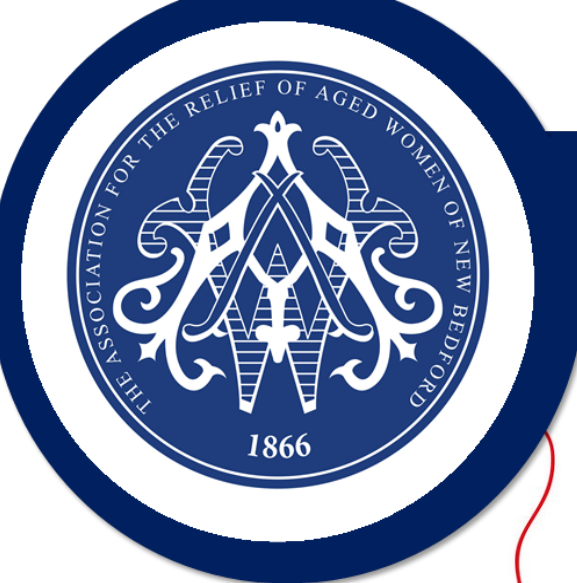
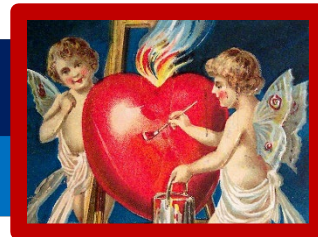


**February 2023**



## GOING WITH THE FLO

Friendship Lunches & Outings (FLO)  
Newsletter



In loving memory of our friend



**Sharon O'Malley**

September 12, 1959  
January 19, 2023

To laugh often; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty; to find the best in others; to leave the world a bit better whether by a healthy child, a garden patch, or a redeemed social condition; to know even one life has breathed easier because you have lived. This is to have succeeded.

- Ralph Waldo Emerson

**The last SNAP  
Emergency  
Allotment payment  
is March 2, 2023.  
Please refer to  
the attached  
flyer for more  
details.**

A full obituary can be found at [www.saundersdwyer.com](http://www.saundersdwyer.com)  
Remembrances or expressions of condolence may be sent to  
**ARAW, 174 Union St, Unit 4W, New Bedford, MA 02740**  
and we will be sure to get them to Sharon's family.



**Friday, February 24<sup>th</sup> | at the Wamsutta Club**

**12 pm to 1 pm**  
*Enjoy pre-lunch salsa dance lessons*

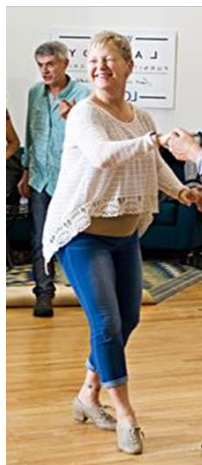
**1 pm to 2:30 pm**  
*Enjoy lunch with ARAW friends!*

**To register | (508) 717-0400 | Limited Space | Participants by lottery**  
**TRANSPORTATION AVAILABLE | HANDICAP ACCESSIBLE | DIETARY RESTRICTIONS ACCOMMODATED**

**Our Community Partner, the Zeiterion Performing Arts Center, will join us for February's luncheon at Wamsutta Club. They will bring instructor Sue Young for a Salsa dance workshop.**

No prior dance experience or partner necessary! Starting with the basic steps we will explore technique, Latin rhythms, and Cuban motion. This experience is a great way to get started on your "salsa dance" journey!

**If you are not interested in dancing – just come for the fun!**



# Top 10 Scams Targeting Older Adults

- 1 COVID-19 Vaccine Scams
- 2 Government Impostor Scams
- 3 Lottery and Sweepstakes
- 4 Online Romance Scams
- 5 Peer-to-Peer (P2P) Payment/Lending Scams
- 6 Medicare/Health Insurance Scams
- 7 The Grandparent Scams
- 8 Debt collection/Account Takeover Scam Calls/Texts
- 9 Robocalls/Phone Scams
- 10 Computer Tech Support Scams



**When it comes to scams here are some helpful hints....**

- Join the Massachusetts Do Not Call Registry. To add your number: call (866) 231-2255 or visit [www.MADoNotCall.govconnect.com](http://www.MADoNotCall.govconnect.com)
- Never give out your personal information over the phone unless you initiated the phone call and know that you can trust the person or organization with whom you are speaking to. Legitimate companies or organizations will never ask for this information over the phone.
- Do not provide the following information about yourself:
  - Social Security number
  - Credit card numbers
  - Bank account numbers
- Simply tell the caller: "I do not give personal information out over the phone. I will be in touch with the company or organization or individual directly and give them the needed information."

