



NSHP INFOLINE

Next Step Home Program
(508)674-2788 ext. 119

Winter **2013**



Give yourself the gift of a new smile.
The Dental Hygiene Lab
at
Bristol Community College,
777 Elsbree Street
Fall River, MA 02720
508-6782811, Ext. 2139

BCC 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. Services are open for Fall River residents ages 3 years old and up.
Call ahead to set up an appointment

NO insurance ?

Are you looking for affordable health insurance for you and your family ?

You and your family may qualify

- No cost or low cost health insurance for Mass individuals and families
- Help paying the cost of health insurance you get from your employer

For information about affordable health insurance for you and your family.

Call 1-800-272-4232

Steppingstone , Inc.

Medical Case Management Services
Serving individual/families with HIV/AIDS



Services Offered

- Medical Care Coordination
- Service Coordination and Continuity of Care
- Medical Case Management
- Crisis Intervention
- Referral to community-based collateral services
- Housing options currently available

Admission Criteria

- 18 years of age or older
- Diagnosed with HIV/AIDS
- Low income
- Willing to comply with program policy

Social service agencies are encouraged to refer eligible individuals to the Medical Case Management program at 508-674-2788 x114. Self referrals will also be accepted.

[Nurturing Fathers Program](#)

Every child deserves a Nurturing Father- A man who actively provides guidance, love and support to enhance the development and growth of children for whom he cares.

All fathers are welcome in this program. The program is an evidence-based, 15-week training course designed to teach parenting and nurturing skills to men. Each two hour class provides, proven, effective skills for healthy family relationships and child development.

Program meetings will be held on Thursday nights, starting on 3/14/13 from 6:00-8:00 pm. It will be held at United Neighbors of Fall River on 209 Bedford Street, Fall River, MA

The program is free and dinner will be provided at the meetings. This program is made possible through the generosity of United



Citizens for Citizens

264 Griffith Street
508-679-0041

Mon.-Fri. 9:00 a.m.—5 p.m.

Free Tax Return Services

Has trained volunteers offering to help low-income families prepare their tax returns.

For more information about the program, contact Paul Desmarais at 508-679-0041.

Citizens for Citizens is still accepting fuel assistance applications until April 30th

FUN ! Free ! Fitness & Nutrition Classes



When: Wednesday, 10:00—11:00 am
Thursday, 5:00—6:00 pm
Saturday, 11:00 am—12:00 pm

Where: Health First Family Care Center, INC.
387 Quarry Street, Fall River
508-679-8111

Enjoy an hour full of exercise and FUN !

If you have articles or information that others could benefit from or be inspired by please drop them off or mail to : Next Step Home Program Att: Infoline 466 No. Main St. Fall River, MA 02720



ELEVEN USES FOR VINEGAR

See how vinegar can make your life cheaper and easier. Try these 11 tips to unleash the power of white vinegar.

- 1. Freshen up the fridge.** Clean the shelves and walls with a solution of half water and half vinegar.
- 2. Brighten coffee cups and teacups.** Gently scrub stains with equal parts vinegar and salt (or baking soda).
- 3. Eliminate odors.** Swab plastic containers with a cloth dampened with vinegar.
- 4. Kill bathroom germs.** Spray full-strength vinegar around the sink and tub. Wipe clean with a damp cloth.
- 5. Tidy up a toilet.** Pour a cup or more of diluted white distilled vinegar into the bowl. Let sit several hours or overnight. Scrub well with a toilet brush and flush.
- 6. Lose the carpet stain.** Make a paste of 2 tablespoons white distilled vinegar and ¼ cup salt or baking soda. Rub into the stain and let dry. Vacuum the residue the next day. (Always test an out-of-sight part of the carpet first.)
- 7. Make old socks look new.** Get the stains out of old socks and sweaty gym clothes by soaking them in a vinegar solution. Add 1 cup of white distilled vinegar to a large pot of water, bring to a boil and drop in the stained clothes. Let them soak overnight, and in the morning stained clothes are fresh and bright.
- 8. Liven droopy flowers.** Don't throw out cut flowers once they start to wilt. Instead, add two tablespoons of white vinegar and one teaspoon of sugar to a quart of water. Pour the solution into your vase, and the flowers will perk up.
- 9. Put an end to itching.** Dab a cotton ball soaked in white vinegar on mosquito bites and insect stings. It will stop them from itching and help disinfect the area so they heal faster.
- 10. Whiten your teeth.** Brush your teeth once a week with white distilled vinegar. Dip your toothbrush into the vinegar and brush thoroughly. It will help prevent bad breath, too.
- 11. Great on Fries !!!!**

Thought of the Month



The Four Agreements
By
Don Miguel Ruiz

1. Be Impeccable with your Word: Speak with integrity

Say only what you mean. Avoid using the Word to speak against yourself or to gossip about others. Use the power of your Word in the direction of truth and love.

2. Don't Take Anything Personally

Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

3. Don't Make Assumptions

Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.

4. Always Do Your Best

Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret.

Wonderful Wizard of Oz

H Z W V N S D N N B F C L D S Y V E C S Z T
V C P I A N I O R A O I N Q P T N H O I Y J
F L T S Z K O O R W M A R O T I I F U L O A
D O N I H A O P A O L N P E N C J U R V V D
O A R C W M R R L R T P I Y Q D V N A E E N
K M N E S D D D A A I H T T V L Y C G R R I
Q U G T S L E G O E C R Y E G A B L E C T L
M V I M Y T Y K S F I E E J T R A E H I H G
J C Z L R D Z I C H O W L V A E I H O G E E
K X I E U Y U R T I L Z O I R M T E B A R R
B O T J Z F V N L Z W B N R K E A N X M A U
N A T O T O E T O R N A D O C E N R R X I T
W U U S R E P P I L S Y B U R E H Y S F N N
Y O I J T Y E L L O W B R I C K R O A D B E
G G T E C H N I C O L O R Z Z X V A M V O V
W H N M U A B K N A R F L B L K X W C E W D
I I G N I T L E M A U N T E M Z J A N S W A
N V Q Y D T V M C Z T E Z Y R L L D N U Z A

ADVENTURE
COURAGE
DOROTHY
JUDY GARLAND
NINETEEN THIRTY-NINE
NO PLACE LIKE HOME
OVER THE RAINBOW
RUBY SLIPPERS
TECHNICOLOR
TIN MAN
UNCLE HENRY
YELLOW BRICK ROAD
WICKED WITCH
WIZARD OF OZ
GLINDA KANSAS
MAGIC MELTING

BROOMSTICK
COWARDLY LION
EMERALD CITY
L. FRANK BAUM
FIRE
POPPIES
SILVER
SCARECROW
MUNCHKIN
TORNADO
TOTO
WATER
NERVE
BRAIN
FOREST
HEART

To answer the trivia question, look for a word or phrase that is hidden in the puzzle, but not in the word list.

Trivia: In the film, Dorothy wears ruby slippers. In L. Frank Baum's novel, Dorothy's slippers were this color.

Answer: _____