



# August 2020

## GOING WITH THE FLO

The Friendship Lunches & Outings Program (FLO) is going to look a little different for a little while longer...

National Senior Citizens Day

# AUGUST 21<sup>ST</sup>

In 1988, President Ronald Reagan proclaimed this holiday to raise awareness about issues that affect senior citizens and their quality of life. The ARAW's mission reflects our awareness of the issues that senior ladies in our service area may face, a mission we have followed for over 150 years.

**We are here to support you, commend all you do in support of each other and recognize what you have achieved for the good of our community.**

Group social outings through the ARAW FLO program remain on hold. Though restaurants are opening for both outside and inside dining, bringing people together and unmasking for a meal remains a safety issue. When venturing out on your own please be sure to follow current protocols.

**We are hopeful that protocols become relaxed enough for us to plan a safe FLO outing in the fall.**

The ARAW FLO program may be able to assist with transportation to the salon or as you head out for "on your own" socialization. **GIVE US A CALL!**

Though our ARAW board members are not able to come to into your home just now, we are reaching out in friendship through social visits by phone.

If you have not been contacted for a social visit by phone and would enjoy a call, please let us know!



Call us if you are interested in a visit to the



Rotch Jones Duff House & Garden Museum  
(508) 717-0400

### VaHa!

A virtual celebration of New Bedford Arts, Community and Culture  
[www.ahanewbedford.org](http://www.ahanewbedford.org)



DID YOU KNOW?

You can pick up books curbside and get books delivered to your Kindle or tablet from the library?



**CALL YOUR LOCAL LIBRARY TODAY!**

# Health and Wellness

Yoga in Cushman Park, Fairhaven

Tuesdays at 8:30am

Mask required walking to and from the field,  
then 6 to 8 feet between yoga mats



Mental health support, encouragement and  
resources [www.helphopesouthcoast.com](http://www.helphopesouthcoast.com)

## FACE MASKS IN THE HEAT OF SUMMER

Hot, humid day? Heading out? Bring  
multiple masks along for a quick change if  
your mask becomes damp. A cotton  
mask that is washable and reusable may  
feel a bit cooler on your face.



## EMERGENCY PLANS FOR YOUR PET

Pets need an emergency plan too! Having a plan in place  
now will be reassuring in the event of a weather  
emergency. Talk with family members,  
friends, pet sitters or your veterinarian  
now to get a plan in place for your pets.  
Your plan should be one that works for  
personal emergencies, such as hospitalization  
or rehab, as well as weather emergencies.



Done? Relax and enjoy your precious  
companions!



In honor of..

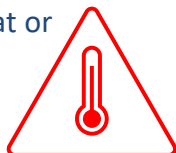
## National Senior Citizens Day

we have 60 Domino's Pizza  
gift cards to give away  
to eligible FLO members!  
(Each card has a \$15 value.)

Call Sharon at the ARAW office to receive yours.  
Cards distributed on a first come, first served basis.  
**(508) 717-0400**

## HEAT ADVISORIES/AIR QUALITY ADVISORIES

It is recommended to stay in an air-  
conditioned environment on days with heat or  
air quality advisories. As we are spending  
more time at home for safety, your home  
should be cool and comfortable. If you  
need help cooling your home, contact the ARAW office.



**We may be able to help.**

# COUNCILS ON AGING

Local COA's have once again started  
offering classes and programs. Outside  
classes are generally held in a shady spot,  
with masks and social distancing required.

Contact your local agency for a monthly  
newsletter and all up to date information  
on programming.

## ACUSHNET

508-998-0280

[acushnet.ma.us/council-on-aging](http://acushnet.ma.us/council-on-aging)

## DARTMOUTH

508-999-4717

[town.dartmouth.ma.us/council-aging](http://town.dartmouth.ma.us/council-aging)

## FAIRHAVEN

508-979-4081

[fairhaven-ma.gov/council-aging](http://fairhaven-ma.gov/council-aging)

## NEW BEDFORD

508-991-6250

[newbedford-ma.gov/community-services/divisions/council-aging](http://newbedford-ma.gov/community-services/divisions/council-aging)

## WESTPORT

508-636-1026

[westport-ma.com/council-aging](http://westport-ma.com/council-aging)

# IMMIGRANT'S ASSISTANCE CENTER

508-996-8813

[immigrantsassistancecenter.org](http://immigrantsassistancecenter.org)