

November 2023

HAPPY
THANKSGIVING!



GOING WITH THE FLO

Friendship Lunches & Outings (FLO)
Newsletter



What are we thankful for?



**THANK YOU
FOR BEING
part of our family**

YOU!



DAYLIGHT SAVING TIME INFO

Fall Back
November 5, 2023
at 2:00 am

- Set your clocks back one hour.
- Check and replace smoke detector batteries.



What are YOU Thankful For?



While this traditional holiday used to be celebrated over the span of 3-4 days to feast on the Pilgrims' first successful harvest, it inspired numerous annual harvest festivals throughout the country. George Washington wished to unite the country after times of war by declaring a single holiday of Thanksgiving. Take time this year to remember what you are thankful for - whether it is your health, family and/or friends.

Call and tell us what you are thankful for!
508-717-0400

DON'T DELAY!
**GET YOUR
FLU SHOT
TODAY**

**Important
Open Enrollment
REMINDERS**

Contact your local COA, Coastline,
PACE, CEDC, Citizens for Citizens
Health Center or IAC for a SHINE consultation.

**REVIEW YOUR COVERAGE
MEDICARE
OPEN
ENROLLMENT**

OCT. 15 - DEC. 7

New Coverage Effective January 1, 2024

SOUPER FRIDAY



TIP ALERT!



Financial Empowerment



4th Annual Super SOUP Day!

DELIVERED TO YOUR HOME
FRIDAY, NOVEMBER 17th



Meal Includes: soup, fruit and dessert

Soups from Destination Soups in New Bedford

Choice of kale soup (GF), chicken vegetable or vegetable chili (GFV)

Or you can come to the office to pick up...

Drive-thru pick-up 11:30-12:30

ARAW parking lot

enter from Spring Street

between Purchase Street & Acushnet Avenue.



Must sign-up by Monday, November 13th

Call ARAW 508-717-0400

Thanksgiving Poll: WHICH TYPE OF CRANBERRY SAUCE?



CANNED

HOMEMADE



DID YOU KNOW? .. WHEN TO SHOP ..

Don't miss the next opportunity to shop for farm-fresh foods near you!

COASTAL FOODSHED NB FARMERS MARKET

SHOP IN PERSON
OUTDOOR:
Thursdays: 2-6pm (June-October)
outside in Buttonwood Park
on Buttonwood St.

SHOP IN PERSON
INDOOR:
Saturdays: 10-2pm (Nov-May)
inside the Buttonwood Park

COASTAL FOODSHED VIRTUAL MARKET

SHOP ONLINE:
Wed. delivery & pickup:
Thursday 12pm-Tuesday
1pm
Friday delivery: Saturday
12am-Thursday 12pm

PICKUP:
Wednesdays: 2pm-5pm
Coastal Foodshed's Food
Hub Space



.. HOW TO PAY ..

We make it easy with so many ways to pay.



Wednesday, December 13th

Wamsutta Club | New Bedford

All invited | more information in the next newsletter

FOOD PANTRIES

- Catholic Social Services** 508.997.7337
238 Bonney Street (in back of O. L. of Mt. Carmel R. C. Church)
Wednesday & Thursday 10-12 (available 1x every 30 days), proofs of income & MA residency. Non-perishable foods.
- Debbie's Kitchen Food Pantry** 508.525.9010
95 Willow Street
Saturdays 10 am-Noon. Requires photo ID, food stamp ID and proof of income. Serves residents of NB and the surrounding area. Delivery to elders/handicap available; need to call. Limited to one visit/month.
- Grace Episcopal Church (Martha's Pantry)** 508.993.0547
133 School Street
Wednesday & Friday 9.30 - 10.30 (available 1x per month / 12 x per yr)
Photo ID required and children's insurance cards.
- MO Food Life Pantry** 508.992.5978
725 Pleasant Street
Open Wednesdays (unless a month has a 5th Weds) 11am—1pm
(available once every 30 days) For adults, proof of income.
- Mobile Ministries** 508.993.0614
MON: Salvation Army parking lot 6.00pm
TUES: PAACA 6.00pm
WED: Reverence Church, Brock Avenue 1.30pm
THU: Salvation Army parking lot 6.00pm
FRI: PAACA 6.00pm
SAT: Salv.Army lot 11.30am; Reverence Church, Brock Ave 1.30pm
- PACE, Inc.** 508.999.9920
166 William Street
Monday-Friday 10am—2pm, contact PACE in case of emergency. Only name/address needed. Walk up by back of building. Call for more details or see www.paceinfo.org.

