



December 2020



GOING WITH THE FLO

The Friendship Lunches & Outings Program (FLO) Newsletter

The **FLO** program (**F**riendship **L**unches and **O**utings) 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.



We hope you are doing well as you continue to adjust, adapt, and persevere during these unprecedented times.

The past year has brought challenges we might not have imagined possible, yet we remain hopeful in anticipation of brighter days ahead.

As you celebrate the 2020 holiday season, be it Hanukkah, Christmas, the Winter Solstice or Kwanzaa, we hope you find courage, joy, happiness, and peace.

ON YOUR OWN IDEAS...



FYI.... CHRISTMAS DAY MEALS

The Christmas Day meal traditionally served at Holy Name Church in New Bedford has been cancelled this year.



Widowed Persons Program, YWCA

This program is offered with no fee and is open to the widowed of all ages who are going through the grieving process. Trained outreach volunteers, who are also widows, offer individual support by telephone, group support via ZOOM, referral services and a newsletter.

For more information or to join the Widowed Persons Program, contact Jane Rocha at 508-999-3255 or at jrocha@ywcasema.org

Rotch Jones Duff House & Garden Museum Garden Illumination | November 27-December 23

The garden will be illuminated from sundown forward, and is open to the public at no charge, seven days a week.

St. Anthony Of Padua, Flea Market and Yard Sale December 5th | 9am-3pm New Bedford-Bullard St entrance

Mattapoisett Holiday Flea Market at the Knights of Columbus Hall, 57 Fairhaven Rd, Mattapoisett December 5th & 19th, 8am-Noon



We want to help ... please call the ARAW if you need assistance this holiday season (508) 717-0400



Health and Wellness

DO YOU HAVE A HEALTHY RECIPE YOU WOULD LIKE TO SHARE?

If so, send it by mail or email (somalley@arawofnb.org). Simple recipes are best. If your recipe is published in the newsletter, we will also be sharing your name.

Thank you, Sandy S., for this recipe!

YOGURT PIE

- ½ C boiling water
- 1 pkg sugar free Jell-O
- 2-5.3 to 6 oz containers of yogurt
- 8oz Cool Whip
- Graham cracker crust



Whisk the boiling water with the Jell-O until well blended. Blend in yogurt. Blend in Cool Whip. Pour mixture into crust. Refrigerate 1 hour.

Tips:

- Use the same flavor Jell-O and yogurt, for example strawberry Jell-O and strawberry yogurt
- Add chopped, well drained fruit of the same flavor
- For less sugar and less calories, prepare as a crustless pie in a pan sprayed with Pam



FOOD ASSISTANCE

PACE Food Pantry

166 William St, New Bedford 508-999-9920
Monday – Friday, 10am -2pm

UTILITY ASSISTANCE

Eversource:

Arrears Management Program/New Start 1-866-315-2496
Protected Accounts 1-800-286-2828
Emergency Outage/Gas Leak 1-877-659-6326



HOUSING ASSISTANCE

New Bedford Housing Authority

128 Union Street, 4th floor, 508-997-4800

CHAMP: online application for all state housing

<https://publichousingapplication.ocd.state.ma.us/>

City of New Bedford Home Modification Programs

Office of Community Development, 508-979-1500



Grocery Home Delivery Accepting SNAP/EBT

(Online orders only)

WALMART

- Home delivery of groceries and other goods
- EBT accepted for SNAP eligible items only
- Non-SNAP items require payment through a credit or debit card
- Delivery may be as soon as the same day
- Minimum orders of \$35
- Not all addresses are eligible. Enter your address at www.walmart.com/plus for delivery availability and detailed information

AMAZON

- Home delivery of groceries and other goods
- EBT accepted for SNAP eligible items only
- EBT accepted for products sold by Amazon only, and not 3rd party sellers
- Non-SNAP items require payment through a credit or debit card, or an Amazon gift card
- You will need to create an Amazon account if you are not already a customer
- Purchase \$35 or more for free delivery
- Go to Amazon.com/SNAP/register for more information



For more information on SNAP online purchases, Visit: www.mass.gov/snap-online-purchasing-program

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