



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 21ST

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



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

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

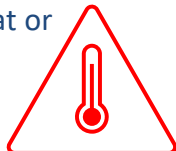
we have 60 Domino's Pizza gift cards to give away to eligible FLO members! (Each card has a \$15 value.)

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 COAs 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

DARTMOUTH

508-999-4717

town.dartmouth.ma.us/council-aging

FAIRHAVEN

508-979-4081

fairhaven-ma.gov/council-aging

NEW BEDFORD

508-991-6250

newbedford-ma.gov/community-services/divisions/council-aging

WESTPORT

508-636-1026

westport-ma.com/council-aging

IMMIGRANT'S ASSISTANCE CENTER

508-996-8813

immigrantsassistancecenter.org