



February 2021

GOING WITH THE FLO

The Friendship Lunches & Outings Program (FLO)
Newsletter



It was always great fun on Valentine's Day sharing Necco® candy hearts with friends and secret admirers.



A new manufacturer in 2019 unveiled some new, modern messages



Perhaps this year we will find “wash your hands!” “in my bubble” and “let's Zoom” on our conversation hearts!

While we wait to safely have conversations in person, remember, we are still “here 4 u”!

Happy Valentine's Day!



COVID-19 Vaccines

Vaccine distribution for Phase Two opens for seniors 75+ on February 1st.

To sign up for the vaccine:

- ◆ go to www.mass.gov/covidvaccinemap to find a location and check for availability
- ◆ **Contact your local Council On Aging or ask a family member for help signing up**
- ◆ Check with your primary care doctor, they may be offering the vaccine

Per mass.gov, supply is limited and it may take several weeks to get your appointment. As supply increases, additional appointments will become available.

SENIOR SCOPE HOME DELIVERY



Senior Scope is a free newspaper published by Coastline and delivered monthly to those receiving Home Delivered Meals, is available in senior and congregate housing locations and copies can be picked-up in area stores and markets.

Senior Scope is also available for home delivery with a subscription for a cost of \$12. If you are interested and do not receive it, the ARAW may be able to cover the cost of a subscription for qualified ladies.

Contact Sharon at 508-717-0400 for more information.

Phone in to win!



Several new items were donated to the FLO program for a

February raffle!

One winner will be chosen for each of the three prizes. To enter, call the office, choose #1, #2 or #3, and your name will be entered in the random drawing for that prize. One entry per person.

ARAW staff will draw the winners on February 16th.

Winners will be notified by February 19th.



#1 Sofa refresh! Set of 2 pillows, natural color with gold trim, Ferrero Rocher chocolates
Josh Groban CD

#2 Kitchen cheer-up!
8 mugs, saucers, and plates;
organic herbal teas
(wicker basket included)



#3 Accessorize!
Necklace and earrings
to complement your spring
and summer outfits

The **Dartmouth Council on Aging** and the **Dartmouth Public Libraries** will be working together to provide home delivery of library materials, including books, audio books & videos to Dartmouth seniors who find it difficult to get to the library. Dartmouth residents age 65 or older are eligible for this service. To get started, call the library and ask to be signed up.

Southworth Library 508-999-0726

North Dartmouth Branch 508-999-0728



Health and Wellness



Food Distribution

Greater New Bedford Community Health Center

February 8th, March 8th, April 12th 10:30-12

Project Bread's FoodSource Hotline

1-800-645-8333

Call the hotline for assistance with

- ⇒ SNAP applications
- ⇒ Learning how to use HIP benefits
- ⇒ Finding food pantries

YWCA Widowed Persons Program

Telephone outreach to the widowed, offering a listening ear, discussion and referrals for services.

To enroll contact Jane Rocha at the YWCA, 508-999-3255 or jrocha@ywcasema.org



COA COMMUNITY PARTNERS

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

Acushnet 508-998-0280

Dartmouth 508-999-4717

Fairhaven 508-979-4081

Westport 508-636-1026

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

Contact Sharon at 508-717-0400 or somalley@arawofnb.org.