FOOD PANTRIES

- The Salvation Army** 508.997.6561
619 Purchase Street
Bread Distribution only, Monday-Friday 9am—12noon
Food Pantry open Wednesdays 9am-12noon
- St. Anthony's Church** 508.993.1691
1359 Acushnet Avenue
Nye Street entrance outside. Every Thursday @ 10am—11.30am.
Grab and go.
- St. Lawrence Church** 508.992.4251
110 Summer Street
Every other Friday from 10.30-11.30am. Photo ID for household members and proof of address in 02740 zip code required.
- St. Martin's Church** 508.994.8972
136 Rivet Street
3rd Saturday 10-11am and last Tues of month 5-6pm
- Seven Hills Behavioral Health** 508.999.4159
1177 Acushnet Avenue
Open Monday—Friday 9am to 4pm.

All Food Pantry information was valid as of January 30, 2023. please check in with the Food Pantry to ensure this information hasn't changed since that time.



MEAL SITES AND TIMES

Sister Rose House Soup Kitchen / Mercy, Meals & More /PAACA, 360 Coggeshall Street/
Pilgrim United Church of Christ, 635 Purchase St. / Grace Episcopal Church, 133 School St. / Reverence Church, Brock Ave/
The Salvation Army, 619 Purchase St. / St. Anthony's R.C. Church, Nye St. / Full Blessings Church, 475 Union St.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	7.30-8.00 Grace Episcopal Church	6.35-7.30 Mercy, Meals and More	6.35-7.30 Mercy, Meals and More	6.35-7.30 Mercy, Meals and More	6.35-7.30 Mercy, Meals and More	6.35-7.30 Mercy, Meals and More	6.35-7.30 Mercy, Meals and More
Lunch	11.00-1.00 Sister Rose House 11.00 Full Blessings Church Service & Meal	11.00-1.00 Sister Rose House	11.00-1.00 Sister Rose House	11.00-1.00 Sister Rose House 1.30-2.15 Reverence Church Brock Ave	11.00-1.00 Sister Rose House	11.00-1.00 Sister Rose House	11.00-1.00 Sister Rose House 11.30-12.15 Mobile Ministries @ Salvation Army
Dinner	4.30-5.30 Salvation Army	6.00-6.45 Mobile Ministries @ Salvation Army Parking Lot	4.30-5.30 Salvation Army 6.00-6.45 Mobile Ministries @ PAACA	4.30—5.30 Salvation Army	6.00-6.45 Mobile Ministries @ Salvation Army Parking Lot	4.30-5.30 Salvation Army 6.00-6.45 Mobile Ministries @ PAACA	1.30-2.15 Reverence Church Brock Avenue

HEALTH/MEDICAL

- SouthCoast Center for Women's Health** 508.998.0600
GNB Community Health Center 508.992.6553
NB Sexual and Reproductive Health 508.984.5333
St. Luke's Hospital 508.997.1515

MENTAL HEALTH

- New Bedford Crisis Center** 508.996.3154
543 North Street
- Child & Family Services** 1061 Pleasant St. 508.996.8572
543 North Street 508.984.5566
3057 Acushnet Ave 508.742.1040
- FHR Anchor House** 508.984.4300
2277 Purchase Street
- High Point Treatment Center** 508.717.0550
68 North Front Street
- MA Dept. of Mental Health** 508.996.7900
888 Purchase Street
- Seven Hills Behavioral Health Psychiatric Day Treatment** 508.996.3147
589 So. First Street
- Steppingstone Inc.** 508.984.4155
5 Dover Street, Suite 201

SUBSTANCE ABUSE

- ADCARE** 508.999.1102
- High Point Treatment Center** 1.800.233.4478
Centralized Admissions
Outpatient (SA, MH) 508.717.0550
- Community Substance Abuse Center** 508.979.1122
8 Kilburn Street
- PAACA** 508.997.9051
360 Coggeshall Street
- Self-Help/Trtmnt Info (for Men) (SEMCOA)** 508.992.7788
- Seven Hills Behavioral Health** 508.996.0546
1173-1177 Acushnet Avenue
- Steppingstone** 508.984.4155
5 Dover Street Suite 201 Project SOAR

VETERANS ASSISTANCE

- MA Dept. of Veterans Services** 1.888.844.2838
- New Bedford Veterans Services** 508.991.6184
- New Bedford VA Outpatient Clinic** 508.994.0217
- NB VET Center** 508.999.6920
- National Call Center Homeless Veterans** 1.877.424.3838
- Veterans, Inc.** 1.800.482.2565
- Veterans Transition House** 508.992.5313

STREET SHEET



Available help for those experiencing or threatened with homelessness.

The City of New Bedford's Homeless Service Providers' Network (HSPN) has created this "Street Sheet" to identify some important resources available to you— where to get a meal, how to find shelter and where to call for help that you need right now.

