

April 2021 ROSS Newsletter

CLEARWATER HOUSING

Fairway Gardens & Paradise Trail

Still Not Vaccinated? Who's eligible?

 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
- Identify barriers and establish strategies to overcome
- 4. Referrals to Community resources



Direct Link for ZOOM meetings:

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

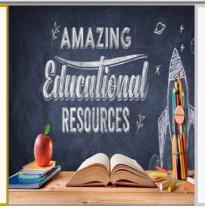


Call **Samuel A. White** to RSVP at **727-446-1045**, **ext. 265** or e-mail **swhite@clearwaterhousingauth.org**

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/copingwithstresstips.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 Emergency Rental Assistance Program 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

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



HELP

SSISTANCE

GUIDANCE

SUPPORT

ADVICE



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



