



July 2020 ROSS Newsletter

Barbee Towers & Ralph Richards Tower



Independence Day Facts - Saturday, July 4, 2020...

- Congress made Independence Day an official unpaid holiday for federal employees in 1870. In 1938, it was changed by Congress to a paid federal holiday.
- The only two signers of the Declaration of Independence who later served as President of the United States were John Adams and Thomas Jefferson.
- Every 4th of July, the Liberty Bell in Philadelphia is tapped (not actually rung) thirteen times in honor of the original thirteen colonies.

The ROSS Zone - Upcoming JULY Events...

Barbee Towers & Ralph Richards Tower



Feeding Tampa Bay Meal Program

Friday, July 10, 2020, 9:30 AM-12:00 PM
Friday, July 24, 2020, 9:30 AM-12:00 PM



RCS Food Distribution

Tuesday, July 14, 2020, 9:30AM-11:30AM
Tuesday, July 28, 2020, 9:30AM-11:30AM



For all food distribution events, residents must sign up to participate. Food will be delivered to your door on the day of the event.

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Neighborhood Transportation Group Shopping

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

Thursday, July 2nd @ 9:15 AM - Walmart
Thursday, July 9th @ 9:15 AM - Target
Thursday, July 16th @ 9:15 AM - Publix
Thursday, July 23rd @ 9:15 AM - Sprouts
Thursday, July 30th @ 9:15 AM - Walmart

- 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



Lab24 FREE COVID-19 TESTING FOR EVERYONE!

- Medicaid, Medicare, Insured, and Uninsured Accepted
- Test all patients, cost free
- Testing kits and shipping labels provided
- Simple paperwork for those with no insurance
- Fast results. Turnaround time within a few days
- Online reporting system
- Accessible and knowledgeable customer service
- PCR nasal/throat swab testing for the actual virus
- Thermo Molecular Diagnostic machines for accurate testing



Lab 24 is FDA Approved,
CLIA Licensed, and
COLA Accredited

(800) 641-0133
www.lab24inc.com
CLIA: 10D0280394



Date & time of this event will be determined by the number of interested participants (must sign up on the ROSS Events board—first floor).

Basic Home Safety Tips For Seniors



With more than 26% of Americans 65 years or older living alone, keeping the elderly safe has become an important concern for families and caregivers alike. Being aware of potential dangers means that we can be prepared in case of an emergency, prevent accidents, and ensure that our senior loved ones are safe and healthy. Here are some simple and effective senior safety tips to make your home secure:

1. Declutter your house to make sure you have plenty of space to walk around. Less clutter also means less risk of falls.
2. Make sure all rugs have anti-slipping pads.
3. Cover furniture corners to prevent injuries if you accidentally bump into them.
4. Make sure every room has proper lighting, including closets. Use a nightlight to make it easy to see at night.
5. Avoid stepping on wet or damp surfaces – promptly clean up any spills on the floor.
6. Have all the items that you use frequently within easy reach in the kitchen – don't place them on high shelves that are hard to access.

For more information, visit <https://startofcare.com/100-senior-safety-tips/>



FREE CLOTH MASKS AVAILABLE!

To help residents comply with the new ordinance, Pinellas County has **FREE** face coverings available at the following locations:

Clearwater Main Library 100 N. Osceola Ave Clearwater, FL 33755 (727) 562-4970	Monday-Thursday 10AM-2PM & 3PM-6PM Friday-Saturday 12PM-2PM & 3PM-5PM
Highpoint Family Center 5812 150th Ave. N Clearwater, FL 33760 (727) 533-0730	Monday-Friday 9AM-2PM & 5PM
Largo Public Library 120 Central Park Drive Largo, FL 33771 (727) 587-6715	Friday 10AM-6PM Saturday 10AM-5PM
Palm Harbor Library 2330 Nebraska Ave Clearwater, FL 33755 (727) 784-3332	Monday-Thursday 10AM-8PM Friday-Saturday 10AM-5PM



- Available on a first-come, first-serve basis
- Call specific location to verify availability
- Supplies limited and replenished as often as possible



Aging Well Long Center
1501 N. Belcher Rd.
Clearwater, FL 33765
agingwell@myclearwater.com



FREE HEALTH & WELLNESS VIRTUAL CLASSES

For more information or to register for classes, call **727-724-3070**



“Laughter for Health” via ZOOM...Wednesday, July 8, 2019 from 1:00 PM-2:00 PM...
 Did you know that as children we laugh over 300 times a day, but as adults only 30 times a day? Scientific studies indicate that laughter may have medically beneficial effects, particularly to cardiovascular health and mood. Laughter for Health is a practice involving prolonged voluntary laughter and its physiological and psychological benefits. To register, call **727-724-3070**. The ZOOM links will be sent to you after registering for the program.



Virtual Course- Diabetes Education Empowerment Program (DEEP) via Skype...
Mondays, July 27, 2020– August 31, 2020 at 2:00 PM-4:00 PM. The National American Association of Diabetes Educators provides this **FREE** six-week interactive course to empower people to take charge of their diabetes by avoiding disease complications and improving self-management skills. The class meets virtually once a week (2 hour classes) for six weeks. To register, call **BayCare** at **(727) 561-2406** or email at **GetHealthy@baycare.org**.