Some providers or programs may have changed since the last revision. Check each agency to verify their current service capabilities.

City of New Bedford, MA
HOMELESS SERVICE PROVIDERS' NETWORK

www.nbhspn.com



StreetSheets made possible thanks to the generous support of the United Way of Greater New Bedford.



REVISED JANUARY 2023

HOMELESS?

Are you experiencing homelessness and have no place to stay?

For **individuals** in need of shelter, simply call the shelter directly:

Sister Rose (men)	508.997.3202
Grace House (women)	774.628.9743
Domestic Violence	508.999.6636
Killians (<i>unaccompanied youth ages 18-24</i>)	774.202.6445

For **families** in need of shelter, You must call the MA Dept of Housing & Community Development:

MA DHCD	866.584.0653
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If you are looking for a way to avoid homelessness (diversion), are about to be homeless (prevention) or are looking for rapid rehousing or permanent supportive housing call:

New Bedford Coordinated Entry

508.999.4757

Open M-Fri 8.30am—5.00pm



NEW BEDFORD PUBLIC SCHOOLS HOMELESS LIAISON

Registrar and Homeless Liaison
Julie Mador

455 County Street Room 105 NB
508.997.4511 x14663

LOCAL, STATE and NATIONAL CRISIS SERVICES

Al-Anon/Alateen	508.366.0556
Behavioral Health (Seven Hills)	508.990.8280
Coastline Elderly Services	508.999.6400
Domestic Violence/Sexual Assault Hotline	508.999.6636

LOCAL, STATE and NATIONAL CRISIS SERVICES

Local/State Crisis Center Open 24/7	
Child and Family Services	508.996.3154
New Bedford Police Dept.	508.991.6350
Suicide Prevention Hotline (Samaritans)	1.866.508.4357
The Women's Center (Domestic Violence)	508.996.3343
Disabled Persons Protection Hotline	1.800.426.9009
Elder Services Hotline	1.800.922.2275

MA 211 Call Center (A United Way Program) Dial 211

MA Alliance of Portuguese Speakers	1.800.232.7725
MA DCF (To report abuse of a child)	508.910.1000
MA DCF Hotline (Non business hours)	1.800.792.5200
MA DHCD Shelter (For families)	1.866.584.0653
MA DMH (Dept. of Mental Health)	508.996.7900
MA DTA (Dept. of Transitional Assistance)	1.877.382.2363
Child-at-Risk Hotline	1.800.792.5200
Gay/Lesbian Hotline and G.L.A.D.	1.800.455.4523
SAMHSA Helpline (Drug Alcohol) 24/7	1.800.662.4357
National Child Abuse Hotline	1.800.422.4453
National Sexual Assault Network	1.800.656.HOPE
Runaway and Youth in Crisis Hotline	1.800.786.2929

FORECLOSURES & LEGAL

Foreclosure Assistance	
City of New Bedford - Office of Housing and Community Development	508.979.1500
608 Pleasant Street - 2nd Floor	
Catholic Social Services	508.997.7337
NeighborWorks Southern MA	617.770.2227 X46
Homeowners' Hope 24 Hour hotline	1.888.995.HOPE
PACE Homecorps Recovery Initiative	508.993.0035
Legal Assistance	
SouthCoast Fair Housing	774.473.9994
Legal Aid	1.800.244.9023
Catholic Social Services (Immigration Issues)	508.997.7337

SUPPORT

ADCARE	508.999.1102
88 Faunce Corner Road Suite 260, No. Dartmouth Assessment & treatment planning, counseling for individuals and families, outpatient programs for substance abuse	

