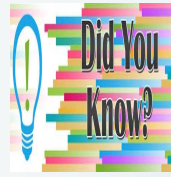




August 2020 ROSS Newsletter



Barbee Towers & Ralph Richards Tower



National Watermelon Day - Monday, August 3, 2020

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.



The "ROSS Zone" - Upcoming August Events...

Barbee Towers

Feeding Tampa Bay Senior Meals Program
Thursday, August 13, 2020 at 11:00 AM-2:00 PM

Feeding Tampa Bay CFAP Food Distribution
Tuesday, August 18, 2020 at 12:00 PM-3:00 PM

RCS Mobile Food Distribution
Tuesday, August 25, 2020 at 9:30 AM-11:30 AM

Feeding Tampa Bay Senior Meals Program
Thursday, August 27, 2020 at 11:00 AM-2:00 PM

Ralph Richards Tower

RCS Mobile Food Distribution
Tuesday, August 11, 2020 at 9:30 AM-11:30 AM

Feeding Tampa Bay Senior Meals Program
Thursday, August 13, 2020 at 11:00 AM-2:00 PM

Feeding Tampa Bay CFAP Food Distribution
Tuesday, August 18, 2020 at 12:00 PM-3:00 PM

Feeding Tampa Bay Senior Meals Program
Thursday, August 27, 2020 at 11:00 AM-2:00 PM



Do You Need Additional Assistance?

The **Area Agency on Aging & Disability** Resource Center's 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/

Barbee Towers & Ralph Richards Tower



Neighborly Transportation Group Shopping

Every Thursday for residents who are registered (must be at least 60 years or older)!

- Thursday, August 6th @ 9:15 AM - Publix
- Thursday, August 13th @ 9:15 AM - Target
- Thursday, August 20th @ 9:15 AM - Walmart
- Thursday, August 20th @ 9:15 AM - Sprouts

- ◆ 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. 265
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



People over the age of 55 should also be very cautious of cataracts, an eye disease that clouds the lens of the eyes and can lead to vision loss. Those who have cataracts disease may experience extremely blurry vision, a glare, colors that may appear faded, and double vision. The CDC's Vision Health Initiative (VHI) promotes vision health and quality of life by preventing and controlling eye disease, injury, and vision loss that results in disability. Find out more at www.cdc.gov/visionhealth.



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



Do you desire to quit smoking?

The Single-session program will provide you with the valuable tools you need to help you quit tobacco. These include: preparing to quit tobacco with a quit plan, learning strategies and skills to deal with nicotine cravings to remain tobacco-free, dealing with slips, having the opportunity to share your experience with others in a friendly, respectful and supportive group setting, as well as FREE patches, gum, or lozenges, if medically appropriate.

Online classes now available!



Morton Plant Hospital
Ptak Orthopaedic & Neuroscience Pavilion

430 Morton Plant Street
Clearwater, FL 33756



Registration is required prior to the course.
Call **(813) 929-1000** to reserve a spot in the month of August, or you can do so online at

<https://tobaccofreeflorida.com/blog/smoking-support-group-calendar/>.

Inspirational Quote...

“Strength doesn’t come from what you can do. It comes from overcoming the things you once thought you couldn’t.”

- Rikki Rogers