



April 2021 ROSS Newsletter

Fairway Gardens & Paradise Trail



Still Not Vaccinated? Who's eligible?

- 1) Residents at least 18 years of age or older



What do you need to do?

- 1) Register on the CDR Health Patient Portal at www.PatientPortalFL.com OR
- 2) Call (844) 770-8548 —Available 24 hours per day, 7 days per week

Additional sites:

Publix: www.publix.com/covid-vaccine/florida

Walmart: www.walmart.com/covidvaccine

Sam's Club: www.samsclub.com/pharmacy

CVS: www.cvs.com/immunizations/covid-19-vaccine or call (800) 746-7287



Clearwater Health Centers of Pinellas

707 Druid Road E.
Clearwater, FL 33756

(727) 824-8181

Appointment is needed. Join the Vaccine Wait List at www.chcpinellas.org.

For more information, visit www.covid19.pinellascounty.org/vaccines

ROSS Community Rally via ZOOM...

Thursday, April 22, 2021
3:45 PM - 4:30 PM

Fairway Gardens
30 & 110 N. Lady Mary Drive
Clearwater, FL 33755



Thursday, April 29, 2021
3:45 PM - 4:30 PM

Paradise Trail
1111 Cardova Lane
Clearwater, FL 33755

Let's connect!

The ROSS Coordinator is here to assist you!

1. Communicate and collaborate ideas
2. Develop a plan to achieve your goals
3. Identify barriers and establish strategies to overcome
4. Referrals to Community resources



Direct Link for ZOOM meetings:

<https://us02web.zoom.us/j/2432474587>



Call **Samuel A. White** to RSVP at 727-446-1045, ext. 265 or e-mail swhite@clearwaterhousingauth.org

Free Educational & Entertainment Resources For Kids During COVID-19

Website Names....

- ◇ Minecraft: Education Edition
- ◇ Mystery Science
- ◇ SmartMusic
- ◇ Scholastic Learn at Home
- ◇ Raddish Kids
- ◇ Blue Sky Kids
- ◇ MoMath's Mind-Benders
- ◇ Snapology



For a complete listing of Education Companies offering free Subscriptions visit www.amazingeducationalresources.com or join "Amazing Educational Resources" on Facebook at www.facebook.com/groups/445786889466638/

Additional Resources:

Libby App (Get on the App Store or Google Play)
Free Kindle books (for Amazon Prime members)
Audible Stories (www.stories.audible.com/start-listen)



April is Stress Awareness Month: Tips to Help You Cope

- ◆ 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 feelings 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.

www.cdc.gov/violenceprevention/suicide/copingwith-stresstips.html

Pinellas County Emergency Rental Assistance Program



Are You Behind on Rent?



This program helps Pinellas County individuals and families affected by COVID-19 with financial assistance to maintain housing. You qualify for funds if:

- You are living within a rental household
- You are unemployed or have experienced a significant loss of income, job laid off, or company closed due to COVID-19
- You are behind on rent or at risk of missing payments
- Your household income is at/below 80% of the area median income (AMI). For available AMI limits, visit [atwww.bit.ly/rental-ami](http://www.bit.ly/rental-ami)

For more details about eligibility or to apply visit www.bit.ly/pc-rent.



Behavioral Support Services Available!

Personal Enrichment through Mental Health Services (PEMHS) offers a variety of programs and support for adults, children, and families that are in crisis and need specialized care to stabilize and strengthen the family unit.

SERVICES PROVIDED

- Psychiatric Evaluation, Medication management
- Individual and family Therapy
- Case Management
- On-Site Pharmacy
- Educational system advocacy
- Parenting skills/Behavior modification
- Family support network development
- Employment/Vocational services
- Life skills development



To make a referral or obtain more information, contact:

Gayle D. McNeil, LMHC

Clinical Director of Community & Family Services

(727) 362-4225

gmcneil@pemhs.org

1614 Palm Way
Largo, FL 33771

www.pemhs.org



Pinellas County Summer Bridge Program



PREPARE...LEARN...GROW!

June 21—July 15, 2021

Monday—Thursday

8:30 AM—1:30 PM

Secure Your Seat Now!

Open for Pinellas County students from kindergarten through 4th grade!

- ◆ Weekly themed sessions
- ◆ Virtual field trips
- ◆ Math, Science, & Language Arts
- ◆ Transportation Available



For more information, locations, & registration:

www.pcsb.org/summerbridge

