

June 2023



GOING WITH THE FLO

Friendship Lunches & Outings (FLO)
Newsletter



Farmer's Markets are now **OUTDOORS** at numerous locations. Here are a few to check out...

Mondays: 2-6pm (June-October)
at Brooklawn Park
Acushnet Ave entrance



Thursdays: 2-6pm (June-October)
outside in Buttonwood Park
on Buttonwood St.



Fridays: 2-6pm (June-October)
at Clasky Common Park
Pleasant St. inside the park



Saturdays *NEW DAY*
10am-2pm (June-October)
at Serenity Gardens
Bedford St.



WELCOME SUMMER WITH YOUR ARAW FRIENDS!

June 21st marks the Summer Solstice, the first official day of summer and the longest day of the year. On June 23rd ARAW will celebrate the start of summer with a luncheon of friends. **Won't you join us?**

Friday, June 23rd | Wamsutta Club | 12:30 – 2:30 pm

Handicap accessible | Transportation available | Dietary restrictions observed
Call ARAW (508) 717-0400 to register – Participants by lottery



Father's Day can be a day to celebrate, but it can also be difficult for some of us.

A Father's Day Acknowledgement for:



Those with good father relationships.



Those who have lost fathers.



Those with strained father relationships.



Father's with strained child relationships.



Those who never had a father.



Fathers who have lost children.



Those who long to be fathers.



Those who have chosen not to be fathers.



Those who are fathers.

June is Pride month.

Older people in the LGBTQ+ community are especially in need of support, both from each other and the outside community. June is Pride Month, a celebration of LGBTQ+ communities. It's also a chance to raise awareness of issues the community faces and ways those outside the community can show support.

Elder LGBTQ+ adults are twice as likely to live alone, are four times as likely not to have children and are twice as likely to be discriminated against when looking for senior housing. In fact, over 30% of LGBTQ+ seniors worry they may have to hide their identity to get senior housing. They are also twice as likely to feel a lack of community and social support.

If you have children or other loved ones who are a part of the LGBTQ+ community, being supportive can have a positive impact on their mental health. Another top action people can do is educating themselves about the LGBTQ+ community and issues. Being an active ally is a journey, so it's important to acknowledge there are always things to learn and ways to improve.

There are roughly 3 million LGBTQ+ seniors in North America, with that number growing to more than 7 million by 2030. This means support and understanding are becoming more important.

**ARAW is proud to partner with
the South Coast LGBTQ+ Network the Aging Well program.
If you are interested in learning more
as a member of the LGBTQ+ community or as a proud ally,
please do not hesitate to reach out to the Network directly (774) 775-2656**

*Excerpts from SAGE website



Did you know...
plants that produce food
(including edible flowers!)
are HIP-eligible!?!
Patio tomato plant,
fresh basil,
parsley & more!
All do well in small spaces...

**We're Closed
For
Juneteenth!**

JUNE 19TH, 2023

Check your SNAP EBT balance by calling the DTA Assistance Line (877) 382-2363

First: Select a Language

Press 1 for English 2 for Spanish 3 for Portuguese 4 for Chinese
5 for Vietnamese 6 for Haitian Creole 7 for Other Language

Second: Choose a Self-Service Option

Press 1 for "Case Information"

Third: Confirm Who You Are

To protect your case, DTA needs more information about you. Press **one** of the following options:

1. Your SSN
2. Your 7-digit DTA Agency ID or
3. Your EBT Card Number

After this, DTA will ask for your 4-digit year of birth.

Fourth: Learn about your SNAP case

If you press 1, you will hear...

- The status of your case and the amount of monthly benefits,
- Your next issuance date, AND
- **Your current SNAP EBT balance**



In Season in *June*



Spinach



Beets



Blueberries



Watermelon



Blackberries



Avocado



Chard



Strawberries



Apricot



Potatoes



Dill



Tomatoes



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 show:

**Saturday June 3rd at 8PM | With Love From Portugal:
A Night of Fado with Helder Moutinho & Maria Emilia**

Immerse yourself in the sounds of Portugal. This performance will feature the music and poetry of fado shared by world-renown fadistas Helder Moutinho and Maria Emilia.



