



# February 2021 ROSS Newsletter



Barbee Towers & Ralph Richards Tower



## February Dates & Holidays to Remember...

- ◇ American Heart Month
- ◇ Black History Month



- ◇ Feb. 7: Super Bowl Sunday
- ◇ Feb. 9: National Pizza Day
- ◇ Feb. 11: National Inventors' Day
- ◇ Feb. 12: Abraham Lincoln's Birthday
- ◇ Feb. 14: **Valentine's Day**
- ◇ Feb. 15: Susan B. Anthony Day
- ◇ Feb. 15: President's Day
- ◇ Feb. 16: National Pancake Day
- ◇ Feb. 17: Ash Wednesday
- ◇ Feb. 22: George Washington's Birthday
- ◇ Feb. 25: National Chili Day



For more information, visit [www.nationaltoday.com/february-holidays/](http://www.nationaltoday.com/february-holidays/)



## Neighborly Transportation Group Shopping

**Every Thursday** for residents who are registered (at least 60 years or older in age)!

- Thursday, February 4th @ 9:15 AM - Walmart
- Thursday, February 11th @ 9:15 AM - Publix
- Thursday, February 18th @ 9:15 AM - Target
- Thursday, February 25th @ 9:15 AM - Publix

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



Contact the ROSS Coordinator for details at (727) 446-1045, Ext. 265 [swhite@clearwaterhousingauth.org](mailto:swhite@clearwaterhousingauth.org)



Clearwater Housing Authority (CHA) offices will be closed on Monday, February 15, 2021, in observance of President's Day.



### Barbee Towers

**Feeding Tampa Bay Senior Meals Program**  
Thursday, February 18, 2021 at 11:00 AM-3:00 PM

**RCS Mobile Food Pantry Distribution**  
Tuesday, February 23, 2021 at 9:30 AM-12:30 PM

### Ralph Richards Tower

**RCS Mobile Food Pantry Distribution**  
Tuesday, February 9, 2021 at 9:30 AM-12:30 PM

**Feeding Tampa Bay Senior Meals Program**  
Thursday, February 18, 2021 at 11:00 AM-3:00 PM

### Do You Need 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/](http://www.agingcarefl.org/helpline/)



**Heart disease is the No. 1 cause of death.**

**FEBRUARY IS**  
**AMERICAN HEART MONTH**

Simple healthy choices lead to more quality years in your life.

[www.heart.org](http://www.heart.org)

**Do you desire to quit smoking?**

In the wake of the COVID-19 pandemic, quitting is more important than ever! Let us help you get the support you need from the comfort of your own home.



**Topics Include:**

- ◆ Coping with withdrawal
- ◆ Managing addiction
- ◆ Preventing relapse
- ◆ Covers all forms of tobacco use.

**FREE virtual Quit Smoking NOW classes! Tuesdays (each week) February 23, 2021 thru March 16, 2021 2:00 PM-3:00 PM**

**Benefits:**

- ◆ Workbook and materials included
- ◆ Nicotine replacement patches, gum, or lozenges
- ◆ Increases your chances of success

**Registration is required prior to the course.**

Call **(813) 929-1000** to reserve a spot in the month of February or March. You will be emailed a link to join by ZOOM conference via video or audio.



**Disability Achievement Center**  
 2552 Belcher Rd South  
 Largo, FL 33773  
 (727) 539-7550  
[www.mydacil.org](http://www.mydacil.org)



**GULF COAST NORTH AREA HEALTH EDUCATION CENTER**




For more information, visit [www.tobaccofreeflorida.com/quityourway](http://www.tobaccofreeflorida.com/quityourway)



**Need Medical Equipment You Can't Afford/Not Covered by Your Insurer? We're Here For You!**

Our Services include:

- \* Free gently used medical equipment
- \* Equipment donation & recycling program
- \* Adult incontinence supply bank
- \* Consumer Equipment & Modification program
- \* Installation ramps, grab bars, & hand rails
- \* Deaf alerting equipment & installation
- \* Wheelchair battery repair/replacement
- \* Purchase of durable medical equipment



**Disability Achievement Center**  
 2552 Belcher Rd South  
 Largo, FL 33773  
 (727) 539-7550  
[www.mydacil.org](http://www.mydacil.org)




**DID YOU EARN LESS THAN \$66,000 LAST YEAR?**

Have your federal tax return prepared, e-filed, and direct deposited for FREE. IRS-certified volunteers will prepare your taxes and ensure you get the largest refund for which you qualify. The following locations offer services by **appointment ONLY**:

High Point Neighborhood Family Center  
 5812 150th Avenue N  
 Clearwater, FL 33760  
**(727) 533-0730**




**United Way Suncoast**

Clearwater Neighborhood Family Center  
 900 N. MLK Jr. Avenue  
 Clearwater, FL 33755  
**(813) 419-3918**

InterCultural Advocacy Institute  
 Hispanic Outreach Center (HOC)  
 612 Franklin Street  
 Clearwater, FL 33756  
**(813) 419-3918**

For available days/times or to schedule an appointment, please call the numbers listed for each location or visit <https://booknow.appointment-plus.com/cn2re6xy/>. Taxpayers are encouraged to visit <https://unitedwaysuncoast.org/what-we-do/income/free-tax-help/>. You may also prepare your own taxes using the free online filing option at [www.MyFreeTaxes.com](http://www.MyFreeTaxes.com).