



July 2022



## GOING WITH THE FLO

Friendship Lunches & Outings (FLO)  
Newsletter

**ARAW IS MOVING OFFICES ON JULY 12TH...  
Not far, just down the street but it means  
we have to change your billing addresses so  
that we continue to receive your bills  
and we get them paid on time!**

We can change some of the addresses, but for others we need your help.

If we sent you an invoice with your newsletter, we will need you to call the company and tell them to change your *billing* address to:

**ARAW**  
**174 Union Street, Unit 4W**  
**New Bedford, MA 02740**

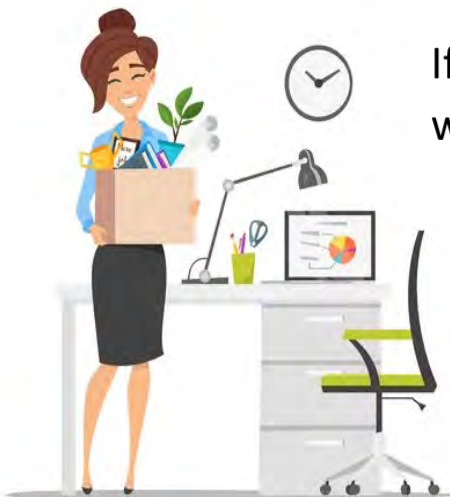


*And we need YOUR help!*

You will find your account number on the enclosed document. This is a copy of a **PAID** invoice. We are NOT asking you to pay anything. This invoice is just for *your reference*.

If there is no invoice in your envelope – we were able to take care of the address change for you!

**If you run into any issues, please call us at (508) 717-0400 and we will do our best to help. Thank you for taking action as soon as possible. We need to continue to receive your bills, so we get them paid on time!**





We extend a special invitation  
to Dartmouth & Westport residents...

**Thursday, July 28th | 12:30 pm**

Enjoy lunch at Silverbrook Farm with Andy Pollock  
and learn about the services, activities and fun  
that come with membership to Coastal Neighbors Network!

*Free memberships to Coastal Neighbors Network  
for qualifying ARAW beneficiaries are made possible  
through ARAW's Community Partners Grant.*

**Transportation is available.  
Please call to RVSP (508) 717-0400**



## Earn More SNAP Dollars with the Healthy Incentives Program!

Spend your SNAP dollars on farm-fresh fruits and  
vegetables at participating Healthy Incentives  
Program (HIP) retailers and have the amount of your  
purchase instantly added back to your EBT card!



### Farmers Markets

Look for participating farmers at  
regularly scheduled markets in your town  
or nearby, selling fresh fruits and  
vegetables.

### Farm Stands

On-farm stores where you can buy  
fresh fruits and vegetables, right from  
the hands that picked them.

Look at what you can earn each month! (based on household size)

**\$40** 1-2 PEOPLE | **\$60** 3-5 PEOPLE | **\$80** 6+ PEOPLE

## How HIP Works:



1. Find a place  
to use HIP:  
farmers' market,  
mobile market,  
farm stand, CSA.

2. Use your SNAP  
benefits as you  
normally would  
at any store that  
accepts SNAP.

3. Money is  
immediately  
returned to  
your card!  
\$\$\$

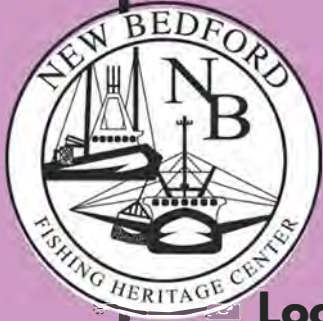


**2022 Farmer's Market coupons now available.  
Call your COA or Coastline case manager**



# MOTHERS, DAUGHTERS, WIVES: WOMEN IN FISHING FAMILIES

A FREE STORY SHARING PROGRAM PRESENTED BY  
NEW BEDFORD FISHING HERITAGE CENTER



—  
**Date: Tuesday, July 19, 2022**

**Time: 9:30-11:30 AM**

**Location: New Bedford Fishing Heritage Center**

**38 Bethel Street, New Bedford MA**

**RSVP: Call (508) 993-8894**

**Transportation can be arranged!**

—  
**Listen to true stories from three women who are part  
of fishing families.**

**Enjoy refreshments while listening to these funny,  
poignant, and heart-warming stories!**



**This program is supported by grants from the Association for  
the Relief of Aged Women and Women's Fund SouthCoast.**



# South Coastal Counties Legal Services

21 South Sixth St. | New Bedford, MA 02740  
508-979-7150 | 800-244-9023

Due to the COVID-19 pandemic, many people struggled financially and applied for Pandemic Unemployment Assistance (PUA) through the Department of Unemployment Assistance (DUA), as well as seeking regular unemployment benefits. Due in part to large scale fraud (much of it out state) and systemic failures at DUA, the program largely ground to a halt and many eligible people were denied and other ineligible people were approved and received funds that they had no way of knowing shouldn't have actually been sent to them. SCCLS received many calls regarding PUA/DUA cases due to these failures, and as DUA attempted to migrate more of their process away from in person offices and phone lines to online systems, our elder clients had an especially hard time asserting their rights.

