



April 2021



GOING WITH THE FLO

The Friendship Lunches & Outings Program (FLO)
Newsletter

April, dressed in all its trim,
hath put a spirit of youth in
everything.

~ William Shakespeare

What a great
response to our
March plant delivery,
thank you! A bit of
joy to welcome the
new season.

Happy Spring!



APRIL SHOWERS BRING... RAFFLE PRIZES!

Call the ARAW office (508) 717-0400
to be entered to win one of the following fabulous prizes!

Manicure/Pedicure

Cuticles Nail Salon, 40 Howland Road, Fairhaven

\$50 Walmart Gift Card

Cape Quality Seafood \$50 Gift Card

GOOD LUCK!

WELCOME PATRICIA MIDURSKI

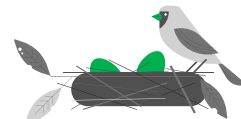


Many of you already know Pat. She has been part of the ARAW family as the Outreach Coordinator at the Acushnet Council on Aging. We are happy to announce that as of April 1st Pat will be joining us every afternoon in

the ARAW office as a Beneficiary Advocate. Don't worry! She will still be in Acushnet COA in the mornings. Please help us welcome Pat to the in-house ARAW team!



On your own....



Rotch-Jones-Duff House & Garden Museum garden is open daily from sunrise to sunset – entry is FREE! Visitors must practice social distancing of at least 6 feet while in the garden; if distancing is not possible, visitors must wear a nose and mouth covering mask. **Rotch-Jones-Duff House & Garden Museum | 396 County Street | New Bedford | 508-997-1401**

Through **Museums for All**, those receiving food assistance (SNAP) can gain free or reduced admission to participating museums by presenting their EBT card. Some participating museums in this area include: **New Bedford Art Museum**, 608 Pleasant St, 508-961-3072; **Heritage Museum & Gardens**, Sandwich, 508-888-3300; **Peabody Essex Museum**, Salem, 978-745-9500; **RISD Museum**, Providence, 401-454-6500. For more information on Museums for All, visit www.museums4all.org



Health and Wellness



FOOD ASSISTANCE

YMCA Southcoast has partnered with the Greater Boston Food Bank to offer mobilemarkets through the Full Plate Project.

Food distribution is first come, first served.

Open to people from all local communities.

11am | Tuesday, April 20th

YMCA Dartmouth, 276 Gulf Road

12 pm | Tuesday, April 13th

YMCA New Bedford, 25 South Water Street

New Bedford Wellness Initiative Weekly Wellness Walk



Join local physicians as they lead participants on a walk. Walk the whole route or whatever you can at your own pace.

Buttonwood Park Zoo | Saturdays | 9am

Meet in the parking lot near the main entrance

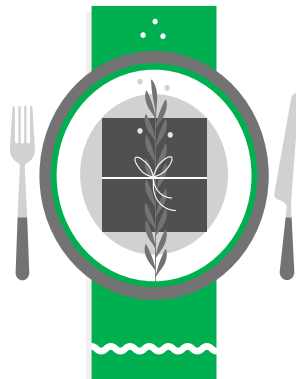


FLO OPENING LUNCHEON 2021

at the Wamsutta Club

**Friday, April
16th 12:30pm**

Limit of 5 guests



All City and State Covid-19 regulations will be followed.

INTERESTED? Call Sharon to sign-up: 508-717-0400.

As we anticipate more than 5 of you will be interested, attendees for this luncheon will be chosen by lottery.

SAFETY

For this luncheon, a variety of women will be placed together at the same table to eat, unmasked, so we will require all guests to be fully vaccinated, and a minimum of two weeks must have passed since your final shot. We will ask to see your vaccination card. Your host at the luncheon will be fully vaccinated (with card). Prior to the luncheon, we will ask you to verify that you have no COVID symptoms, have not been asked to quarantine and have had no close contact with an individual diagnosed with COVID.

We HOPE this will be the start of offering more opportunities for socialization in the coming months!



Annual Application Updates for ARAW Beneficiaries

Annual application updates are required for all women receiving support from the ARAW. Outreach workers, both in-house and with ARAW Community Partners, work with the women we support to complete the annual applications.



Currently, with health and safety in mind, we are scheduling telephone appointments with ARAW beneficiaries to complete annual updates. We recognize that it may be more difficult by phone and appreciate your help!



Annual updates provide current information on:

- financial status
- services in place
- family information and emergency contact

Annual updates let us know:

- if the support provided has made or is making a difference
- what may concern you and how we might help

The ARAW welcomes referrals for direct support and for the FLO (Friendship Lunches and Outings) program.

Contact Sharon or Patricia at 508-717-0400 or 508-999-1425 for more information.



Massachusetts Homebound Vaccination Program

In-home vaccinations are for homebound individuals who are not able to leave their home to get to a vaccination site, even with assistance.

**Homebound Vaccination Program Central Intake Line
1-833-983-0485**

Monday through Friday | 9am-5pm

**Q: Did you hear about the chicken who could only lay eggs in the winter?
A: She was no spring chicken.**



**DOES FEBRUARY
LIKE MARCH?**



NO. BUT APRIL MAY