



# January 2021 ROSS Newsletter

*Barbee Towers & Ralph Richards*



## New Year's Resolutions for 2021

- Let go of things from your past.
- Focus on and do one thing at a time.
- Stop complaining.
- Give one compliment a day—including yourself.
- Go a whole day without checking your phone.
- Read at least one book each month.
- Go someplace you've never been.
- Clear out your clutter.
- Volunteer your time to help others in need.
- Drink more water.
- Don't buy things you don't need.
- Stay in touch with the people who matter.
- Talk less and listen more.



## Let's Get the New Year Started Right!



If you have goals you desire to achieve, the ROSS (Resident Opportunity & Self-Sufficiency) Service Coordinator is here to help you start, stay, and stick with it until the end!

**Don't delay...call today!**

*Samuel A. White*

**(727) 446-1045, Ext. 265**

[swhite@clearwaterhousingauth.org](mailto:swhite@clearwaterhousingauth.org)



## A Friendly Reminder...



Clearwater Housing Authority (CHA) offices will be closed on **Monday, January 18, 2021**, in observance of Martin Luther King, Jr. Day.

## ROSS Zone January Events!



**Barbee Towers**



**RCS Mobile Food Pantry**

Wednesday, January 20, 2021 at 12:00 PM-3:00 PM

**Feeding Tampa Bay Senior Meals Program**

Thursday, January 21, 2021 at 12:00 PM-3:00 PM



**Ralph Richards**



**RCS Mobile Food Pantry**

Tuesday, January 12, 2021 at 9:30 AM-12:00 PM

**Feeding Tampa Bay Senior Meals Program**

Thursday, January 21, 2020 at 12:00 PM-3:00 PM



## Neighborhood Transportation Group Shopping

**Every Thursday** for residents who are registered (must be at least 60 years or older)!

**Thursday, January 7th @ 9:15 AM - Publix**

**Thursday, January 14th @ 9:15 AM - Walmart**

**Thursday, January 21st @ 9:15 AM - Publix**

**Thursday, January 28th @ 9:15 AM - Target**

- ◆ Please sign up prior to the scheduled trip date!
- ◆ Pick up and drop off at your location!



Contact the ROSS Coordinator for details at  
**(727) 446-1045, Ext. 265**

[swhite@clearwaterhousingauth.org](mailto:swhite@clearwaterhousingauth.org)



**JANUARY IS GLAUCOMA AWARENESS MONTH**

Glaucoma is one of the leading causes of vision loss and blindness. It's actually a group of diseases where pressure builds up and damages the eye's optic nerve. There's currently no way to restore vision lost from glaucoma. National Glaucoma Awareness Month occurs annually in January, and serves as a reminder for us to get regular eye exams, and to show support for others who suffer from this condition.



**Ways To Observe National Glaucoma Awareness Month**

1. **Know the risk factors.** High risk groups are people over the age of 60, diabetics, and those who are severely nearsighted. Others who are higher risk include people of African, Asian, and Hispanic descent.
2. **Get a checkup.** Make an appointment with your local optometrist. Regular checkups are vital to eye health—even if you have no symptoms.
3. **Work with your community.** Offer your support by volunteering at your local health centers and organizations that hosts events.



EyeCare America offers medical eye exams, often at no out-of-pocket cost. To find out if you qualify, call (877) 887-6327 or visit [www.aao.org/eyecare-america](http://www.aao.org/eyecare-america).



Protect Yourself

**AVOID COVID-19 Vaccine Scams**

As COVID-19 vaccine distribution begins, here are signs of potential scams:

- You are asked to pay out of pocket to get the vaccine.
- You are asked to pay to put your name on a vaccine waiting list or to get early access.
- Advertisements for vaccines through social media platforms, email, telephone calls, online, or from unsolicited/unknown sources.
- Marketers offering to sell or ship doses of the vaccine for payment.

✓ **Protect Yourself. Do not give out your personal information to unknown sources.**



! If you believe you have been the victim of COVID-19 fraud, immediately report it to:

- HHS-OIG Hotline: 1-800-HHS-TIPS | [tips.hhs.gov](http://tips.hhs.gov)
- FBI Hotline: 1-800-CALL-FBI | [ic3.gov](http://ic3.gov)
- CMS/Medicare Hotline: 1-800-MEDICARE

For accurate, up-to-date information about COVID-19, visit:

[oig.hhs.gov/coronavirus](http://oig.hhs.gov/coronavirus)  
[fbi.gov/coronavirus](http://fbi.gov/coronavirus)  
[justice.gov/coronavirus](http://justice.gov/coronavirus)



HHS Office of Inspector General



Federal Bureau of Investigation



Department of Justice



**Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending.**

— — Carl Bard