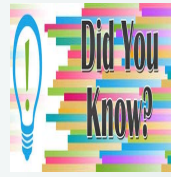




August 2021 ROSS Newsletter



Barbee Towers & Ralph Richards Tower



National Watermelon Day - Tuesday, August 3, 2021

National Watermelon Day encourages the consumption of Watermelons. Watermelons can lower the risk of heart disease and reduce hypertension. About 92% of a watermelon is water making it a popular refreshing fruit. Watermelons have high Lycopene levels that promote cardiovascular health, bone health, and prevent prostate cancer. With proper growing conditions, watermelons grow to enormous sizes. Around the world, competitions award prizes each year for the largest one. The Guinness Book of World Records states that the heaviest watermelon weighed 262 pounds. To learn more refreshing watermelon facts, check out www.watermelon.org.



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

Barbee Towers

St. Vincent DePaul Healthy Food Distribution
Monday, August 16, 2021 at 11:30 AM-1:00 PM

Hope Villages Mobile Food Pantry
Tuesday, August 24, 2021 at 10:00 AM-1:30 PM

Dept. of Health Pinellas Vaccination Event
Wednesday, August 25, 2021 at 8:00 AM-11:00 AM



Ralph Richards Tower

Hope Villages Mobile Food Pantry
Tuesday, August 10, 2021 at 10:00 AM-1:00 PM

St. Vincent DePaul Healthy Food Distribution
Monday, August 16, 2021 at 1:30 PM-3:00 PM

Dept. of Health Pinellas Vaccination Event
Wednesday, August 25, 2021 at 1:00 PM-3:00 PM



Do You Need Additional Assistance?

The **Area Agency on Aging & Disability Resource Center's** Helpline is a federally funded service to help seniors and caregivers gain access to services in the community, such as:



- Caregiver support
- Case management
- In-home services
- Insurance counseling
- Legal assistance
- Meal services
- Nursing home/Assisted living facilities
- Transportation
- Victim advocacy



1-800-96-ELDER (963-5337) or 727-217-8111

Monday-Friday, 8am-5pm

www.agingcarefl.org/helpline/

Barbee Towers & Ralph Richards Tower



Neighbory Transportation Group Shopping

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

- Thursday, August 5th @ 9:15 AM - Target
- Thursday, August 12th @ 9:15 AM - Publix
- Thursday, August 19th @ 9:15 AM - Walmart
- Thursday, August 26th @ 9:15 AM - Publix

- ◆ 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



August is National Eye Exam Month...

National Eye Exam Month was founded by Sears Optical in 1989 and is dedicated to the importance of eye health and safety. Although seniors are more prone to eye issues, there are ways they can protect themselves and prevent long-term issues.

- When washing your face, use a clean towel and water to prevent infection
- Do not use others eye medication or glasses
- No Smoking
- Be sure to get a healthy amount of rest
- Consume Vitamin A and proteins (nuts are perfect)
- Do not use sprays (i.e. hairspray) close to the eyes
- When watching TV, on the computer, and/or reading, be sure to have good lighting, take short breaks to rest the eyes and make sure the print is large and clear



People over the age of 55 should also be very cautious of cataracts, an eye disease that clouds the lens of the eyes and can lead to vision loss. Those who have cataracts disease may experience extremely blurry vision, a glare, colors that may appear faded, and double vision. The CDC's Vision Health Initiative (VHI) promotes vision health and quality of life by preventing and controlling eye disease, injury, and vision loss that results in disability. Find out more at www.cdc.gov/visionhealth.



No-Cost Eye Exams – Are you Eligible?

EyeCare America is a public service program of the Foundation of the American Academy of Ophthalmology. By age 65, one in three Americans has some form of vision-limiting eye disease. To help address this need, EyeCare America provides eye care to US citizens and legal residents through volunteer ophthalmologists (Eye M.D.s) at no cost to seniors who qualify.

For more information, call **877-887-6327**
Hours: 11 AM-3 PM, Monday-Friday (EST)

Email: eyecareamerica@aao.org or visit
www.aao.org/eyecare-america

Inspirational Quote...

“Strength doesn’t come from what you can do. It comes from overcoming the things you once thought you couldn’t.”

- Rikki Rogers



PSTA Emergency Transportation Available



Just in case you didn't know...

- During a hurricane evacuation, PSTA bus rides are **FREE**
- Routes may be modified and will include shelters
- Routes will continue to operate until winds reach tropical storm force (40 mph)
- Contact PSTA at **727-540-1900** or visit www.psta.net

Ways to find out your evacuation zone...

- Visit www.pinellascounty.org/KnowYourZone
- Call Pinellas County Emergency Management at **727-453-3150** (automated) or **727-464-3800**
- Download the “Ready Pinellas” app at Google Play or the App Store

To stay informed, sign up for the **FREE Alert Pinellas** Notification service to receive emergency information.

To register, visit www.pinellascounty.org/alertpinellas



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 August 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!

Join on **ZOOM** using a computer or mobile phone or call in by phone!



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

One-Time Virtual Group

Monday, August 2, 2021 | 6:00pm-8:00pm

Tuesday, August 3, 2021 | 10:00am-12:00pm

Friday, August 6, 2021 | 12:00pm-2:00pm

Tuesday, August 10, 2021 | 10:00am-12:00pm

Thursday, August 12, 2021 | 5:00pm-7:00pm

Friday, August 13, 2021 | 12:00pm-2:00pm

Monday, August 16, 2021 | 6:00pm-8:00pm

Tuesday, August 17, 2021 | 10:00am-12:00pm

Friday, August 20, 2021 | 11:00am-1:00pm

Monday, August 23, 2021 | 6:00pm-8:00pm

Tuesday, August 24, 2021 | 10:00am-12:00pm

Friday, August 27, 2021 | 12:00pm-2:00pm

Monday, August 30, 2021 | 6:00pm-8:00pm

Tuesday, August 31, 2021 | 10:00am-12:00pm



**GULF COAST NORTH
AREA HEALTH
EDUCATION CENTER**

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

