ARAW wishes you all a healthy, happy 2021!

Fun & Games!

Penchant for puzzles? Need to banish boredom? Ready to challenge your mind?

With the holidays behind us, January’s focus is staying healthy, warm and engaged.

We would like to help you stay involved and keep your mind active by offering a selection of puzzles and games.

CHOOSE EITHER A 500 to 1000-PIECE JIGSAW PUZZLE
OR A WORD SEARCH, A JUMBLE, A CROSSWORD OR A SUDOKU PUZZLE BOOK.

Which is your favorite? Need large print? Let us know and we will send you some fun!
(508) 717-0400

Thank you!

We appreciate all the warm holiday wishes we received. Whether by card or note, phone call or email, you lifted our spirits and brought joy to our holiday season.
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, Virginia L., for this recipe!**

**BLUBERRY-CRANBERRY CRISP**

2 Cups blueberries  
2 Cups cranberries (frozen)  
1 Box Concord Foods Apple Crisp

- Add the berries together, put in glass Pyrex pie plate.  
- Read the directions on the box for the crisp.  
- Sprinkle mixture evenly over berries.  
- Bake at 350 for 45 minutes to 1 hour. Make sure the topping is a little brown.

**Tip:** You can also use apples with the instructions on the box. They are all very good!
Health and Wellness
SPECIAL COVID-19 VACCINE INFORMATION EDITION

Vaccine distribution in Massachusetts will occur in a phased approach. Planning is based on guidance from the CDC and the MA COVID-19 Advisory Group.

When can I get a COVID-19 vaccine in MA?

**PHASE ONE**
In order of priority
- Clinical and non-clinical healthcare workers doing direct and COVID-facing care
- Long term care facilities, rest homes and assisted living facilities
- Police, Fire and Emergency Medical Services
- Congregate care settings (including corrections and shelters)
- Home-based healthcare workers
- Healthcare workers doing non-COVID-facing care

Estimate timeframes: December - February

**PHASE TWO**
In order of priority
- Individuals with 2+ comorbidities (high risk for COVID-19 complications)
- Early education, K-12, transit, grocery, utility, food and agriculture, sanitation, public works and public health workers
- Adults 65+
- Individuals with one comorbidity

Estimate timeframes: February - April

**PHASE THREE**
Vaccine available to general public

Estimate timeframes: April - June

For more information on vaccine distribution visit Mass.gov/COVIDvaccine

The vaccine is provided free of charge to all individuals by the federal government. For more information go to mass.gov and click on the yellow COVID-19 tab, or call Mass 211 (dial 211) for non-emergency questions, help or information.
Three Ways to Avoid COVID-19 Vaccine Scams

While vaccination details are getting worked out, here’s what you can be sure of:

- You can’t pay to put your name on a list to get the vaccine. That’s a scam.

- You can’t pay to get early access to the vaccine. That’s a scam.

- Nobody legit will call about the vaccine and ask for your Social Security, bank account, or credit card number. That’s a scam.

Ignore any vaccine offers that say different, or ask for personal or financial information.

Learn more at [ftc.gov/coronavirus/scams]