

Barbee Towers & Ralph Richards Tower

EAT RIGHT



BITE BY BITE

National Nutrition Month®
March 2020

 Academy of Nutrition and Dietetics

4 Types of Foods to Help Boost Your Memory

Eat your veggies: Getting adequate vegetables, including broccoli, cabbage, and dark leafy greens, may help improve memory. Try a kale salad or substitute collard greens for a tortilla in your next sandwich wrap.

Be sweet on berries and cherries: Berries such as blackberries, blueberries and cherries are a rich source of anthocyanins and other flavonoids that may boost memory function. Enjoy a handful of berries for a snack, mixed into cereal or baked into an antioxidant-rich dessert.

Get adequate omega-3 fatty acids: Omega-3 fatty acids are essential and may help improve memory in healthy adults. Seafood, algae and fatty fish including salmon, bluefin tuna, sardines and herring are some of the best sources of omega-3 fatty acids. Substitute fish for meat a couple times each week to get a healthy dose.

Work in walnuts: Well known for a positive impact on heart health, walnuts also may improve cognitive function. Snack on a handful of walnuts to satisfy midday hunger, add them to oatmeal or a salad for crunch or mix them into a vegetable stir-fry for extra protein.

These foods are not just good for the brain, they sustain a healthy heart and all parts of the body. While there's no guarantee that these foods will help you remember where you put your keys tomorrow, over time they can support lifelong good health. For more information, visit www.eatright.org/for-seniors.



If you're 60 or older and need reliable transportation, take the EZ route!

Neighborhood Care Network is here to serve you!

13945 Evergreen Avenue
Clearwater, FL 33762
(727) 573-9444



No-cost transportation available for:

- ◆ Group grocery shopping every Thursday*
 - ◆ Group dining, shopping, or fun outings*
 - ◆ Medical appointments in Pinellas County
- * (A group consists of six (6) or more participants)

Why choose Neighborhood Transportation?

- ◆ Door-to-door service
- ◆ Courteous and professionally trained drivers
- ◆ Wheelchair accessible buses
- ◆ Sociable outings with friends



For new registration, contact Samuel A. White - ROSS Coordinator at 727-446-1045, Ext. 265!
swhite@clearwaterhousingauth.org



Report fraud or financial exploitation of seniors!

Call 1-800-222-4444, option 2

AARP Foundation ElderWatch engages hundreds of volunteers each year to help older consumers recognize, refuse and report fraud and scams. This website provides additional information and tools to help protect consumers against financial exploitation.

www.aarpelderwatch.org

Don't Forget to Spring Forward!

Daylight Saving Time is on
Sunday, March 8, 2020 thru
Sunday, November 1, 2020



On Sunday, March 8th, at 2:00 AM, Daylight Saving Time (DST) begins. We'll set our clocks **forward one hour** to 3:00 AM. Yes, you will lose one hour of sleep on that day!

Fun Fact: Daylight Saving Time is observed in the United States, except in Hawaii and most of Arizona.



Aging Well Long Center
 1501 N. Belcher Rd.
 Clearwater, FL 33765 (727) 724-3070
agingwell@myclearwater.com



DO YOU NEED COUNSELING?

FREE INSURANCE COUNSELING: March 3rd and March 17th (1st & 3rd Tuesday of the month)... SHINE (Serving Health Insurance Needs of Elders) volunteers offer unbiased insurance counseling on the Medicare/Medicaid programs, prescriptions, and long-term care insurance. Pre-registration is required.

FREE LEGAL COUNSELING: March 11th and March 25th (2nd & 4th Wednesday of the month)... Gulfcoast Legal Services' Elder Law Project provides legal advice and representation on civil legal problems for Pinellas residents who are 60 years of age or older. Services are partially funded by Title III of the Older Americans Act. Eligibility requirements apply. Call for appointment (required) at (727) 821-0726.

FREE EMOTIONAL HEALTH COUNSELING: Mondays by appointment only... Do you need help or support during a difficult time? A licensed mental health counselor (funded by the Older Americans Act) is available to meet clients on an individual basis. Eligibility requirements apply. The program currently has a waiting list. Call (727) 479-1848 for appointment.



INTRO TO WINDOWS 10: March 5th & 19th, 10:30 AM to 12:30 PM (1st & 3rd Thursday of the month)... There will be two sessions of the same class, so you only need to attend once. Bring your fully charged laptop computer and join Marvin Maziarz in learning how to use the latest versions of Windows 10 through participation and demonstration. Even if you are a minimal computer user, this session will show you all the features you may not be aware of. Class size is limited, so please call (727) 724-3070 to register.



Free Electronics Collection and Recycling Event
Wednesday, March 25, 2020
7:00 AM-3:00 PM

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



Clearwater residents may bring up to six unwanted electronics to the city's free monthly electronics collection event. Proof of residency is required prior to dropping off materials. Acceptable items include televisions, cell phones, computer towers/CPU's, drives (hard drives/CD drives), laptops, desktop monitors, smart phones and tablets. No scavenged electronics will be accepted.

WEDNESDAY is Seniors Day!

For seniors ages 60+ receive 10% OFF your entire purchase every Wednesday—all day! Be sure to let your cashier know at checkout!

FREE Cooking Classes are also available every Wednesday at 6:30 PM-7:30 PM in our Patchworks Community Room. Classes are limited, so please call in advance to reserve your space.

Nature's Food Patch
 1225 Cleveland Street
 Clearwater, FL 33755
 (727) 443-6703
www.naturesfoodpatch.com




Pharmacy Coupon

Coupon MBR ID: 3425572545

RxGRP: FLORIDA

RxBIN: 610709

PATIENT INSTRUCTIONS: This card/coupon is pre-activated and can be used immediately. Present this card/coupon to any participating pharmacy to receive a discount on prescription medications.

PHARMACIST INSTRUCTIONS: Submit as a primary claim (cannot be processed as secondary) using the following pharmacy processing information. For processing questions and comments please call the Pharmacy Helpline below.

Customer Service: 877-321-6755 Pharmacy Helpline: 800-223-2146

Prescription



Florida Rx Card

This program is not insurance. This is a point-of-sale discount program.

As a resident of Florida, you and your family have access to a statewide Prescription Assistance Program (PAP). This pharmacy coupon card will provide you with Rx medication savings of up to 75% at more than 68,000 pharmacies across the country CVS Pharmacy, Walgreens, Walmart, Kmart, Albertsons, Kroger, and many more. This Coupon/Card is pre-activated and can be used immediately.

If you would like a card, please contact **Samuel A. White, ROSS Service Coordinator** at (727) 446-1045, Ext. 265 or come to the ROSS office at Barbee Towers (next to the Community Room).