Sunday June 4th at 2PM | Movies through the Decades: Ratatouille

Celebrate The Z's 100th anniversary by watching Pixar's heartwarming, family-friendly movie on the big screen. This movie follows Remy, a determined young rat who is secretly working in one of the finest restaurants in Paris, as he follows his dream of becoming a chef.

**Sunday June 11th at 2PM | Buster Keaton Double Feature:
Silent Films with Live Wurlitzer Organ Accompaniment**

Take a trip back in time and watch two silent films on the big screen while organists from the Eastern Massachusetts Chapter of the Theatre Organ Society play live! The screening will feature two silent films: One Week and Go West. In the first film, Buster Keaton and Sybil Seeley star as newlyweds who receive a portable house as wedding gift and have a comically hard time assembling it. In the second film, a New Yorker who can't hold down a job finds himself herding cattle to The West Coast.



**Tuesday June 13th at 7PM | Utica: The Last Refuge
A Film Screening in Honor of World Refugee Day**

This newly released documentary follows the Azeins -- a family of 4 from Sudan -- who arrive in Utica, NY and attempt to start a new life, and in turn, bring back to life a city plagued by economic stagnation. The film is a hopeful look at America's commitment to those who cross our borders to be free. Following the film, we will host a panel discussion featuring local refugees, refugee and immigration advocates, and the Executive Director of The Center featured in the film, which has helped 16,500 refugees from 35 countries resettle in the Mohawk Valley region of NY.



***Transportation available**

**Saturday June 24th at 8PM |
Alan Cumming & Ari Shapiro:
Och & Oy! A Considered Cabaret**

This wildly entertaining evening of tunes and tall tales brings together Tony Award-winning actor Alan Cumming (Cabaret, The Good Wife) and NPR's *All Things Considered* host (and Pink Martini guest vocalist) Ari Shapiro.



**Thursday June 29th at 8PM |
An Evening with Bernadette Peters**

Join three-time Tony Award winner Bernadette Peters for an inspiring evening of songs from Rodgers and Hammerstein, Stephen Sondheim, and Jerry Herman, among others.

**Saturday July 1st at 8PM |
One Vision of Queen featuring Marc Martel**

Marc Martel, widely considered the vocal reincarnation of Freddie Mercury, returns to The Z to perform Queen's greatest hits including "Bohemian Rhapsody," "We Will Rock You," "We Are the Champions," "Another One Bites the Dust," "Under Pressure," "Somebody to Love," and "Crazy Little Thing Called Love."



**Saturday July 8 at 11AM | Summer Tours of The Z:
Take a Tour Before the Building Transforms!**

Take a tour of The Z before the exciting renovation and restoration project transforms the building as we know it! This hour-long tour will take you behind the curtain of the 100-year-old theatre where you'll go to areas rarely experienced by the public. Summer Tours of The Z meet in the main lobby and are available June 3, June 17, July 8, and August 5 at 11AM and on all AHA! Nights the 2nd Thursday of the month at 5PM and 6PM.

Share Your Story!

Do you remember coming to The State as a young woman? Do you have a memory from a show you've seen at The Z that you cherish? In honor of our 100th anniversary we are collecting your stories and memories of this historic building, as well as your hopes of its future. **Call our Story Hotline at (774) 425-3417 to record YOUR story!**

***Transportation available**



SUMMER 2023 AT NEW BEDFORD FISHING HERITAGE CENTER

Concert: Pebbles of Rain

Thurs., 6/8 • Center (38 Bethel Street, New Bedford) • FREE

Fiddler Jeff Angeley, songwriter and vocalist extraordinaire Samantha Babineau, guitarist Steven Brum, and multi-instrumentalist Christian Camarao bring an eclectic sound, drawing from a wide variety of sources, including folk, country, indie, punk rock, and more!



Exhibit Opening - Sea Monsters: Real and Imagined

Thurs., 7/13 • 5-8 PM • Center (38 Bethel Street, New Bedford) • FREE!

There are things that live deep underwater...some exist, some exist only in legend. Our newest exhibit showcases a series of real-life deep-sea creatures as well as representatives of myth around the world! As part of our AHA! Night programming, be sure to participate in creating a community sea serpent to hang in the Center!



