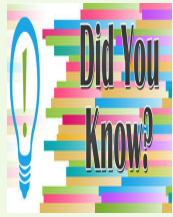




August 2026 ROSS Newsletter

Barbee Towers & Ralph Richards



National Watermelon Day - Monday, August 3, 2026

National Watermelon Day encourages the consumption of Watermelons. Watermelons can lower the risk of heart disease and reduce hypertension. About 92% of a watermelon is water making it a popular refreshing fruit. Watermelons have high Lycopene levels that promote cardiovascular health, bone health, and prevent prostate cancer. With proper growing conditions, watermelons grow to enormous sizes. Around the world, competitions award prizes each year for the largest one. The Guinness Book of World Records states that the heaviest watermelon weighed 262 pounds. To learn more refreshing watermelon facts, check out www.watermelon.org.



Utility Assistance Available for Seniors!

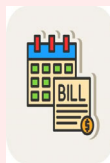


A one-time payment will be applied for seniors **55 years and older** living within the following zip codes: **33755, 33756, 33757, 33759, 33761, 33765 & 33766.**



You must provide:

- A picture ID
- A utility bill in your name
- Must be in delinquent status



Salvation Army Clearwater
1521 Druid Road
Clearwater, FL 33756



Contact **Cheryl Devars** at 727-446-4177 for appointment.

Barbee Towers (BT)



Ralph Richards (RR)



Good Neighbors Grocery Giveaway

Wednesday, August 5th at 12:00 PM-2:00 PM (BT)
(Community Room - all PH residents welcome)



Hope Villages Food Distribution

Tuesday, August 11th at 9:30 AM-11:00 AM (RR)
Tuesday, August 11th at 11:30 AM-1:30 PM (BT)



ROSS Orientation Session

Thursday, August 13th at 1:00 PM-2:00 PM (BT)
(Community Room - all PH residents welcome)



Dedicated Community Bingo

Friday, August 14th at 12:00 PM-2:00 PM (BT)
(Community Room - all PH residents welcome)



FL Dream Center Food Distribution

Tuesday, August 18th at 1:30 PM-3:30 PM (RR)
Tuesday, August 25th at 1:30 PM-3:30 PM (BT)



GTE Financial Literacy Workshop

Thursday, August 27th at 3:00 PM-4:00 PM (BT)
(Community Room - all PH residents welcome)



Do You Need Additional Assistance?

The **Area Agency on Aging & Disability** Resource Center Helpline is a federally funded service to help seniors and caregivers gain access to services in the community, such as:



Caregiver support
Case management
In-home services
Insurance counseling
Legal assistance
Meal services

Nursing home/Assisted living facilities
Transportation
Victim advocacy



1-800-96-ELDER (963-5337) or 727-217-8111
Monday-Friday, 8am-5pm
www.agingcarefl.org/helpline/



Neighborly Transportation Group Shopping

To all residents to whom this affects...

The Neighborly bi-weekly **group shopping transportation services** for Barbee Towers & Ralph Richards have been **suspended until further notice**. If you're registered and need personal medical transportation, you should proceed as usual by contacting the organization at least 2 business days prior to your scheduled appointment. Thank you for your patience and understanding.



For any concerns or more information, contact the **ROSS Coordinator** at
(727) 446-1045, ext. 248 or
swhite@clearwaterhousingauth.org



August is National Eye Exam Month...

National Eye Exam Month was founded by Sears Optical in 1989 and is dedicated to the importance of eye health and safety. Although seniors are more prone to eye issues, there are ways they can protect themselves and prevent long-term issues.

- When washing your face, use a clean towel and water to prevent infection
- Do not use others eye medication or glasses
- No Smoking
- Be sure to get a healthy amount of rest
- Consume Vitamin A and proteins (nuts are perfect)
- Do not use sprays (i.e. hairspray) close to the eyes
- When watching TV, on the computer, and/or reading, be sure to have good lighting, take short breaks to rest the eyes and make sure the print is large and clear



No-Cost Eye Exams – Are you Eligible?

EyeCare America is a public service program of the Foundation of the American Academy of Ophthalmology. By age 65, one in three Americans has some form of vision-limiting eye disease. To help address this need, EyeCare America provides eye care to US citizens and legal residents through volunteer ophthalmologists (Eye M.D.s) at no cost to seniors who qualify.

For more information, call **877-887-6327** Hours: 11 AM-3 PM, Monday-Friday (EST)
Email: eyecareamerica@aao.org or visit www.aao.org/eyecare-america



988 Suicide & Crisis Lifeline

Need Support Now?

If you or someone you know is struggling or in crisis, help is available. Call or text **988** or chat 988lifeline.org

There is hope.



We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States. **988** is now active across the country. This new, shorter phone number will make it easier for people to remember and access mental health crisis services. (Please note, the previous **1-800-273-TALK (8255)** number will continue to function indefinitely.)

www.988lifeline.org



PSTA Emergency Transportation Available



Just in case you didn't know...

- During a hurricane evacuation, PSTA bus rides are **FREE**
- Routes may be modified and will include shelters
- Routes will continue to operate until winds reach tropical storm force (40 mph)
- Contact PSTA at **727-540-1900** or visit www.psta.net

Ways to find out your evacuation zone...

- Visit www.pinellascounty.gov/KnowYourZone
- Call **Pinellas County Emergency Management** at **727-453-3150** (automated) or **727-464-3800**
- Download the "Ready Pinellas" app at Google Play or the App Store

To stay informed, sign up for the **FREE** Alert Pinellas Notification service to receive emergency information.

To register, visit

www.pinellascounty.gov/emergency

