

August 2022



GOING WITH THE FLO

Friendship Lunches & Outings (FLO)
Newsletter

ARAW

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

ARAW MOVED OFFICES ON JULY 12th...

If ARAW pays any of your bills, please make sure your billing address has been changed so that we continue to receive your bills.

WE WANT TO PAY THEM ON TIME!

If you run into any issues, please call us at (508) 717-0400

**WE CAN'T WAIT
TO HEAR FROM**

YOU!

Please take a few minutes to fill out the enclosed survey. Mail back in the envelope provided and be entered into a raffle with a

**CASH
PRIZE!!!**

Look at these masterpieces!

Congratulations to the ARAW artists who created beautiful works of art during the New Bedford Art Museum's Summer Painting Class.



**For more opportunity to
enjoy art of all kinds....**

Please use the enclosed New Bedford Art Museum pass to visit the museum and bring some friends!



Lunch & Learn

Join ARAW friends and our friends from the New Bedford Fishing Heritage Center for a fun and informative lunch at the Wamsutta Club
FRIDAY, AUGUST 26th | 12:30 pm – 2 pm
 Call ARAW to Register (508) 717-0400
Transportation is available!



THANK YOU!



Thank you to Andy Pollock of Coastal Neighbors Network for hosting some of our Dartmouth & Westport ARAW friends at Silverbrook Farm. It was an afternoon of fun, good food and friendship. They made beautiful bouquets with flowers fresh from the Farm while experiencing a taste of membership to Coastal Neighbors Network.

For ARAW eligible friends who live in Dartmouth & Westport, **FREE membership is available through funding from an ARAW Community Partner Grant. To experience more fun like this plus invaluable services including transportation & friendly visits...**

**Call Andy for more details
 (508) 556-4004**



BEFORE YOU SWITCH HEALTH INSURANCE CONSULT WITH AN EXPERT.



SHINE Counselors in the Greater New Bedford Area

| | | |
|---|------------------------------|--|
| Acushnet Council on Aging 59 1/2 South Main St., Acushnet | 508-998-0280 | Heather Sylvia |
| Dartmouth Council on Aging 628 Dartmouth St., Dartmouth | 508-999-4717 | Peggy Vollmer Ann Raymond |
| Fairhaven Council on Aging 229 Huttleston Ave, Fairhaven | 508-979-4029 | Dianne Perkins Carolyn Dantoni |
| GNB Community Health Center 874 Purchase Street, New Bedford | 508-992-6553 x147 | Derek Mendes |
| Immigrants' Assistance Center 58 Crapo St., New Bedford | 508-996-8113 | Lucy Oliveira |
| New Bedford Council on Aging 181 Hillman St. (for New Bedford residents only) | 508-991-6250 508-991-6252 | Natasha Franco Luisana Paez-Espinal |
| PACE, Inc. 166 William St., New Bedford | 508-999-9920 | Freda St. Marie-Johnson |
| Southcoast Health 200 Mill Road, Suite 109, Fairhaven | 508-758-3781 | Denise Dupuis Carla Marcelino Sandra Spoor |

**Westport Council on Aging also has counseling available.
 Just call (508) 636-1026 to speak to an expert.**



2022 Farmer's Market coupons **DELAYED
 now available after August 5th.
 Call your COA or Coastline case manager**

Help Keep Your EBT Card and DTA Benefits Safe!



Set a new EBT PIN before each issuance:

1. Call the number on the back of your card: 800-997-2555.
2. Choose your language.
3. Enter the number on the front of your card.
4. Press 2.
5. Enter the last 4 digits of your Social Security Number (SSN). If you do not have an SSN, enter the last 4 digits of your 99 number assigned by DTA.
6. Enter your Date of Birth (month/day/year – 2 digits for month, 2 digits for day, 4 digits for year). For example, 12 01 1989 for December 1, 1989.
7. Enter your NEW 4-digit PIN; then enter it again. Choose a different PIN from any previous PINs.

This is the best way to try to protect your benefits if your card information has been stolen.

If you receive TAFDC or EAEDC cash assistance, ask about having your benefits deposited to your bank account. Call your case manager to set up direct deposit.



Learn more at Mass.gov/ProtectYourEBT



FAMILY FUN AT THE FISHING HERITAGE CENTER

August AHA! Night

(New Bedford's monthly culture night)



August 11, 2022 • 5:30-8 PM

38 Bethel Street, New Bedford MA

Activities presented by MA Health Connector
in partnership with the FHC,
Fishing Partnership, and PACE:

- Pop-up games
- Silly Sally Bubble Show
- DJ spinning family-friendly tunes
- Balloon animals
- Health Connector info table
- Event partner booths



Kids can make their own instrument from 5:30-7 , then join a Foo Foo Band led by Jeff Angeley! Foo Foo bands were 19th century impromptu bands formed from a fishing vessel's crew.



Bring the grandkids!

