

JULY 2021



GOING WITH THE FLO

Friendship Lunches & Outings (FLO)
Newsletter

ATTENTION SNAP PARTICIPANTS...

Hesitant to use HIP?

Ready for fresh vegetables from local farms?

Join Sharon on..

Thursday, July 15th | 2:30pm

(Rain date July 22nd)

**Buttonwood Park
behind the Lawler library**



We hope you are staying cool this summer!

Congratulations to all the winners of our June raffle. We hope you enjoyed the ice cream. Do you have any other ideas for raffles? We are enjoying seeing you in person at the FLO outings.



To benefit from HIP (Healthy Incentives Program) you must have an available balance on your SNAP card. For example, you are buying tomatoes and squash, and the total is \$10. The farm vendor must be able to charge the \$10 to your SNAP card. Once that is completed, the vendor will then process the transaction through HIP, ~~AND~~ ~~AND~~

~~AND~~ ~~AND~~



For 5 weeks the artMobile will distribute new, specially curated art kits containing lessons and materials. You can pick up at two sites in New Bedford.

Art kits for this session: decorative keepsake boxes, chalk pastel drawings, abstract tape paintings, coiled clay plates and monochromatic flower drawings

Lawler Library

Fridays | July 16th – August 13th | 10 am – 11 am

Wilks Library

Mondays | July 19th - August 16th | 10 am – 11 am

Registration required, call ARAW at 508-717-0400.

LIMITED TO 15 PARTICIPANTS AT EACH SITE REGISTER BY JULY 9TH TO GUARANTEE YOUR SPOT

If you are interested and are unable to drive to these locations at the designated date and time, let us know! We can help arrange transportation for you to get there, or can pick-up and deliver the art kits for you. Call now to reserve your spot!

Creative Care is presented by New Bedford Art Museum/Artworks! And is made possible through a grant from the Association for the Relief of Aged Women. Additional funding provided by the SouthCoast Community Foundation

Health and Wellness

MOBILE MARKET



The Greater New Bedford Community Health Center will hold monthly, farmers market-style mobile markets in partnership with the Greater Boston Food Bank.

Produce is free of charge.

2nd Mondays | July 12 | August 9 | September 13
10 am to noon

GNBCHC | 399 Acushnet Avenue | New Bedford

To register, call Joyce Dupont 508-992-6553 ext. 142.

Pre-registration is strongly encouraged.



MASSACHUSETTS VAXMILLIONS \$\$\$\$ GIVEAWAY \$\$\$\$

Massachusetts residents 18 years of age and older who have received both doses of the Pfizer or Moderna vaccines or one dose of the Johnson & Johnson vaccine prior to each drawing will have a chance to win one of five \$1 million cash prizes.

Registration begins on July 1st and runs through August 20th
MA residents who were vaccinated in MA.

One entry per person. Must be fully vaccinated to register.

Drawings will begin Monday, July 26th, with one drawing each week
Entrants agree to allow MA Dept of Public Health access their vaccination records. Winners agree to having their name made public.

Register online:

mass.gov/Massachusetts-vaxmillions-giveaway or call 2-1-1

South Coastal Counties Legal Services, Inc. (SCCLS)

is a nonprofit agency that provides free civil legal services to low income families, elders, victims of crime, and people with disabilities in our communities. SCCLS recently welcomed Raquel Antonio in her new role as the Rachel Howland Advocate for Older Adults at SCCLS, a position made possible by ARAW funding.

SCCLS provides free civil legal services in the areas of housing law, family law, public benefits including Social Security Retirement and Disability, Unemployment, and SNAP benefits, Elder law, Education law, and Consumer law as well as immigration matters through our subsidiary the Justice Center of Southeast Massachusetts.

English, Portuguese, Spanish and other languages available as needed.
Please 1-800-244-9023 to apply for legal service Monday through Thursday between 9 am and 2:00 pm.

FLO LUNCHEON

at RICCARDI'S

Tuesday, 20th
1:00 pm

Limit of 10 guests



INTERESTED? Call Sharon
508-717-0400

Attendees will be chosen by lottery.
Vaccine verification form must be complete

Summer Safety Tips



Stay Hydrated

Drink 8 or more glasses of water per day to stay healthy & hydrated



Know the Side Effects of Medications

Some medications have side effects such as drowsiness or sun sensitivity



Stay Cool

Stay in the A/C, indoors, go swimming, etc.



Wear Light, Loose Fitting Clothing

Wear breathable clothing and light colors that reflect the sun



Have Emergency Contacts

Have a list of people to call in case of emergency



Know the Weather Forecast

Plan your days accordingly depending on the weather

REFER A FRIEND!

for direct support and for the FLO (Friendship Lunches & Outings) program.



For more information contact Sharon or Patricia at

(508) 717-0400