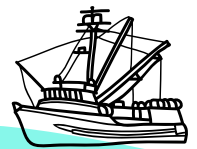
Concert: Sharks Come Cruisin'

Thurs., 8/10 • 7 PM • Center (38 Bethel Street, New Bedford) • FREE!!

Sharks Come Cruisin' plays an energetic mix of sea shanties and maritime music, keeping the themes of audience participation and celebration at the center of their music and live performances. They have played up and down the East Coast and host the PVD Shanty Sing every year in their hometown of Providence, RI!



**New Bedford Fishing Heritage Center
38 Bethel Street, New Bedford MA
(508) 993-8894**



Sea Monsters: Real and Imagined and associated programming are funded by the Acushnet, Dartmouth, Fairhaven, Marion, Mattapoisett, New Bedford Cultural Councils, as well as grant from the Westport Cultural Council, a local agency supported by the Helen E. Ellis Charitable Trust administered by the Bank of America, the Massachusetts Cultural Council, BankFive, BayCoast Bank, and a Community Impact Grant from Eversource.



Herstory

An Intergenerational Oral History Project

You're Invited to View our Digital Exhibit!

We are thrilled to announce the creation of a digital exhibit based on *Herstory*, our intergenerational oral history project pairing students in high school and college with older women who have ties to New Bedford's fishing community. Students completed interviews with ten extraordinary older women who shared inspiring stories about their hopes and heartbreaks, struggles and successes. These oral histories also reflect the varied and important roles of women on New Bedford's waterfront. This exhibit, co-curated by the students, features excerpts from the interviews and family photographs shared by the women who were interviewed.

We thank the women who participated in this oral history project. The digital exhibit wouldn't exist without these fascinating and inspiring stories.

Please visit the Center's website to view the digital exhibit:

fishingheritagecenter.org/exhibits/herstory/

We are grateful to the Association for the Relief of Aged Women and the Women's Fund SouthCoast for their support of this project.



**WOMEN'S
FUND
SOUTHCOAST**

The *Herstory* project is ongoing! If you are you a woman with a connection to the fishing industry and would like to share your story, call (508) 993-8894 or email: herstory@fishingheritagecenter.org

**NEW BEDFORD FISHING HERITAGE CENTER
38 BETHEL STREET | P.O. BOX 2052 | NEW BEDFORD, MA 02741 | 508-993-8894
WWW.FISHINGHERITAGECENTER.ORG**

Understanding your unique challenges is essential to creating the best solutions for your needs.

Despite the advancements the LGBTQ+ community has made over the years, older LGBTQ+ individuals are suffering, with shocking statistics that highlight the differences between their experiences and those of their non-LGBTQ+ counterparts, among other challenges.

MORE LIKELY
TO SUFFER FROM
POOR OVERALL
HEALTH AND
DEPRESSION

MORE LIKELY
TO SUFFER ECONOMIC
HARDSHIP AND
INSECURITY

3X
THE RATE OF LIFETIME
SEXUAL VIOLENCE
VICTIMIZATION

4X
THE RATE OF SUICIDAL
THOUGHTS IN THE
PAST YEAR

Source: The Fenway Institute, LGBT Aging 2025 Report

Not Just Older. Bolder.

By giving older LGBTQ+ individuals the support and the tools they need to make decisions, we can help them not only live the lives they want now, but also prepare them for their lives ahead. Showcasing the value that older LGBTQ+ people offer to the community will make the South Coast a better place for us all.

Be a Change-Maker. Join Our Senior Advisory Committee.

We need passionate and motivated people who want to make a difference in their community and shape the future. Allies welcome. For more info, email eileen@sclgbtqnetwork.org today.



