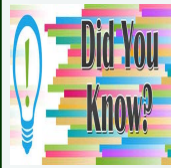




August 2021 ROSS Newsletter



Fairway Gardens & Paradise Trail



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.



Hope Villages Mobile Food Pantry

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



Tuesday, August 24, 2021
10:00 AM-1:30 PM
Barbee Towers

Contact the ROSS Coordinator prior to the scheduled event at (727) 446-1045, ext. 265 or e-mail at swhite@clearwaterhousingauth.org.



Mobile Drive Thru Food Pantry



WEDNESDAY
August 11th, 2021
3:30 PM-5:00 PM
Salvation Army Clearwater
1521 Druid Road
Clearwater, FL 33756
(727) 446-4177

FREE pre-packages boxes of food
No ID, paperwork, or pre-screening required



FREE Family Support!

**Are you stressed?
Overwhelmed?
Anxious?**



Children's Home Society (CHS) of Florida's Family Support Line is available to anyone who needs support during this difficult time. Our services include:

- Free, confidential counseling and support
- Counselors available 24 hours/7 days
- Connections to additional programs and providers
- Callers/texters can remain completely anonymous

We're here to help!

CALL or TEXT
1-888-733-6303
www.chsfl.org



Directions for Living

LIFE GETS BETTER HERE.™

COPING WITH COVID-19 PANDEMIC
**EMOTIONAL SUPPORT
CALL LINE**



(727) 524-4464
Dial Ext. 1001

MONDAY - SUNDAY | 8AM - 8PM



Parents' Back To School COVID-19 Checklist....

For many families, back to school planning will look different this year than it has in previous years. Your school will have new policies in place to prevent the spread of COVID-19. You may also be starting the school year with virtual learning components. Whatever the situation, these checklists are intended to help parents, guardians, and caregivers, plan and prepare for the upcoming school year. CDC has created a checklist to help with back to school planning for school year (SY) 2021-2022. Here are some possible points and actions to consider:

- ◆ **Check in with your child each morning for signs of illness, including a fever.**
- ◆ **If your child has had close contact to a COVID-19 case, they should not go to school.**
- ◆ **Identify your school point person(s) to contact if your child gets sick.**
- ◆ **Be familiar with local COVID-19 testing sites if you or your child develops symptoms.**
- ◆ **Make sure your child is up-to-date with all recommended vaccines.**
- ◆ **Review and practice proper hand washing techniques at home.**
- ◆ **Develop daily preparation routines before and after school.**
- ◆ **Talk to your child in advance about safety precautions to take at school.**
- ◆ **Make sure your information is current at school, including emergency contacts.**
- ◆ **Be familiar with your school's plan for dealing with a positive COVID-19 case.**
- ◆ **Plan for possible school closures or periods of quarantine.**

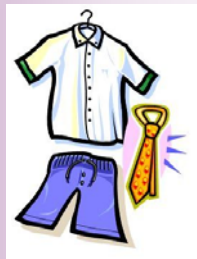
Visit [cdc.gov/coronavirus/2019-ncov/community/schools-childcare/parent-checklist](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/parent-checklist) for more information and tips.



FREE CLOTHING FOR SCHOOL!

Eligible Shoppers:

1. You must live in Hillsborough or Pinellas County with school aged children on free or reduced lunch program or have referral from an approved agency.
2. Call Clothes To Kids for an appointment (only) at **727-441-5050**. During busy months, it may take up to two weeks.
3. Come shopping! We look forward to seeing you! **1059 N. Hercules Avenue Clearwater, FL 33765**



If you need a referral, please contact the ROSS Service Coordinator at

(727) 446-1045, Ext. 265

swhite@clearwaterhousingauth.org



FREE BACKPACKS!

**August 2 - August 6, 2021
10:00 AM-5:00 PM**

In partnership with the Clearwater Library Foundation, the Clearwater Public Library System will offer free backpacks, books and school supplies for students in grades kindergarten through 12. Stop by any of the library's five locations during open hours to pick up supplies, while they last:

- **Clearwater Beach Library, 69 Bay Esplanade**
- **Clearwater Main Library, 100 N. Osceola Ave.**
- **Clearwater East Community Library, 2465 Drew St.**
- **Countryside Library, 2642 Sabal Springs Dr.**
- **North Greenwood Library, 905 N. Martin Luther King Jr. Ave.**

For more information and library hours, call **(727) 562-4970** or visit **myclearwaterlibrary.com**.

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



**GULFCOAST 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

