



April 2020 ROSS Newsletter

Barbee Towers & Ralph Richards



Greetings from the ROSS Zone!



As a precautionary measure to ensure the health and safety of staff, assisted families, and properties, the ROSS Zone and Barbee Towers management office are closed to the public until further notice. If you need my assistance, please contact me via e-mail at **swhite@clearwaterhousingauth.org**, or phone at **(727) 446-1045, Ext. 265** or in writing. For your convenience, blank notification forms are available at the main office door. Please place the completed form under my office door. Your patience, understanding, and cooperation is appreciated. Thank you. *Samuel A. White* - ROSS Service Coordinator



RCS Mobile Food Pantry

Ralph Richards Tower

Tuesday, April 14, 2020 at 9:30 AM-11:30 AM

Barbee Towers

Tuesday, April 28, 2020 at 9:30 AM-11:30 AM

- ◆ Please sign up prior to the scheduled date!
- ◆ Food will be delivered to you!

Please contact ROSS Coordinator for questions or concerns!



Neighborhood Transportation Group Shopping



Every Thursday for Barbee & Ralph Richards residents who are registered!

- Thursday, April 2nd @ 9:30 AM - Walmart
- Thursday, April 9th @ 9:30 AM - Sprouts
- Thursday, April 16th @ 9:30 AM - Publix
- Thursday, April 23rd @ 9:30 AM - Target
- Thursday, April 30th @ 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!

Coronavirus (COVID-19) - CDC's Important Facts & Information

Groups at Higher Risk for Severe Illness...

- People aged 65 years and older
- People who live in a nursing home or long-term care facility
- People with chronic lung disease or asthma
- People who have serious heart conditions
- People who are immunocompromised including cancer treatment
- People of any age with severe obesity, diabetes, renal failure, or liver disease
- People who are pregnant



Steps To Prevent Getting Sick...

- Stock up on supplies
- Avoid close contact with someone sick
- Wash your hands often with soap and water for at least 20 seconds
- Avoid touching high-touch surfaces in public places as much as possible
- Avoid touching your face, nose, eyes, etc.
- Clean and disinfect your home to remove germs
- Avoid crowds, especially in poorly ventilated spaces
- Avoid all non-essential travel



Visit CDC-INFO at www.cdc.gov/cdc-info
Call 800-232-4636 (Available 24/7)
Email CDC-INFO at www.cdc.gov/DCS/
www.coronavirus.gov/



Florida Department of Health COVID-19
Call Center: 866-779-6121 (Available 24/7)
Email: COVID-19@FLHealth.gov
Visit: www.floridahealthcovid19.gov



April is Stress Awareness Month....

Stress can be debilitating, and it can cause and/or aggravate health problems. Stress is a normal part of human existence and no is immune to its effects. Feeling emotional and nervous or having trouble sleeping and eating can all be normal reactions to stress. Stress Awareness Month happens each April, and it serves as tool to increase awareness about the causes and cures for our modern stress epidemic and gives us strategies to cope with it. Here are some healthy ways you can deal with stress:

- ◆ Eat healthy, well-balanced meals.
- ◆ Exercise on a regular basis.
- ◆ Get plenty of sleep.
- ◆ Give yourself a break if you feel stressed out.
- ◆ Share your problems and how you are feeling and coping with a parent, friend, counselor, doctor, or pastor.
- ◆ Avoid drugs and alcohol. These may seem to help with the stress, but in the long run, they create additional problems.
- ◆ Take a break. If news events are causing your stress, take a break from listening or watching the news.
- ◆ If problems continue or you are thinking about suicide, talk to a psychologist, social worker, or professional counselor.



With the proper understanding, good practices, and helpful support of others, stress is a battle that we can win and live balanced, healthy, and happy lives.



For immediate help, please contact one of the following crisis hotlines:

- **Disaster Distress Helpline: 1-800-985-5990**
- **National Suicide Prevention Lifeline: 1-800-273-8255 or 1-888-628-9454 (for Spanish speaking callers)**



For more information, visit www.cdc.gov/violenceprevention/suicide/copingwith-stresstips.html



How do you feel?
Alone?... Isolated?...Depressed?

We're here to help!

Gulf Coast Jewish Family & Community Services now offers FREE counseling and support to those who are in need of encouragement through our CHATS program. There's someone available to serve, listen, and help you through this time of uncertainty.



**For assistance, call (727) 450-7278
Monday—Friday, 8 AM-5 PM**

We are also available e-mail at
chats@gcjfcs.org

For more information, visit

www.gulfcoastjewishfamilyandcommunityservices.org

Senior Shopping Hours...



SPECIAL HOURS FOR SENIORS

According to the CDC, individuals over the age of 65 are at increased risk of complications from the COVID-19 pandemic. Therefore, these stores have designated days and times to serve our senior population:

Aldi: Tuesday & Thursday, 8:30 AM-9:30 AM

Costco: Tuesday & Thursday, 8 AM-9 AM

CVS: Wednesdays, 8 AM-9 AM

Dollar General: Daily, 8 AM-9 AM

Publix: Tuesday & Wednesday, 7 AM-8 AM

Sam's Club: Tuesday & Thursday, 7 AM-9 AM

Target: Wednesdays, 8 AM-9 AM

Walgreens: Tuesdays, 8 AM-9 AM

Walmart: Tuesdays, 7 AM-8 AM

Winn Dixie: Monday-Friday, 8 AM-9 AM



For more information, visit

www.money.com/coronavirus-grocery-store-hours/