SUPPORT

Adult Family Care	508.998.3626
34 Welby Road Family living for adults who, due to frailty, advancing age or chronic illness, can no longer live alone in safety	
Anchor Ministries	774.202.6809
9 South Sixth Street (Entrance on Spring St) MWF 10am—1pm. Eat in or grab/go lunch 11-12:45pm.	
Bristol Elder Services, Inc.	508.675.2101
1 Father DeValles Blvd., Fall River Protective services for elderly	
Catholic Social Services	508.997.7337
238 Bonney Street Apartment searches, permanent and transitional housing, rapid rehousing and prevention assistance	
Child & Family Services	508.742.1611
1061 Pleasant Street Open Access Screening and Intake Center	
Coastline Elderly Services	508.999.6400
863 Belleville Ave Services to assist the elderly in maintaining their independence	
Community Economic Devt Center (CEDC)	508.979.4684
1285 Acushnet Avenue Info and assistance related to immigration, etc.	
Community Support Program	508.999.4968
651 Orchard Street Suite 203 Outreach case management and care coordination services for MassHealth clients. Call for referrals.	
Council on Aging	508.991.6250
181 Hillman Street Bldg. 9 Provides support services for seniors	
Eliot Community Health Services	617.819.4185
Outreach and shelter-based services for homeless and at-risk of homelessness. Mental health/substance abuse support. Community based referrals.	
Family Resource & Development Center	508.994.4521
128 Union Street 3rd Floor Parenting programs, support groups, assessment services/info and referral svcs for parents with children 0-18 living in GNB.	
High Point Outpatient Services	508.992.1500
68 North Front Street Substance abuse and mental health counseling services	
Immigrants Assistance Center, Inc.	508.996.8113
58 Crapo Street Info and referrals to at-risk immigrant families/individuals	
Justice Resource Institute Focus	508.617.4359
45 North Main Street, Fall River Housing & stabilization for families in shelter. DHCD referrals.	
MA Dept. of Mental Health	508.996.7900
888 Purchase Street Suite 213, 2nd floor	
MA Dept. of Transitional Assistance	508.961.2000
160 West Rodney French Blvd. Food and cash assistance for disabled, elderly and families.	

SUPPORT

New Bedford Dept. of Community Services	508.961.3135
133 William Street Referrals for elderly, disabled, and low-income residents.	
PAACA	508.997.9051
360 Coggeshall Street Substance abuse treatment referrals, food, clothing, transport, housing services, daily 12-Step and self-help groups.	
PACE, Inc.	508.999.9920
166 William Street A multi-service anti-poverty agency: Head Start, Housing Services, Emergency Food Pantry, Fuel Assistance, Health Care Access, Child Care Works, the Family Center, and YouthBuild	
Salvation Army	508.997.6561
619 Purchase Street Emergency assistance programs	
Seven Hills Behavioral Health - HIV Prevention, Education & Screening Program	508.996.0546
1173-1177 Acushnet Avenue HIV/HEP-C/STI's Testing, Overdose Prevention & Narcan Enrollments. Harm reduction/outreach services for men/women at risk.	
Seven Hills Behavioral Health-Project Care	508.999.4159
1177 Acushnet Avenue HIV Medical Case Management	
Seven Hills Behavioral Health Twist Prog.	508.999.4159
Gay, Bisexual, Questioning Men, LGBTQ Support Services	
Southeast Center for Independent Living	508.679.9210
66 Troy Street (1st Floor), Fall River By appointment only - advocacy, skills training, peer counseling, info/referral for people with disabilities, transition to community from nursing facilities, options counseling youth services.	
Southeastern MA Council on Addiction	508.992.7788
234 Earle Street Long-term residential services for substance use disorders for men	
Steppingstone, Inc.	774.992.0655
5 Dover Street, Suite 207 Case management/care coordination services; Outreach, apartment searches, housing, case mgt for those with HIV/AIDS. <u>Woman's Program</u> 979 Pleasant Street 508.984.1880 Residential substance abuse treatment case mgt and housing	
Tenancy Preservation Program	508.944.9502
Assists disabled clients that are at risk of being evicted for reasons related to their disability	
The Women's Center	508.996.3343
405 County Street (Office) Provides confidential short-term shelter, counseling and support to victims of domestic violence and sexual assault.	
Works 4 U, Inc.	774.762.7609
360 Coggeshall Street Assistance finding potential employment opportunities.	
YWCA Southeastern MA	508.999.3255
20 South Sixth Street Residential and supportive services for low income women 18+, health/wellness outreach and education.	

NEW BEDFORD ART MUSEUM

CREATIVE CARE

ART KIT DELIVERY FOR
ARAW PARTICIPANTS

DECEMBER
SIGNUPS



SESSION 1	OCTOBER 9-NOVEMBER 3
SESSION 2	NOVEMBER 6-DECEMBER 1 (FULL)
SESSION 3	DECEMBER 4-DECEMBER 29

Receive finely curated art kits with expert art instruction delivered right to your door! One delivery per week for 4 weeks each Session.

Sign up for each session today! Please Sign up with the **Association for the Relief of Aged Women** at **(508) 717-0400**. Limited Capacity: 15 participants max

This class is generously funded by the Association for the Relief of Aged Women.
@NBAM_AW | PHONE: (508) 961-3072 | NEWBEDFORDART.ORG





Learn How to Draw a Boat or Mermaid with

local artist Christina Jacobsen deVilliers

**Wednesday, November 8th from 1:30 to 3:30pm
at New Bedford Fishing Heritage Center, 38 Bethel Street**

Refreshments to be served

Transportation provided upon request

**To RSVP, please call
Laura Campbell at
(508) 654-1666**

herstory@fishingheritagecenter.org

