM

www.ovc.ojp.gov/program/elder-fraud-abuse



2nd Annual Ready & Resilient Hurricane Expo 2026 (Bilingual Event)



**Saturday, June 27, 2026
10:00 AM - 1:00 PM**

**Clearwater East Community Library SPC
2465 Drew Street, Clearwater, FL 33765**



This community-centered **bilingual** expo connects organizations, service providers, and residents to share resources, strengthen connections, support hurricane preparedness and community resilience.

- **Essential information on hurricane preparedness and relief**
- **Spanish interpretation available**
- **Hurricane presentations:**
- **10:30am - In English**
- **12:30pm - In Spanish**
- **Free lunch**
- **Children's zone with games and activities**
- **Community resources and support**
- **Raffles and giveaways**



www.myClearwater.com

