

May 2021 ROSS Newsletter



Barbee Towers & Ralph Richards Tower



May Dates & Holidays To Remember in 2021

Wednesday, May 5th—Cinco de Mayo

Sunday, May 9th—Mother's Day

Saturday, May 15th—Armed Forces Day

*Monday, May 31st—Memorial Day

Clearwater Housing Authority offices will be closed in observance of this holiday

May is also the month to commemorate:

- ⇒ Date Your Mate Month
- ⇒ National Barbecue Month
- ⇒ National Bike Month
- ⇒ National Blood Pressure Month
- ⇒ National Hamburger Month
- ⇒ National Salad Month
- ⇒ Older Americans Month



Memorial Day...

Memorial Day is a federal holiday observed on the last Monday of May to honor the men and women who died while in the military service of their country. **In 2021**, it will be commemorated on **Monday, May 31st**. We must spend time remembering those who lost their lives and could not come home, reflecting on their service, and why we have the luxury and freedom that we enjoy today. We should also consider how we can support and safeguard their grieving families and loved ones who are left behind. For a list of charities to donate in honor of this cause, visit www.give.org (type in "Memorial Day giving" in the site "SEARCH" section).



Food Pantry Resources for our Residents!

HVOA Mobile Food Distribution



Tuesday, May 11, 2021
10:00 AM-1:00 PM
Ralph Richards

Tuesday, May 25, 2021
10:00 AM-1:30 PM
Barbee Towers

Additional Food Assistance...



Hope Villages of America Food Bank is serving the community through curbside pickup at the following location on these days and times:

Address:

700 Druid Rd.
Clearwater, FL 33756
(727) 443-4031

Food Distribution Hours:

Monday—Friday
12:30 PM-3:30 PM
Thursday
12:30 PM-6:45 PM

www.hopevillagesofamerica.org



Neighborly Transportation Group Shopping

Every Thursday for Barbee & Ralph Richards residents (60 years of age +) who are registered!

Thursday, May 6th @ 9:30 AM - Publix
Thursday, May 13th @ 9:30 AM - Target
Thursday, May 20th @ 9:30 AM - Publix
Thursday, May 27th @ 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!
(727) 446-1045, Ext. 265
swhite@clearwaterhousingauth.org

May 2021 - Older Americans Month: *Communities of Strength...*



Every May, the Administration for Community Living leads our nation's observance of Older Americans Month, where the 2021 theme is “**Communities of Strength.**” Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their unique stories and contributions help to support and inspire others. This Older Americans Month, we will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building and maintaining stronger communities. For more information, visit www.acl.gov/oam/2021/older-americans-month-2021.



Available Low-Cost Internet Service & Computers...



PCs for People

- ◆ Laptops \$160 (free shipping)
- ◆ Desktops \$110 (free shipping)
- ◆ As low as \$15 per month
- ◆ Prepaid plans available
- ◆ Unlimited data

For more information, call (651) 354-2552



www.pcsrefurbished.com

Eligibility Requirements

200% below federal income poverty level or currently enrolled in an income based government assistance program, such as:

- Section 8 or Public Housing
- SNAP program (Food assistance)
- SSI (Social Security Income)
- TANF (Financial Assistance)
- Free/reduced school lunch program

For more details, visit www.everyoneon.org

Spectrum Internet Assist

- ◆ \$17.99 per month
- ◆ 2 months free internet service
- ◆ No data caps
- ◆ Internet modem included
- ◆ Add in-home wifi for \$5 per month

For more information, call (844) 525-1574



Seniors: Coping with COVID-19 Isolation

Americans of all ages are experiencing increased social isolation and loneliness in combatting the COVID-19 pandemic. According to the National Institute on Aging, nearly 14 million older adults in the U.S. live alone and are especially vulnerable during this time. Their research has linked social isolation and loneliness to higher risks for a variety of physical and mental conditions. Here are some quick tips for older adults experiencing social isolation:

- ◆ **Find or keep a sense of purpose.** Take up a hobby such as growing an herb garden, crossword puzzles, knitting, or other activities.
- ◆ **Age-appropriate workouts** can help you stay in good physical and mental shape. Gentle exercises such as walking are suggested. Consult a healthcare professional or primary care physician first.
- ◆ **Manage medication.** Do you have enough to last you for the next 30-60 days? If you need assistance, contact your doctor or a loved one who can help you.
- ◆ **Keep a routine that includes consistent sleep/wake cycles.** Include talking to family or friends in that routine. Whether it be writing them a letter or calling them on the phone.
- ◆ **Nourish your body.** Ensure you are eating a balanced diet and drinking plenty of water. If produce is hard to come by right now, check to see if local farmer's markets are delivering.
- ◆ **Take a break from the news.** Although it is important to stay updated, it is recommended to take at least a 15-minute break.
- ◆ **Stay connected to your loved ones, friends, or mentor** using your phone, or applications like Facetime or Skype to speak to them virtually.



For more information, visit www.journal-republican.com/coronavirus