As an example, one New Bedford female elder had contacted SCCLS after she exhausted her appeal rights with her unemployment case during this period and sought assistance from SCCLS's remarkable Rachel Howland Advocate, Raquel Antonio. DUA had accused her of having an overpayment of \$6,189.00. The elder had a very hard time navigating through the DUA portal online and trying to figure out what had happened. She also contacted DUA several times and received conflicting information from different representatives. The Elder was a grandmother raising her teenage grandson due to the untimely death of her daughter and was afraid of what would happen if she had to repay the funds from her limited income. While the elder had tried to resolve the issue herself, she had started to submit a request for a waiver of the money without understanding how it worked. DUA had contacted her about completing the waiver despite her efforts and the elder was increasingly frustrated. Advocate Antonio was able to deescalate the dispute, reviewed the paperwork, and helped her access assistance from a DUA representative in getting the waiver filed. DUA processed the completed paperwork, approved the waiver, and the elder was able to resolve the overpayment.

Another elder in similar circumstances had already gone forward with an appeal hearing and lost. DUA had concluded that even though she was not at fault for the issue, that she was ineligible for pandemic benefits and as a result should still pay back \$10,206.00 to DUA. Raquel also assisted this elder with filing out a waiver in order to undo the damage caused by the adverse decision. The elder similarly contacted multiple DUA representatives and received conflicting and inconsistent information. With help, the elder submitted the required information and the waiver was then approved.

*The Rachel Howland Advocate is made possible in part through a grant from the ARAW*

## Hot Weather Safety Tips for Older Adults

While summer brings us warmth and bloom, prolonged exposure to excessive heat in summer months can be dangerous. This is especially true for older adults. Every summer, more than 600 Americans die of health problems caused by excessive heat and humidity. Older adults and individuals with chronic medical conditions are at high risk of developing heat-related illnesses, because of aging-related physical changes in the body, chronic health conditions, and even effects of taking some medications.

### Staying Safe When It's Too Darn Hot

80°

When the temperature climbs above 80°F, older adults need to be proactive and take precautions to avoid ailments due to excessive heat. Keep in mind the following tips when trying to stay cool.

■ **STAY AWAY** from direct sun exposure as much as possible. If possible, plan your outdoor activities either early in the morning or when the sun starts to set.

■ **AIR CONDITIONING** is your friend in summer. Spend as much time as possible in air conditioned spaces. If you don't have an air conditioner, go somewhere that is air-conditioned. For example, you may read a book at the library, walk around in indoor malls, watch that new movie at the theater, or meet your friends at the senior center. (Note: The federal Low-Income Home Energy Assistance Program (LIHEAP) helps adults 65 and older who have limited incomes cover the cost of air conditioners and utility bills. To reach your state's LIHEAP program, call 1-866-674-6327.)

■ **STAY HYDRATED.** Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine. Alcohol and caffeine cause you to lose water in your body by making you urinate more.

■ **DID SOMEONE SAY SUNBURN?** Buy a broad spectrum sunscreen lotion or spray with sun protection factor (SPF) of 15 or higher. Apply the sunscreen liberally to all exposed skin. Also, bugs are abundant in summer, so spray insect repellent when going outdoors.

■ **DRESS APPROPRIATELY.** Whenever you can, try wearing loose, light-colored clothes. Avoid dark-colored clothes as they may absorb heat. Top it off with a lightweight, broad-brimmed hat and you are dressing like a pro! These simple changes will help you both stay cool and avoid sunburn.

■ **COOL DOWN!** Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm. Don't have the time? Then wet washcloths or towels with cool water and put them on your wrists, ankles, armpits, and neck.

# How to Spot and Treat Health Problems Caused by Heat

It's important to recognize when hot weather is making you sick, and when to get help. Here's a list of health problems caused by exposure to too much heat:

## Dehydration

**What it is:** A loss of water in your body. It can be serious if not treated.

**Warning signs:** Weakness, headache, muscle cramps, dizziness, confusion, and passing out.

**What to do:** Drink plenty of water and, if possible, sports drinks such as Gatorade™, which contain important salts called “electrolytes.” Among other things, electrolytes play a key role in regulating your heartbeat. Your body loses electrolytes when you're dehydrated. If you don't feel better, call 911. If you feel better after drinking fluids, but have medical conditions like heart failure or take diuretics (“water pills”), you should also call your healthcare provider for a follow-up.

## Heat stroke

**What it is:** A very dangerous rise in your body temperature, which may happen gradually over days of heat exposure in older adults. It can be deadly.

**Warning signs:** A body temperature of 104°F (40°C) or higher; red, hot, and dry skin; a fast pulse; headache; dizziness; nausea or vomiting; confusion or lethargy; and passing out.

**What to do:** Call 911 immediately. Move to a cool, shady place and take off or loosen heavy clothes. If possible, douse yourself with cool water, or put cloths soaked with cool water on your wrists, ankles, armpits, and neck to lower your temperature. Try to see if you can safely swallow water or sports drinks while waiting for 911.

**Note:** If you are caring for someone else who has heat stroke, only give them water or drinks if they are awake and can swallow. Do not try to give fluids by mouth if the person is drowsy, as it could cause choking.

## Heat exhaustion

**What it is:** A serious health problem caused by too much heat and dehydration. If not treated, it may lead to heat stroke (see above).

**Warning signs:** Heavy sweating or no sweating, muscle cramps, tiredness, weakness, paleness, cold or clammy skin, dizziness, headache, nausea or vomiting, fast and weak pulse, fainting. Body temperature is generally between 98.6°F (37°C) and 104°F (40°C).

**What to do:** Without delay, move to a cool, shady place, and drink plenty of cool fluids, such as water or sports drinks. Call 911 right away if you have high blood pressure or heart problems, or if you don't feel better quickly after moving to the shade and drinking liquids.

## Heat syncope

**What it is:** Fainting caused by high temperatures.

**Warning signs:** Dizziness or fainting.

**What to do:** Lie down and put your feet up, and drink plenty of water and other cool fluids.