



January 2021



GOING WITH THE FLO

The Friendship Lunches & Outings Program (FLO)
Newsletter

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.



*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



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, Virginia L.,
for this recipe!*



BLUEBERRY-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!



NEW YEAR RIDDLE

What comes once in a year,
twice in every month,
four times in every week?

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

UNEXPECTED, TIME SENSITIVE EXPENSES

Occasionally, an unexpected bill or expense may come up that is a bit more urgent or time sensitive. Examples may include moving expenses, if called from the waiting list for a senior apartment; an urgent auto repair; urgent dental work or ... something which affects your safety.

If you find yourself with an unexpected expense that you need help paying, please contact your ARAW Outreach Partner **PRIOR TO PAYING THE SERVICE PROVIDER OR VENDOR.**

The Outreach Partner will gather all needed information from you, including an estimate or bill, and present the request to the ARAW for review.

Should the ARAW be able to support your request, the ARAW *greatly prefers to pay a service provider directly rather than reimburse for expenses already paid.*

FOOD ASSISTANCE



YMCA Southcoast has partnered with The Greater Boston Food Bank to offer mobile markets through the **Full Plate Project.**

*Food distribution is first come, first served.
Open to people from all local communities.*

11am | Friday, January 8th

YMCA Dartmouth, 276 Gulf Road

12 pm | Tuesday, January 12th

YMCA New Bedford, 25 South Water Street

Please wear your mask.



If you need one just ask!

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



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



PHASE THREE

Vaccine available to general public

December - February

Estimated timeframes

February - April

April - June

For more information on vaccine distribution visit [Mass.gov/COVIDvaccine](https://www.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

