



# July 2021 ROSS Newsletter



Barbee Towers & Ralph Richards Tower



## Independence Day Facts - Sunday, July 4, 2021...

- Congress made Independence Day an official unpaid holiday for federal employees in 1870. In 1938, it was changed by Congress to a paid federal holiday.
- The only two signers of the Declaration of Independence who later served as President of the United States were John Adams and Thomas Jefferson.
- Every 4th of July, the Liberty Bell in Philadelphia is tapped (not actually rung) thirteen times in honor of the original thirteen colonies.

# The ROSS Zone - Upcoming JULY Events...

## Barbee Towers & Ralph Richards Tower



### St. Vincent DePaul Healthy Food

Monday, July 19, 2021

11:30 AM-1:00 PM (Barbee Towers)

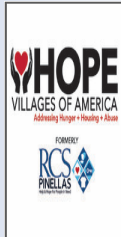
1:30 PM-3:00 PM (Ralph Richards)



### Hope Villages of America Mobile Food Pantry

Tuesday, July 13, 2021 at 10:00AM-1:00PM (Ralph Richards - Community Room)

Tuesday, July 27, 2021 at 10:00AM-1:30PM (Barbee Towers - Community Room)



For all food distribution events, residents must sign up to participate. You must come to the Community Room to pick up food on the day of the event.



## Barbee Towers & Ralph Richards Tower



### Neighborhoodly Transportation Group Shopping

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

- Thursday, July 1st @ 9:15 AM - Publix
- Thursday, July 8th @ 9:15 AM - Target
- Thursday, July 15th @ 9:15 AM - Publix
- Thursday, July 22nd @ 9:15 AM - Walmart
- Thursday, July 29th @ 9:15 AM - Publix

- ◆ Sign up 2 days prior to the scheduled trip date (required)!
- ◆ Pick up & drop off at your location!



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



### Florida Department of Health—Pinellas County

205 Dr. Martin Luther King Jr. Street North  
St. Petersburg, FL 33701

(727) 824-6900

[www.pinellas.floridahealth.gov](http://www.pinellas.floridahealth.gov)

## STILL NOT VACCINATED? FREE SERVICES AVAILABLE!

- Trained, professional staff available
- One day only, so don't miss your opportunity
- All residents, family, & staff members are welcome
- Test all patients, cost free
- No ID or proof of insurance needed
- Simple paperwork
- FREE gift for your participation



Wednesday, July 28, 2021

Barbee Towers  
8:00 AM-12:00 PM

Ralph Richards  
1:00 PM-4:00 PM



Mask wearing and social distancing required for Community Room events.



Interested participants can use the sign up sheet on the ROSS Events board (first floor), or contact the ROSS Coordinator at (727) 446-1045, Ext. 265.

## Basic Home Safety Tips For Seniors



With more than 26% of Americans 65 years or older living alone, keeping the elderly safe has become an important concern for families and caregivers alike. Being aware of potential dangers means that we can be prepared in case of an emergency, prevent accidents, and ensure that our senior loved ones are safe and healthy. Here are some simple and effective senior safety tips to make your home secure:

1. Declutter your house to make sure you have plenty of space to walk around. Less clutter also means less risk of falls.
2. Make sure all rugs have anti-slipping pads.
3. Cover furniture corners to prevent injuries if you accidentally bump into them.
4. Make sure every room has proper lighting, including closets. Use a nightlight to make it easy to see at night.
5. Avoid stepping on wet or damp surfaces – promptly clean up any spills on the floor.
6. Have all the items that you use frequently within easy reach in the kitchen – don't place them on high shelves that are hard to access.

For more information, visit

<https://startofcare.com/100-senior-safety-tips/>

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## Inspire Pharmacy & Compounding

Address:

2019 Gulf to Bay Blvd.  
Clearwater, FL 33765  
Phone: (727) 441-6900  
Fax: (727) 279-4000

Monday-Friday:  
9:00 AM-5:00 PM  
Saturday:  
10:00 AM-2:00 PM  
Sunday:  
Closed



**Aging Well Long Center**  
1501 N. Belcher Rd.  
Clearwater, FL 33765  
[agingwell@myclearwater.com](mailto:agingwell@myclearwater.com)



## FREE VIRTUAL TECHNOLOGY & WELLNESS CLASSES

For more information or to register for classes, call **727-562-4904**



**Technology Chat—iPhone/iPad & Android via ZOOM—Monday, July 12th, 2021, 1:00 PM-1:30 PM (iPhone/iPad) and from 1:45 PM-2:15PM (Android)...** Informal question and answer sessions. Ask about navigation, features, apps, social networks, customizing, email, and more. Make sure your device is charged and have your password readily accessible.

**Computer Class for Beginners via ZOOM: Intro to Windows 10 –Monday, July 26, 2021 at 10:00 AM-11:30 AM...** Join Marvin to learn more about Windows settings to customize your Windows 10 and make it even more user friendly. To register, call **727-562-4904** and a ZOOM link will be sent to you within 24 hours of the program start time.



**Blood Pressure Self-Monitoring Program - Initial Appointment: Friday, July 30th, 2021 at 1:00PM-1:30PM (10 minute initial in-person)...** Four month interactive, evidence-based program that encourages self-monitoring your blood pressure and provides tips for maintaining your cardiovascular health and nutrition education. Blood pressure monitors available for eligible participants. Call **727-562-4904** for more details and/or an appointment.