



November 2020



GOING WITH THE FLO

The Friendship Lunches & Outings Program (FLO)
Newsletter

November is one of my favorite months of the year. Summer has gone but winter has not yet set in. The days are crisp and cool, the air smells clean. Winter birds have arrived, blue jays, cardinals, black-capped chickadees and juncos. Soup simmers on the stove.

Thanksgiving approaches.

It has been a difficult year, and yet November, with all her beauty, still arrives. A pandemic and a tumultuous election campaign cannot stop the seasons from turning, or stop us from looking past the chaos to find the calm and beauty nature shares with us, to appreciate friends, family and the kindness of others, and to recognize that we each have a say in how we choose to think and to be.

We will get through it all, together. We are here to offer you support. We appreciate your resiliency, courage, and strength. Your phone calls and notes brighten our days!

The Thanksgiving meal will be different this year, but we can still connect with each other. We can communicate words of gratitude and thanks. We can be there for each other. We can choose to see the beauty.



Happy Thanksgiving!
Sharon O'Malley

Lady's Choice Thanksgiving Giveaway

We would like to offer you a Thanksgiving treat!
What would you enjoy? Make your choice!

Call Sharon at 508-717-0400

let her know your selection from the choices below. Gift card will be mailed on or before November 20th.

Gift card denomination is \$10. Choose one:

- Domino's Pizza**
- Riccardi's**
- Barnes & Noble**
- Market Basket**
- Shaw's**
- Stop & Shop**



The FLO program (Friendship Lunches and Outings) is a program for socialization and group outings for women who meet ARAW eligibility guidelines

- ✓ Active ARAW beneficiaries are automatically enrolled and will receive the monthly *GOING WITH THE FLO* newsletter.
- ✓ Women in the community who meet the ARAW eligibility guidelines may enroll in the FLO Program as a stand-alone program.



Health and Wellness

Share a Healthy Recipe...








We had a suggestion for a monthly healthy recipe exchange, so we thought we would give the idea a try! Do you have a healthy recipe you would like to share?

**If so, send it by mail or email
somalley@arawofnb.org or
ARAW
432 County Street
New Bedford, MA 02740**

Simple recipes are best. If your recipe is published in the newsletter, we will also be sharing your name.

While we wait for recipes to come in, here's a healthy tip!

CANNED PUMPKIN

-  Rich in fiber
-  Low fat
-  Provides vitamin A and lutein for eye health
-  Is high in vitamin C for an immune system boost
-  Tastes great added to soups, stews, chili and pancakes
-  Can be used in place of butter or oil when you bake
-  Look for canned pumpkin with only one ingredient, pumpkin!



FOOD ASSISTANCE

Salvation Army New Bedford

619 Purchase St, New Bedford 508-997-6561

Monday – Friday, 9am -2pm

By appointment only

Sister Rose Soup Kitchen

75 Division St, New Bedford

Monday- Friday, 11am- 1pm



LEGAL ASSISTANCE

South Coastal Counties Legal Services (SCCLS)

Free legal services in civil matters to low-income individuals, elders and the disabled in Southeastern Massachusetts. Intake is open Monday-Thursday.

Call 1-800-244-9023 or online www.sccls.org

PEN PALS



In today's world of email and texting to communicate, it is very special when you open the mailbox and find a card or letter. Writing or receiving handwritten correspondence is uplifting and makes us feel cared about and connected. As the long winter season approaches and we stay separated to stay safe, writing and receiving handwritten notes and letters is like a ray of sunshine in our lives. Though we can't socialize together right now, we can still get to know each other.

**Would you like to be a Pen Pal
with a peer in the FLO program?**



We will pair you with another FLO participant to correspond with. No pressure for lengthy prose, a simple message in a card or note will begin a connection. Each lady that signs up will receive one book of stamps and a package of note cards to get you started.

**INTERESTED? Contact Sharon
at 508-717-0400**

to sign up or to get more information.

Permission to share your name and address with another participant will be required.

COUNCILS ON AGING

Local COAs have once again started offering classes and programs. Contact your local agency for a monthly newsletter and up to date programming.

ACUSHNET

508-998-0280

DARTMOUTH

508-999-4717

FAIRHAVEN

508-979-4081

NEW BEDFORD

508-991-6250

WESTPORT

508-636-1026

IMMIGRANT'S ASSISTANCE CENTER

508-996-8813