**If you would like to learn more or are concerned that you have been a victim of a scam, call ARAW at (508) 717-0400. We will put you in touch with someone who can help.**

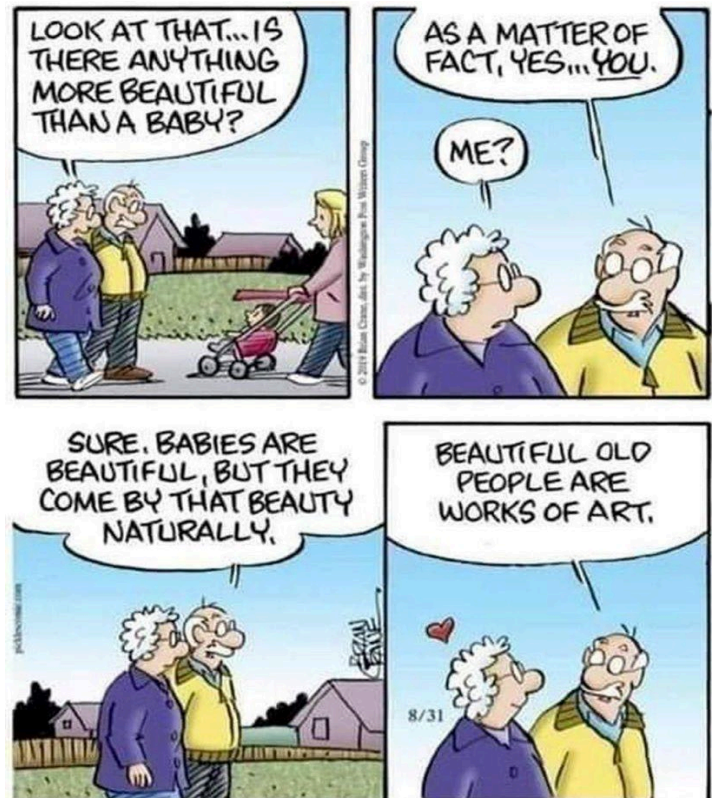
**make kindness the norm.**

Random Acts of Kindness Day is February 17, 2023

**What can you do to be EXTRA Kind?**

# KINDNESS GAME

SMILE AT 10 PEOPLE	SLIP A NICE NOTE INTO SOMEONE'S BACKPACK	LEARN TO SAY THANK YOU IN A NEW LANGUAGE	SIT WITH A NEW PERSON OR GROUP OF PEOPLE AT LUNCH
GIVE SOMEONE A HIGH FIVE	❤️	HOLD THE DOOR FOR SOMEONE	FIND SOMETHING YOU HAVE IN COMMON WITH SOMEONE
MAKE A THANK YOU CARD		WRITE DOWN THREE REASONS YOU ARE PROUD OF YOURSELF	CREATE YOUR OWN KIND DEED
ASK SOMEONE ABOUT THEIR DAY	COMPLIMENT SOMEONE		



**Remember ARAW may be able to help when times are tough. To be considered for support from the ARAW, please call us in advance of a purchase, a service or making any change to existing support. We are just a call away to talk with you about your needs (508) 717-0400**



# Federal Extra COVID SNAP Ending

## What is COVID SNAP?

During COVID, Massachusetts households have been getting extra SNAP at the beginning of each month to buy food.



Due to federal action, the **last COVID SNAP payment is March 2, 2023.**

## How will this impact my SNAP benefits?

Starting in April, you will get only 1 monthly payment. That is your normal benefit. Find the amount on DTA Connect or by calling 877-382-2363.

Reminder: Unused SNAP benefits roll over each month. Change the PIN on your EBT card regularly to protect your benefits.

**You may be able to increase your normal SNAP benefits** by telling DTA about:

- Medical costs over \$35 a month for anyone in your SNAP household who is 60 or older or has a disability,
- If your housing costs have gone up (rent/mortgage), and
- Child or disabled adult care costs.

## Tell DTA About These Costs:



Upload a written note on DTA Connect



Call the DTA Assistance Line at 877-382-2363



Visit a DTA office or work with a community SNAP outreach partner: [Mass.gov/ContactDTA](https://www.mass.gov/ContactDTA)

If you get SNAP, you can automatically participate in HIP!



