



# March 2021 ROSS Newsletter



Barbee Towers & Ralph Richards Tower

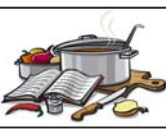
## March is National Nutrition Month 2021: Personalize Your Plate!

### Week One:

Eat a variety of nutritious foods every day!

### Week Two:

Plan your meals each week!



### Week Three:

Learn skills to create tasty meals!

### Week Four:

Consult a Registered Dietitian Nutritionist (RDN)!

## Still Not Vaccinated?

### Who's eligible?



- 1) Healthcare workers
- 2) Residents at least 65 years of age or older

### What do you need to do?

- 1) Register on the CDR Health Patient Portal at [www.PatientPortalFL.com](http://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](http://www.publix.com/covid-vaccine/florida)

**Walmart:** [www.walmart.com/covidvaccine](http://www.walmart.com/covidvaccine)

**For Disabled or Homebound Veterans:**

[www.floridavets.org/homeboundveterans](http://www.floridavets.org/homeboundveterans) or call (850) 487-1533, ext. 9

[www.covid19.pinellascounty.org](http://www.covid19.pinellascounty.org)



If you're 60 or older and need reliable transportation, take the easy route!

Neighborhood Care Network is here to serve you!

13945 Evergreen Avenue  
Clearwater, FL 33762  
(727) 573-9444



### No-cost transportation available for:

- ◆ Group grocery shopping every Thursday\*
  - ◆ Group dining, shopping, or fun outings\*
  - ◆ Medical appointments in Pinellas County
- \* (A group consists of six (6) or more participants)

### Why choose Neighborhood Transportation?

- ◆ Door-to-door service
- ◆ Courteous and professionally trained drivers
- ◆ Wheelchair accessible buses
- ◆ Sociable outings with friends



For new registration, contact Samuel A. White - ROSS Coordinator at 727-446-1045, Ext. 265!

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



Report fraud or financial exploitation of seniors!

Call 1-800-222-4444, option 2

AARP Foundation ElderWatch engages hundreds of volunteers each year to help older consumers recognize, refuse and report fraud and scams. This website provides additional information and tools to help protect consumers against financial exploitation.

[www.aarpelderwatch.org](http://www.aarpelderwatch.org)



## Don't Forget to Spring Forward!

Daylight Saving Time is on Sunday, March 14, 2021 thru Sunday, November 7, 2021



On Sunday, March 14th, at 2:00 AM, Daylight Saving Time (DST) begins. We'll set our clocks **forward one hour** to 3:00 AM. Yes, you will lose one hour of sleep on that day!

**Fun Fact:** Daylight Saving Time is observed in the United States, except in Hawaii and most of Arizona.



**Aging Well Long Center**  
 1501 N. Belcher Rd.  
 Clearwater, FL 33765  
[agingwell@myclearwater.com](mailto:agingwell@myclearwater.com)



**FREE VIRTUAL INTERACTIVE CLASSES - March 2021**

To register for any scheduled ZOOM classes, call (727) 562-4904, ext. 224 and a ZOOM link will be sent to you via e-mail within 24 hours of the program start time.

**Health Insurance Education via ZOOM or by Telephone:** SHINE (Serving Health Insurance Needs of Elders) provides information and assistance with Medicare. All of our services are free, objective, and confidential. You must call (727) 562-4904 for an appointment.



**Grief During COVID-19 via ZOOM: Tuesday, March 9th, at 1:00pm...** Presentation by Kathy Quance, M.S., with Empath Health... During this uncertain time, it is normal to experience stress and anxiety. Grief during a pandemic tend to be complicated and may feel unmanageable. Sharing your experience with a group will lesson your burden. Call in advance to register.



**Computer Class for Beginners via ZOOM: Monday, March 22nd, at 10:00am to 11:30am ...** Join Marvin Maziarz in learning the basics of how to use the latest versions of Windows 10 and the Microsoft Edge browser (both programs are needed to participate). Even if you are a minimal computer user, this session will show you features you may not be aware of. Class size is limited, so call in advance to register.



**Blood Pressure Self-Monitoring Program: Monday, March 22nd, at 11:30am to 12pm...** Ten minute, in-person initial appointment. This is a four month interactive, evidence-based program that encourages self-monitoring your blood pressure and provides tips for maintaining your cardiovascular health and nutrition education. Eligible participants receive a blood pressure monitor if they do not have one. Call (727) 562-4904 for an appointment.



**Pictionary via ZOOM: Friday, March 26th, at 1:00pm to 2:00pm...** Join in the fun with video Pictionary! We will divide into teams and everyone will get a chance to draw with their mouse and to guess what their team is drawing. Be sure to bring your sense of humor. If interested, call in advance to register.



**Free Electronics Collection and Recycling Event**

Wednesday, March 31, 2021  
 7:00 AM-3:00 PM

Solid Waste Complex-Campbell  
 1701 N. Hercules Avenue  
 Clearwater, FL 33765  
 (727) 562-4920



Clearwater residents may bring up to six unwanted items to the city's free monthly electronics collection event. Proof of residency is required prior to dropping off materials. Acceptable items include televisions, cell phones, computer towers/CPU's, drives (hard drives/CD drives), laptops, desktop monitors, smart phones and tablets. No scavenged electronics will be accepted.



**Clearwater Community Health Fair - FREE Outdoor Event!**

Saturday, March 20, 2021  
 10:00am-3:00pm

Farkas Chiropractic Clinic  
 2467 Enterprise Road, Suite D  
 Clearwater, FL 33763



- Free Health Screenings
- COVID-19 Antibody Testing
- Wellness Resources
- Blood Drive
- Raffles & Free Giveaways
- Local Vendors

For more information call  
 727-799-2737 or e-mail  
 Madison Wynns at  
[mwynns@farkasclinic.com](mailto:mwynns@farkasclinic.com)  
[www.Eventbrite.com](http://www.Eventbrite.com)