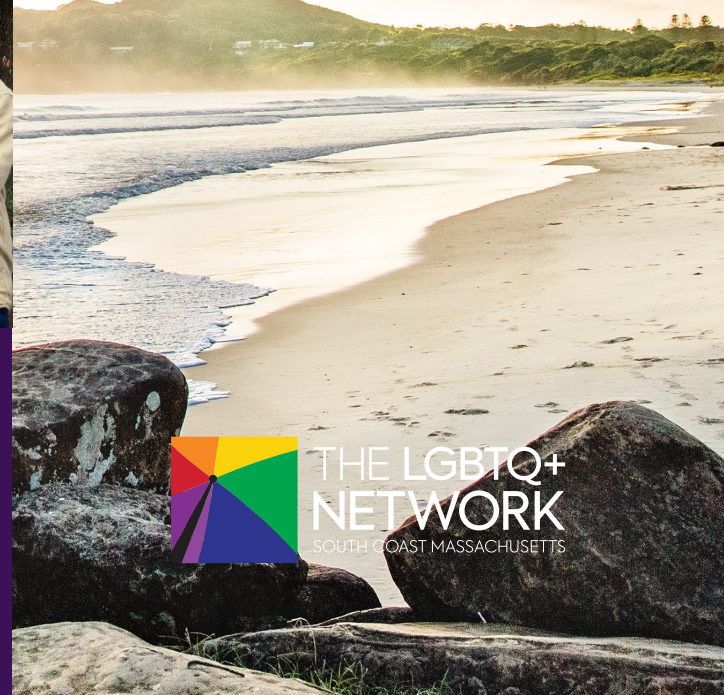
**THE LGBTQ+
NETWORK**
SOUTH COAST MASSACHUSETTS

The South Coast LGBTQ+ Network
A 501(c)(3) Nonprofit Organization
P.O. Box 8473
New Bedford, MA 02740
(774) 775-2656

sclgbtqnetwork.org



Supporting the unique needs
of older LGBTQ+ individuals
and their families in the South
Coast of Massachusetts





Aging Well is a comprehensive, community-based program supported by experienced case managers, mentors, and partner providers with support from volunteer clinicians, all of whom are laser-focused on helping older LGBTQ+ adults in the South Coast become more confident, self-sufficient, and independent. This is a individual- and family-driven effort—not a “scripted” service. Seniors, their families, and allies engage in programs that guide them towards achieving self-identified goals.



Aging Well is a service of The South Coast LGBTQ+ Network. It is made possible by funding from Bristol County Elder Services through a contract with the Massachusetts Executive Office of Elder Affairs and the Association for the Relief of Aged Women (ARAW) of New Bedford.



The mission of Aging Well is to help older LGBTQ+ individuals in Massachusetts’ South Coast experience joy in their later years after living through the tumultuous early years of the struggle for LGBTQ+ equality. We are determined to eliminate barriers to services such as healthcare, financial planning, technology literacy, transportation, and social engagement.

Better access to services. Safer environments for socializing. More opportunities to get better with age.

We know that LGBTQ+ adults must overcome unique obstacles as they get older that prevent them from living their lives to the fullest. Diminishing physical or mental abilities, awkward family dynamics, social isolation, inadequate healthcare... Aging Well is here to help work through it all with the programs and services you have been asking for:

- Health and wellness programs
- Transportation services
- Technology access
- Computer literacy
- Social media education
- Financial planning
- Legal consulting and services
- Social engagement and celebration
- Cultural experiences

Friendly visitors are always on hand.

Aging is place is easier whenever you have someone there to help. To share a meal. To have a conversation. Or just to listen. Aging Well’s “friendly visitors” can help get you to and from appointments and social gatherings. They can connect you to people and services. They can assist you with technology. It’s up to you: The goal of each visit is defined by you and your unique needs.

Professionally managed programs ensure successful outcomes. Aging Well’s in-home case management services are staffed by people with a bachelor’s degree or higher, many with extensive training and LGBTQ+ related life experience. All of them share a passion for helping older LGBTQ+ people thrive.

Solutions-driven partnerships to help organizations provide the highest quality care.

Older LGBTQ+ people have specific needs that some organizations struggle to understand. An integral part of Aging Well is to provide training to companies and institutions to help them understand how to interact appropriately and effectively with this underserved group.

For more information about Aging Well, contact eileen@sc-lgbtqnetwork.org, call (774) 775-2656, or visit sc-lgbtqnetwork.org/Aging-Well.v051622