HIP puts money back on your EBT card when you use SNAP to buy fruits and vegetables from HIP farm vendors. Depending on household size, you can get \$40 to \$80 a month.



[Mass.gov/ExtraCOVIDSNAP](https://www.mass.gov/ExtraCOVIDSNAP)



# Federal Extra COVID SNAP Ending

Due to federal action, the **last COVID SNAP payment is March 2, 2023.**

## For more food help:

### Community food resources

- Call or text Project Bread's FoodSource Hotline: 1-800-645-8333
- Greater Boston Food Bank: <https://www.gbfb.org/need-food/>
- Worcester County Food Bank: <https://foodbank.org/find-food/>
- The Food Bank of Western Massachusetts: <https://foodbankwma.org/get-help/covid-19-food-pantry-meal-program-schedule/>
- Merrimack Valley Food Bank: <https://mvfb.org/member-agencies/>

### Nutrition Programs

- If you have children under age 5/are pregnant or breastfeeding, you may be eligible for the WIC nutrition program: [Mass.gov/WIC](https://www.mass.gov/WIC) or call 800-942-1007
- All K-12 students can get free school meals this school year

## For cash help:

- Get help with 2022 taxes and any COVID stimulus or Child Tax Credit money you are owed: [FindYourFunds.org](https://www.findyourfunds.org)
- If you have children/are pregnant and have no income or low income, you may be able to get TAFDC. If you are 65 or older or disabled with no or very low income, you may be able to get EAEDC. Learn more and apply: [DTAConnect.com](https://www.dtaconnect.com)

## For housing and utilities help:

- Rent or mortgage help: [Mass.gov/covidhousinghelp](https://www.mass.gov/covidhousinghelp) or call 2-1-1
- Fuel Assistance help paying for heat: <https://www.toapply.org/MassLIHEAP> or call 800-632-8175
- Money to help pay for the internet or a computer: [GetInternet.gov](https://www.getinternet.gov), [AccedeAInternet.gov](https://www.accedeinternet.gov)



[Mass.gov/ExtraCOVIDSNAP](https://www.mass.gov/ExtraCOVIDSNAP)



# ARAW

## The Association for the Relief of Aged Women of New Bedford

The Association's mission is **"to furnish financial assistance, provide friendship and promote the welfare and relief of elderly women."**

One of the founders and the first President, Rachel Howland, organized this benevolent private foundation in 1866. Over the course of more than 150 years, ARAW has provided assistance, relief and friendship to thousands of elderly women.

### ***"women helping women"***

Today, led by volunteer board members and a small staff, the Association directly supports the individual financial needs of over 280 women.

### ***"not alms alone, but a friend"***

This, the Association's founding motto, prevails as the core of what makes the Association's work so compelling and compassionate.

In addition to providing financial support, ARAW board members get to know beneficiaries and form lasting friendships.

**The ARAW operates under the General Laws of Massachusetts as a private non-profit 501©(3) charitable organization.**

## COMMUNITIES SERVED

Acushnet  
Dartmouth  
Fairhaven  
New Bedford  
Westport

## ELIGIBILITY GUIDELINES

### AGE:

Ongoing support (age 70+)  
One-time assistance (age 65+)  
Emergency funds (age 65+)

### RESIDENCY:

Over five years in service area  
Preference to women living alone

### INCOME:

Monthly income under \$1,650  
(with subsidized housing)  
Monthly income under \$2,300  
(non-subsidized housing)  
Liquid assets under \$10,000  
(excluding home and auto)

## REFERRALS

ARAW staff welcomes inquiries by phone

508-717-0400 or by email  
admin@arawofnb.org.

## PLEASE NOTE:

Formal applications are completed, in the home, by advocates from ARAW or partnering social service organizations.

## VISION

Elderly women in our community will live well and with dignity.

## MISSION

We furnish financial assistance, provide friendship, and promote the welfare and relief of elderly women.

## We do this by:

Investing in and collaborating with our community partners to identify and address women's unmet needs.

Meeting our beneficiaries' needs through one time, intermittent or ongoing financial support.

Providing friendship to women through social visits.

## SUPPORT

**ARAW** directly supports individual women when there is no other resource, program or support in the community that can meet their specific needs.

The Association's primary purpose is to improve the quality of life for elderly women. Direct financial support decisions are made monthly by taking each individual's circumstance and specific need into consideration.

