



September 2021 ROSS Newsletter



Barbee Towers & Ralph Richards Tower



September Dates & Holidays to Remember...

- ◇ Sept. 6: National Read a Book Day
- ◇ **Sept. 6: Labor Day**
- ◇ **Sept. 11: Patriot Day**
- ◇ Sept. 12: 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. 19: Wife Appreciation Day
- ◇ Sept. 22: Falls Prevention Awareness Day
- ◇ Sept. 26: Family Health & Fitness Day
- ◇ Sept. 29: National Coffee 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 2nd @ 9:15 AM - Target
- Thursday, September 9th @ 9:15 AM - Publix
- Thursday, September 16th @ 9:15 AM - Walmart
- Thursday, September 23rd @ 9:15 AM - Publix
- Thursday, September 30th @ 9:15 AM - Target

- ◆ 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 6, 2021 in observance of Labor Day.



September ROSS Events!

Barbee Towers

St. Vincent DePaul Healthy Food Distribution
Monday, September 20, 2021 at 11:30 AM-1:00 PM

Hope Villages Mobile Food Pantry
Tuesday, September 28, 2021 at 10:00 AM-1:30 PM



Ralph Richards Tower

Hope Villages Mobile Food Pantry
Tuesday, September 14, 2021 at 10:00 AM-1:00 PM

St. Vincent DePaul Healthy Food Distribution
Monday, September 20, 2021 at 1:30 PM-3:00 PM



Do You Need Legal Assistance?

Florida Senior Legal Helpline:
(888) 895-7873

Florida Veterans Legal Helpline:
(866) 486-6161

Monday-Friday, 9am-4:30pm

(For Florida residents aged 60 and older)

- Need a solution to a housing problem?
- Have questions about a contract you signed?
- Want advice about a family matter?
- Need assistance obtaining government benefits?



Applicants receive FREE, confidential legal advice and referrals from attorneys with experience representing seniors. To apply for services, call (800) 625-2257

www.bals.org



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



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