



June 2020 ROSS Newsletter



Barbee Towers & Ralph Richards Tower

COVID-19 Resources...



Florida Department of Health
COVID-19 Call Center is
Available 24/7

(866) 779-6121
COVID-19@FLHealth.gov

For Emotional Support, Call
(727) 524-4464, ext. 1001
Monday-Sunday, 8 AM-8 PM

FREE COVID-19 Testing
Monday-Friday, 8:30AM-1:30 PM

Community Health Centers
707 E. Druid Rd
Clearwater, FL 33756

Call for appointment
(727) 824-8181, select option 0



Food Pantry Resources...

RCS Mobile Food Distribution

Tuesday, June 9, 2020
9:30 AM-11:30 AM
Ralph Richards



Tuesday, June 23, 2020
9:30 AM-11:30 AM
Barbee Towers

Pinellas MEGA Pantry...



Feeding Tampa Bay is serving the community during COVID-19 through drive-thru pickup at the following location on these days/times:

Tropicana Field
5th Avenue South from
16th Street
St. Petersburg, FL 33712
(Please enter LOT 1)
(813) 254-1190

www.feedingtampabay.org

SATURDAYS
9:00 AM-12:00 PM
June 6, 2020
June 13, 2020
June 20, 2020
June 27, 2020

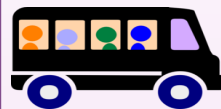
Free Electronics Collection/Recycling Event



Wednesday, June 24, 2020
7:00 AM-3:00 PM

Solid Waste Complex-Campbell
1701 N. Hercules Avenue
Clearwater, FL 33765
(727) 562-4920

- ◆ Pinellas County residents (only)
- ◆ Proof of residency is required
- ◆ Up to six unwanted electronics accepted
- ◆ No scavenged electronics will be accepted
- ◆ Acceptable items include televisions, cell phones, computer towers/CPUs, drives (such as hard drives and CD drives), laptops, desktop monitors, smart phones and tablets.



Neighborhood Transportation Group Shopping

Every Thursday for Barbee & Ralph Richards residents who are registered!

Thursday, June 4th @ 9:15 AM - Walmart
Thursday, June 11th @ 9:15 AM - Target
Thursday, June 18th @ 9:15 AM - Publix
Thursday, June 25th @ 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!
(727) 446-1045, Ext. 265
swhite@clearwaterhousingauth.org





National Fresh Fruit and Vegetables Month – June 2020

With the start of June we Celebrate National Fresh Fruit and 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 you maintain a healthy weight. Here are some facts that you may not know about the benefits of choosing fruits and vegetables:

1. **Bananas are clones.** The Panama Disease all but wiped out an entire species of bananas in the 1950s. The bananas we eat today are actually all cloned from a single banana in southeast Asia, meaning that every single banana is exactly the same.
2. **Watermelons can keep you hydrated.** They're thick-skinned and 92% water. Explorers would carry watermelons around so they had something to drink that would keep them from getting dehydrated.
3. **Brussel sprouts may be the healthiest vegetable.** They're packed with vitamins and minerals, and have virtually zero calories, and no fat or cholesterol.
4. **Broccoli contains more protein than steak.** Since it doesn't come with fat or cholesterol, you can get all the protein you need with a significantly lower risk of cardiovascular disease.
5. **Apples give you more energy than coffee.** Thanks to its high carbohydrate, vitamin, and mineral content, apples have the perfect storm of nutrition to help you stay energized all day.

Whether you prefer a local market or just grow the fruits and veggies at home, you can enjoy any combination of these delectable 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/



Ways to Avoid Coronavirus Scams

- **Don't respond to texts, emails or calls about checks from the government.**
- **Ignore online offers for vaccinations.** There are no products proven to treat or prevent COVID-19 at this time.
- **Be wary of ads for test kits.** Most test kits being advertised have not been approved by the FDA and aren't necessarily accurate.
- **Hang up on robocalls.** Scammers are using illegal robocalls to pitch everything from low-priced health insurance to work-at-home schemes.
- **Watch for emails claiming to be from the CDC or WHO.** Don't click on links from sources you don't know. Use sites like coronavirus.gov and usa.gov/coronavirus to get the latest information.
- **Do your homework when it comes to donations.** Never donate in cash, by gift card, or wiring money.

For more information, visit www.ftc.gov/coronavirus.



Are you ready to get back into fitness?

Starting **June 1, 2020**, Clearwater recreation centers will offer the Healthways Silver-Sneakers program at the following locations:

Clearwater Beach Library & Recreation Center
69 Bay Esplanade, (727) 462-6138

Countryside Recreation Center
2640 Sabal Springs Drive, (727) 669-1914

Clearwater Neighborhood Family Center
900 N. MLK Jr. Avenue, (727) 462-6276

ROSS Norton Recreation & Aquatic Complex
1426 S. MLK Jr. Avenue, (727) 462-6025

Aging Well Long Center
1501 N. Belcher Road, (727) 724-7030

Please check with your Medicare insurance provider
For registration, information, call **(888) 423-4632** or visit www.silversneakers.com