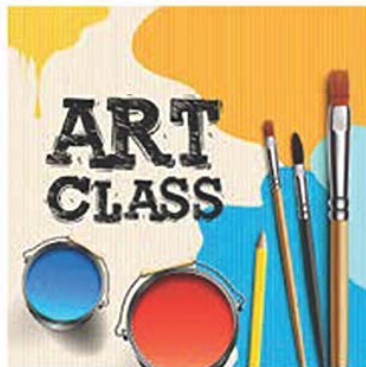
***We speak Portuguese!***

## MEET INSTRUCTOR CHRISTINE CUMMINGS



This is an opportunity to work on your own projects in a pleasant, well lit space with other artists and get instruction on an as needed basis.

*Students must supply their own materials.*



**1ST CLASS MARCH 15TH**

**WEDNESDAYS**

**9:30-12 NOON**

**WESTPORT SENIOR CENTER**

**75 REED ROAD, WESTPORT, MA**

**CALL THE CENTER FOR INFO**

**COST \$10 PER CLASS**

**PREREGISTRATION IS REQUIRED**

**SEATING MAY BE LIMITED**

# INTRODUCING THE NEW TECH CAFÉ.



## **The February Tech Schedule is**

**Appointment only in our new Tech Café room at Westport Senior Center.**

**One-on-One** Tech appointments will be scheduled on Thursdays, 9:00 AM, 10:00 AM and 11:00 AM, February 2, February 9, February 16, February 23, and also March 2.

February Tech **Classes** will be on Wednesdays, 1:30-3:00 PM.

February 1 (How to Order Groceries and Take Out Online)

February 8 (Using Video Conferencing and Video Calls including Zoom, Meets, TEAM/FaceTime, Messenger and DUO)

February 15 (Using My CHART & Health Care Technology)

February 22 (Scanning important Personal Documents - How and Why)

March 1 (Smart Devices Technology: Wearable Home Security and Maintenance)

**Please note that classes and one-on-one appointments are limited, so please call the Westport Senior Center to reserve a spot. 508-636-1026.**

**This program is funded in part by a grant from Bristol Elder Services, Inc., through a contract with the Executive Office of Elder Affairs. Donations are accepted and will be used to continue offer these programs.**





# Free February Programs at New Bedford Fishing Heritage Center

Questions? Call (508) 993-8894



**Let's Draw a Lighthouse Tonight with Bob Bowers**  
**Thurs., Feb. 9 • 5:30 PM • Free (RSVP encouraged)**  
**Fishing Heritage Center, 38 Bethel Street, New Bedford**  
**Bob Bowers, featured artist in “Fishboats: Art of the Industry” will teach you how to draw a lighthouse in just a few easy steps. Supplies provided, just bring your enthusiasm! Appropriate for ages 10+.**

**Dock-u-mentaries: Conversations with the Lobster Lady**

**Fri., Feb 17 • 7 PM (Doors 6:30 PM) • Free**

**National Park Theater, 33 William Street, New Bedford**

**Head out on a lobstering trip with Maine’s oldest active lobsterman! Known affectionately as “The Lobster Lady,” Virginia Oliver is over 100 years old and still actively lobstering.**



**Lobster Days**

**Thurs. Feb 23 and Fri. Feb 24 • 11-3 PM • Free**

**Fishing Heritage Center, 38 Bethel Street, New Bedford**

**Grandkids bored during school vacation? No longer with the return of Lobster Days! Visit the Center for crafts, story time, and lobster-themed fun. Working lobstermen will be on hand to answer questions and teach you about these interesting critters!**



AT THE NEW BEDFORD  
FISHING HERITAGE CENTER





NEW BEDFORD SYMPHONY ORCHESTRA  
Yaniv Dinur, Music Director

Yaniv Dinur, Music Director

**CONCERTS:**

SYMPHONY ON TAP

**SATURDAY, FEBRUARY 18, 7 PM**

AT KILBURN MILL

**CHAMBER SERIES:**

**A PLANETARY TOUR**

FEBRUARY 25 & 26

FEBRUARY 25TH | 4 PM

**ST. GABRIEL'S EPISCOPAL  
CHURCH**

**124 FRONT STREET  
MARION, MA**

FEBRUARY 26TH | 4 PM

**ST. PETER'S EPISCOPAL  
CHURCH**

**351 ELM STREET  
SOUTH DARTMOUTH, MA**

FOR TICKETS AND MORE INFO, PLEASE  
CONTACT (508) 999-6276

# Creative Care

# Painting Workshops

**Ladies Sunday**

**Guided Painting with Devin**

Feb 5th

Feb 12th

Feb 19th

Feb 26th

**Class times:  
1:00pm-3:00pm**

**Registration required. Contact  
ARAW (508) 717-0400  
for registration and  
details. Free for ARAW participants  
Invite a friend! \$30 per session for  
non-participants**

Creative Care is an art program for seniors presented by the New Bedford Art Museum/ArtWorks!. This program is made possible through a grant from the Association for the Relief of Aged Women of New Bedford.

