



September 2020 ROSS Newsletter



Barbee Towers & Ralph Richards Tower



September Dates & Holidays to Remember...

- ◇ Sept. 6: National Read a Book Day
- ◇ **Sept. 7: Labor Day**
- ◇ **Sept. 11: Patriot Day**
- ◇ Sept. 13: Grandparents Day
- ◇ Sept. 14: National Coloring Day
- ◇ Sept. 17: Constitution Day
- ◇ Sept. 18: National Cheeseburger Day
- ◇ Sept. 18: National HIV/AIDS & Aging Awareness Day
- ◇ Sept. 20: Wife Appreciation Day
- ◇ Sept. 22: Falls Prevention Awareness Day
- ◇ Sept. 26: Family Health & Fitness Day
- ◇ Sept. 28: National Hunting & Fishing Day



For more information, visit

www.nationaltoday.com/september-holidays/

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Neighborly Transportation Group Shopping

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

- Thursday, September 3rd @ 9:15 AM - Publix
- Thursday, September 10th @ 9:15 AM - Target
- Thursday, September 17th @ 9:15 AM - Walmart
- Thursday, September 24th @ 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 at (727) 446-1045, Ext. 265
swhite@clearwaterhousingauth.org



Clearwater Housing Authority offices will be closed on Monday, September 7, 2020 in observance of Labor Day.



The "ROSS Zone" - Upcoming SEPTEMBER Events...

Barbee Towers

Feeding Tampa Bay CFAP Distribution

Tuesday, September 8, 2020 at 12:00 PM-3:00 PM

Feeding Tampa Bay Senior Meals program

Thursday, September 10, 2020 at 11:00 AM-3:00 PM

RCS Mobile Food Pantry

Tuesday, September 22, 2020 at 9:30 AM-12:00 PM

Feeding Tampa Bay Senior Meals program

Thursday, September 24, 2020 at 11:00 AM-3:00 PM

Ralph Richards Tower

Feeding Tampa Bay CFAP Distribution

Tuesday, September 8, 2020 at 12:00 PM-3:00 PM

RCS Mobile Food Pantry

Wednesday, September 9, 2020 at 9:30 AM-12:00 PM

Feeding Tampa Bay Senior Meals program

Thursday, September 10, 2020 at 11:00 AM-3:00 PM

Feeding Tampa Bay Senior Meals program

Thursday, September 24, 2020 at 11:00 AM-3:00 PM



September is Healthy Aging Month

September is Healthy Aging Month, a time dedicated to helping individuals gain a more positive outlook about growing older, to celebrate life and turn over a new leaf. The Healthy Aging Campaign was established over 20 years ago. Since then, more individuals have become aware of their physical and mental health, diet, social skills and even financial situations— all factors that contribute to successful aging. No matter your age, you can stay at your personal best by practicing a few tips:



- 1. Live an active life.** Regular exercise is one of the greatest keys to physical and mental well-being. Living an active life will help you stay fit enough to maintain your independence to go where you want to and perform your own activities.
- 2. Eat healthy foods.** Eat nutrient-dense foods like fruits, vegetables, and whole-grain foods. Avoid sweet, salty, and highly processed foods. Keep in mind that each person has different dietary needs – follow your doctor's suggestions regarding dietary restrictions.
- 3. Maintain your brain.** Never stop learning and challenging your mind. Take dance lessons, learn a new language, attend lectures at a local university, learn to play a musical instrument, or read a book.
- 4. Cultivate your relationships.** Maintain communication with your family and friends. Schedule regular time to meet with friends and family over coffee, during a weekly shared meal, or around a common interest. Reach out to friends who might be isolated or feel lonely.
- 5. Get enough sleep.** Develop a regular schedule with a bedtime routine. Keep your bedroom dark and noise-free. Avoid watching television or surfing the internet while in bed. Stay away from caffeine late in the day.

For more information, visit www.healthyaging.net/september-healthy-aging-month/



Senior Utility Assistance Available!



A one-time payment will be applied for any senior **55 years and older** living within the following zip codes: **33755, 33756, 33757, 33759, 33761, 33765 & 33766**. You must provide:

- A picture ID
- A utility bill in your name
- Must be in DELINQUENT status



Clearwater Neighborhood Family Center
900 N. MLK Jr. Avenue
Clearwater, FL 33755

Contact **Erma Boateng** at
727-442-5355 for an appointment
www.clearwaternfc.org

You SNAP. We Match. Unlimited.



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Receive an unlimited match in
Fresh Access Bucks to spend on Florida
Produce through **December 31st 2020!**

Visit FreshAccessBucks.com for a Map of Participating Outlets.