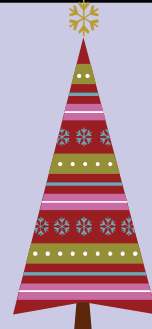


Next Step Home Infoline



Next Step Home Program INFOLINE Newsletter December 2011

Christmas waves a magic wand over the world and behold everything is softer and more beautiful. Norman Vincent Peale



Ladies enjoy a holiday pick me up by treating yourself to a new holiday hairstyle at a savings. The Rob Roy Academy located at 260 South Main Street accepts walk-in customers Monday through Friday 10:00 a.m. to 1:00 p.m. You may also schedule a color appointment by calling Rob Roy Academy at 508-6724751.

Enjoy local artist's!! The Greater Fall River Art Association located at 80 Belmont Street, Fall River opens its gallery free to the public on Wednesday thru Sunday from 1 pm—5 pm. View local art work including basket weaving and paintings.

Adults and children in need of winter clothing can receive assistance through Marie's Place, 1791 S. Main Street, Fall River. Participants may go twice per month to pick clothing and small household items. A donation of \$1.00 is requested but will be waived for those unable to pay. Marie's Place is open Monday, Wednesday 1-3 pm and Saturday 12:30-2:30. Telephone 508-672-2641 for further information. Services will be available again after January 1st.,2012.

Food Pantry's

CFC - 264 Griffen St., (508) 679-0041, 9 a.m. - noon, Monday, Wednesday and Friday .

Salvation Army - 290 Bedford St., (508) 679-7900, Daily except Wednesdays.

1st Baptist Church - 228 North Main St., (508) 672-5381, Tuesday and Thursday 10 a.m. - noon.

Local Soup Kitchens

Sunday

Every Sunday at 5 pm
St. Marks Church 125 Mason St.
508-678-6454

Monday

5pm – 6:30pm
Sacred Heart Church 160 Seabury St 508-673-0852

Tuesday

5:00pm
First Baptist Church 228 N. Main St 508-672-5381

Wednesday

1:30pm - 2:30pm
Salvation Army 290 Bedford St
508-679-7900

Thursday

11:00am - 12:30pm
Catholic Social Services 1500 Bay St 508-674-4681

Friday

11:00am - 12:20pm
Church Of the Ascension 160 Rock St 508-672-5571

Saturday

11:00am - 12:30pm
St. Marks Church 125 Mason St.

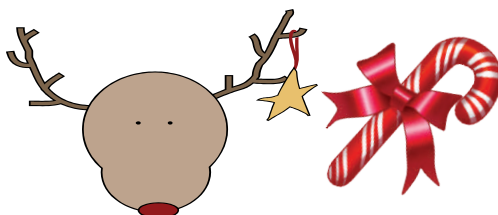
If you have a lot of leftovers after your holiday meals think about freezing some for use at a later date. Freeze cooked turkey, ham or chicken in freezer baggies; the meat will keep three months in the freezer. Leftover turkey/chicken is great to use for soups, pot pies, sandwiches even turkey chili and ham is great for sandwiches and omelets.

Use caution with Christmas ornaments around children and pets. Tinsel and glass ornaments should be placed above where children and pets can reach them or use other types of garland such as fabric and plastic or other unbreakable types of ornaments. This will ensure a safer holiday season.



HOLIDAY OFFERINGS

The Fall River Historical Society located at 451 Rock Street, Fall River is inviting the community to take a tour of the museum. The tour is free and open to the public. The Victorian style building is decorated beautifully for Christmas and offers a peek into Christmas from the past. The museum is open Monday thru Friday 9 am—4 pm and Saturday and Sunday 1 pm—5 pm.



If you have any ideas or submissions for the next INFOLINE please mail to the Next Step Home Program, 522 North Main Street, Fall River, MA 02720



LET IT SNOW....LET IT SNOW



One of the cheapest and most readily available cleaning product Baking Soda has a multitude of uses. At around a \$1.00 per box it is also cost effective.

- Sprinkle some in shoes and sneakers to freshen.
- Place an open box on your closet shelf to help keep closet and clothes smelling fresh.
- Add 1/2 cup of baking soda to the rinse cycle of your laundry to help remove odors and to brighten sheets and clothing.
- Mix a pinch of baking soda in with your facial cleanser to make a gentle exfoliate to both cleanse and remove dry skin.
- Add a box to your refrigerator and change every thirty days to help keep refrigerator smelling clean and help remove food odors.

Know Your Winter Weather

Terms:

Freezing Rain– rain that freezes as it hits the ground causing roads and sidewalks to become slippery.

Sleet– rain that turns to ice pellets as it hits the ground.

Winter Storm Watch– possible storm in your area

Winter Storm Warning– a storm is occurring or will occur

Blizzard Warning– winds of up to 35 mph and large amounts of snow

Frost/Freeze Warning– below freezing temperatures expected



Flu Season is here!

Arriving with the cold weather flu season is here, these are a few tips to help you try to prevent getting the flu.

1. cover your nose and mouth with a tissue when coughing or sneezing or if a tissue is not handy cough or sneeze into the crook of your arm.
2. wash hands with soap and warm water, carry hand sanitizer to use if unable to wash hands.
3. keep hands away from your eyes, nose and mouth.
4. get plenty of rest.

SYMPTOMS OF FLU:

Flu- symptoms include fever, headache, body aches, chest discomfort, and cough.

Check with your doctor to see if the flu vaccine would be appropriate for you. If you feel ill with symptoms of flu contact your doctor to ask about the best treatment for you to follow.



Community Information

National Grid-1-88-465-1212

New England Gas-1-800-544-4944

City Hall - 508-324-2000

CFC (fuel assistance) 508-675-0245

Charlton Hospital - 508-679-3131

St. Anne's Hospital—508-674-5741

Fall River Housing—508-675-3500

School Department— 508-675-8420

Dept. of Transitional Assistance- 508-646-6318

Social Security-508-674-2453

Registry of Motor Vehicles – 1800-858-3926

To repel moths naturally make homemade sachets out of scrap fabric and any of the following: dried lemon peels, bay leaves, cinnamon sticks, lavender, pepper corns or cloves. Place any of the above items in the fabric and tie with a ribbon; hang in your closet or drawers to repel moths and to provide a light scent in the closet or drawers. Get creative these sachets make great Christmas presents.



DENTAL SERVICES

Give yourself the gift of a new smile. The Dental Hygiene Lab at Bristol Community College, 777 Elsbree Street offers low cost dental services. For a charge of \$10.00 you will receive X-rays and both regular or deep scale teeth cleanings. The services are available from September through December and January through May, On Tuesday and Thursday of each week, the times are 8:00 am, 10:00 am, and 1:30 pm. Services are open for Fall River residents ages 3 years old and up. Call ahead to set up an appointment at 508-6782811, Ext. 2139.