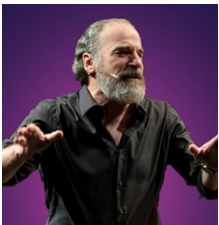


We have some **FREE** tickets available to a performance at the Zeiterion. However, they are limited...

**CALL (508) 717-0400 IF INTERESTED!**

Up to two tickets per person, while supplies last...  
Let us know ASAP, as these will be first come, first served.

Here is a list of upcoming shows:



**Thursday 2/9 at 8PM | Mandy Patkin in Concert: Being Alive**

Watch Mandy bring to life his favorite Broadway and classic American tunes accompanied by Adam on piano.

**Sunday 2/19 at 3PM | Les Ballets Trockadero de Monte Carlo**

Watch the world's foremost all-male comic ballet company perform in drag and attend the free pre-show at 2PM to hear about the company's storied history directly from the artistic director!

**Saturday 2/25 at 7PM | Mardi Gras with Southcoast Brass Band**

Enjoy Mardi Gras right here on The Z's stage in a one of a kind party performance from our local brass band. All proceeds from this event will go to the New Bedford Boys & Girls Club!



**Sunday 2/26 at 2PM | Movies through the Decades: Breakfast at Tiffany's**

Celebrate the Z's 100<sup>th</sup> birthday by watching Audrey Hepburn's 60s classic on the big screen.

**Friday 3/3 at 8PM | Rodney Marsalis Philadelphia Big Brass Band**

Listen to this uplifting concert featuring music from the Civil War to the Civil Rights Era played by some of America's top brass musicians and attend the free pre-show at 5PM to hear National Park Ranger Rufai share information about New Bedford's history as a stop on the Underground Railroad.



**Saturday 3/4 at 8PM | Classic Albums Live Performs: Pink Floyd**

Celebrate the 50<sup>th</sup> anniversary of the release of Pink Floyd's album Dark Side of the Moon at this concert.

\*Transportation available





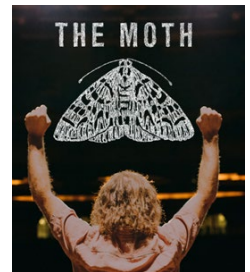
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**CALL (508) 717-0400 IF INTERESTED!**

Up to two tickets per person, while supplies last...  
Let us know ASAP, as these will be first come, first served.  
Here is a list of upcoming shows:

**Saturday 3/11 at 7:30PM | The Moth Mainstage**

Listen to people from all walks of life tell captivating true stories from their lives, live without notes and attend the free pre-show at 6pm to hear local students from Our Sisters' School share their own personal narratives.



**Sunday 3/12 at 3PM | Ireland with Michael Londra**

This multimedia experience combines music, dance, and stories from Ireland and features the ethereal voice of Emmy award nominated singer Michael Londra.



**Monday 3/13 at 7PM | Black Boy: A Literature to Life Presentation**

Watch one actor bring to life Richard Wright's memoir where he describes his childhood growing up in the Jim Crow South and his journey to Chicago to become a writer. Attend the pre-show at 6PM to hear from students in the Clemente Course share about their experiences reading the book and making their way in this country.

**Wednesday 3/15 & Thursday 3/16 at 8PM  
America's Top Psychic Medium: Matt Fraser**

The star of the E! TV series Meet the Frasers and the best-selling author of When Heaven Calls will make you gasp, laugh, and cry as he reads your future and your past – connecting audience members to lost loved ones, revealing unknowable secrets, and turning skeptics into believers.



**Sunday 3/19 at 2PM | Movies through the Decades: Enter the Dragon**

Celebrate The Z's 100<sup>th</sup> anniversary by watching Bruce Lee's 70's classic on the big screen.

**Thursday 3/30 at 7:30PM | Crys Matthews**

Listen to singer songwriter Crys Matthews – hailed as "The Next Woodie Guthrie" -- perform their socially conscious songs live on The Z's stage.

\*Transportation available