



June 2021 ROSS Newsletter

Barbee Towers & Ralph Richards Tower



Free Electronics Collection/Recycling Event



**Wednesday, June 30, 2021
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.

Food Pantry Resources...

Hope Villages of America Food Distribution

Tuesday, June 8, 2021
10:00 AM-1:00 PM
Ralph Richards



Tuesday, June 22, 2021
10:00 AM-1:30 PM
Barbee Towers



Pinellas Drive-Thru Food Pantry...



Feeding Tampa Bay has partnered with the Salvation Army to serve the community through the monthly drive-thru pickup at the following location on these days/times:

Salvation Army Clearwater
1521 Druid Rd
Clearwater, FL 33756
(727) 446-4177

www.salvationarmyusa.org/usn

WEDNESDAYS
3:30 PM-5:00 PM
June 9, 2021
June 23, 2021



PSTA Discounted Bus Passes Available

Did you know?

The Pinellas Suncoast Transit Authority (PSTA) will resume normal bus fare costs effectively on July 5th, 2021. The Transportation Disadvantaged program is still available for those who qualify!

Please don't wait! Contact the ROSS Coordinator for assistance to apply or recertify for an annual discounted bus pass for only \$11.00 per month!



Please note: Proof of income is necessary to apply.

For more information, call (727) 540-1900 or visit www.psta.net



Samuel A. White
ROSS Service Coordinator
(727) 446-1045, Ext. 265
swhite@clearwaterhousingauth.org

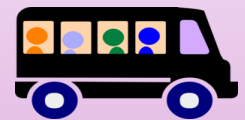


Neighborly Transportation Group Shopping

Every Thursday for Barbee & Ralph Richards residents who are registered!
(must be at least 60 years of age to participate)

Thursday, June 3rd @ 9:30 AM - Publix
Thursday, June 10th @ 9:30 AM - Target
Thursday, June 17th @ 9:30 AM - Publix
Thursday, June 24th @ 9:30 AM - Walmart

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



Contact the ROSS Coordinator for details!
Samuel A. White
(727) 446-1045, Ext. 265
swhite@clearwaterhousingauth.org



National Fresh Fruit and Vegetables Month – June 2021

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/

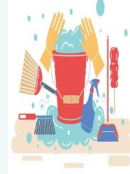


**NATIONAL ELDER
FRAUD HOTLINE**
1-833-FRAUD-311
1-833-372-8311

Common Elder Fraud Scams

- **Romance scam:** Criminals pose as interested partners on social media
- **Tech support scam:** Criminals pose as tech support representatives and offer to fix computer issues, gaining remote access to victims' devices and sensitive information.
- **Grandparent scam:** Criminals pose as relative—a child/grandchild—claiming to be in immediate financial need.
- **Government impersonation scam:** Criminals pose as government employees and threaten to arrest or prosecute victims unless they agree to provide funds or other payments.
- **Sweepstakes/charity/lottery scam:** Criminals claim to work for charitable organizations or they claim their targets have won a foreign lottery or sweepstake, which they can collect for a "fee."
- **Family/caregiver scam:** Relatives of the elderly victims take advantage of them or otherwise get their money.

If you've been a victim, call **1-833-372-8311**



Do you need your apartment cleaned?

For the affordable cost of **\$25.00** you get, 55 minutes of exceptional services:

(For payment, cash or checks are acceptable)

KITCHEN: Wipe down and disinfect all surfaces. Please have countertops cleared.

LIVING & BEDROOM: Dust tables, dressers, and nightstands. Change sheets and make bed. Please leave a new set of sheet available.

BATHROOM: Complete clean and disinfect sink, toilet, bathtub, and floors. Clean mirrors.

FLOORS: All floors swept, mopped, and disinfected.

In addition to this, you'll get **UNLIMITED SMILES!!!**

If you need specialized service, please call me (**MELISA**) at **727-269-1898** to discuss details!



For available date/times or to add yourself on the contact list, please see the Cleaning List on the ROSS EVENTS Board on the First floor next to the ROSS ZONE, or contact the ROSS Coordinator for assistance at **727-446-1045, Ext. 265**
swhite@clearwaterhousingauth.org

3 FREE & EASY WAYS TO QUIT



Talk to a Quit Coach® who can help you quit tobacco.

1-877-U-CAN-NOW

1-877-822-6669

TTY/TDD 1-877-777-6534



Online help quitting tobacco is only a few clicks away.

tobaccofreeflorida.com/webcoach



Looking for local face-to-face help? Find classes near you.

tobaccofreeflorida.com/ahec

1-877-848-6696



QUIT YOUR WAY

FREE Virtual Tools to Quit Classes June 2021



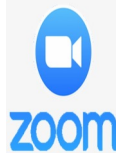
JOIN by calling **813-929-1000** to register.

Pre-registration is required!

You will be emailed a link to join by ZOOM conference via video or audio.

About the Class...

You will be provided relevant information about the effects of tobacco use, the benefits of quitting, and will assist you with developing your **OWN QUIT PLAN**. The cessation groups cover all forms of tobacco.



Benefits include:

- FREE workbook and materials.
- FREE Nicotine replacement patches, gum, or lozenges.
- More than **DOUBLES** your chance of success!



GULF COAST NORTH
AREA HEALTH
EDUCATION CENTER



Gulfcoast North Area Health Education Center presents **FREE**
Group Quit Sessions

Tuesday, June 1, 2021 | 10:00am-12:00pm

Wednesday, June 2, 2021 | 1:00pm-3:00pm

Thursday, June 3, 2021 | 6:00pm-8:00pm

Tuesday, June 8, 2021 | 10:00am-12:00pm

Thursday, June 10, 2021 | 5:00pm-7:00pm

Friday, June 11, 2021 | 12:00pm-2:00pm

Monday, June 14, 2020 | 6:00pm-8:00pm

Wednesday, June 16, 2021 | 1:00pm-3:00pm

Thursday, June 17, 2021 | 10:00am-12:00pm

Monday, June 21, 2021 | 6:00pm-8:00pm

Tuesday, June 22, 2021 | 10:00am-12:00pm

Friday, June 25, 2020 | 12:00pm-2:00pm

Monday, June 28, 2021 | 6:00pm-8:00pm

Tuesday, June 29, 2021 | 10:00am-12:00pm

Wednesday, June 30, 2021 | 5:30pm-7:30pm SPANISH

4-Week Virtual Group

Wednesday, June 9th - June 30th, 2021

2:00pm-3:00pm

If you'd like additional information or assistance with registering, contact

Samuel A. White—ROSS Service Coordinator

(727) 446-1045, Ext. 265

swhite@clearwaterhousingauth.org

www.tobaccofreeflorida.com

