

July 2023



# GOING WITH THE FLO

Friendship Lunches & Outings (FLO)  
Newsletter



YOU'RE INVITED TO AN  
**ICE CREAM SOCIAL**

Wednesday, July 26<sup>th</sup> | 2:00 pm – 3:30 pm

The Bucket in South Dartmouth | 77 Gulf Rd | Dartmouth

Handicap accessible | Transportation available | Dietary restrictions observed

Call ARAW (508) 717-0400 to register – Participants by lottery



**SENIOR FARMER'S MARKET NUTRITION Program**

Thanks to a \$1.4 million grant benefits increase this year from \$25 to \$50!!

Call your Council on Aging for your coupons!

# Wow!

Did you know that ...  
you can

## Get Free or Discounted

to various local museums and attractions (dependent on library and availability) like...

- Battleship Cove, Blithewold Mansion, Gardens & Arboretum, Boston Children's Museum, Buttonwood Park Zoo, Heritage Museums & Gardens, Isabella Stewart Gardner Museum, Massachusetts State Park Pass, Museum of Fine Arts – Boston, Museum of Science – Boston, Mystic Seaport - CT, New Bedford Art Museum, New Bedford Fishing Heritage Center, New Bedford Whaling Museum, New England Aquarium, Rotch-Jones-Duff House & Garden Museum, Roger Williams Park Zoo, USS Constitution Museum

- Acushnet – Public Library (508) 998-0270
- Dartmouth – North Branch Library (508) 999-0728
- Dartmouth – Southworth Library (508) 999-0726
- Fairhaven – The Millicent Library (508) 992-5342
- New Bedford – Main Library (508) 991-6275
- Westport – Free Public Library (508) 636-1100

★ VISIT YOUR LIBRARY AND ★



Check Out a Museum

# Summer days can be hot! Gilly the Gull stopped by to share some summer safety tips!!



## Summer Safety Tips



**Stay Hydrated**  
Drink 8 or more glasses of water per day to stay healthy & hydrated



**Know the Side Effects of Medications**  
Some medications have side effects such as drowsiness or sun sensitivity



**Stay Cool**  
Stay in the A/C, indoors, go swimming, etc.



**Wear Light, Loose Fitting Clothing**  
Wear breathable clothing and light colors that reflect the sun



**Have Emergency Contacts**  
Have a list of people to call in case of emergency



**Know the Weather Forecast**  
Plan your days accordingly depending on the weather

## Budgeting Tips & Resources to Consider



# HAVE YOU?

Taken advantage of all the benefits available to you?

- Tax programs?
- Fuel/Electric assistance?
- OTC cards?

Explored ways to save money on food?

- SNAP card? Check your balance! Remember HIP!
- Farmer's Market Coupons?
- Food Pantries?
- Greater Boston Food Bank deliveries?
- Coupons through newspaper, mail or at store?

Talked to someone to make sure you have the best health insurance for you?

- SHINE consultation at local COA

Considered subsidized housing?

Signed up for the Affordable Connectivity Program?

## 9 MAGICAL FOODS TO STAY HYDRATED WITHOUT WATER



Cantaloupe



Skim Milk



Watermelon



Celery



Cucumber



Strawberry



Spinach



Tomatoes



Lemons



NEW BEDFORD ART MUSEUM

# SENIOR PAINTING CLASS

SUNDAYS  
JULY 9 - 30  
11AM - 1PM  
FREE, 65+



## SENIOR SUNDAYS STEP-BY-STEP ACRYLIC PAINTING

This program aims to bring high quality art education to elderly women on a fixed income.

No prior experience required. All materials included.

Limited seating available. To check eligibility and sign up in advance please contact Devin McLaughlin: (508) 525-6731

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**NEW BEDFORD ART MUSEUM**  
608 PLEASANT ST  
NEW BEDFORD, MA 02740

This class is generously funded by the  
Association for the Relief of Aged Women.



@NBAM\_AW | PHONE: (508) 961-3072 | NEWBEDFORDART.ORG

Introducing a support group designed to help older LGBTQ+ individuals in the South Coast understand and process grief in its many forms.

# Good Grief

A SIX-MONTH SERIES TAKING PLACE ON THE  
LAST WEDNESDAY OF THE MONTH

Beginning June 28 @ 6:00 PM at Groundwork Fall River

To register—or for more information—email [maureen@sc-lgbtqnetwork.org](mailto:maureen@sc-lgbtqnetwork.org)  
or call (774) 775-2656.

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**MODERATED BY TERRY RUBY, LMHC, PhD**

Clinical Supervisor, Elder Mobile Outreach Team  
Community Counseling of Bristol County



THIS PROGRAM IS FUNDED IN PART BY A  
GRANT FROM BRISTOL ELDER SERVICES, INC., THROUGH A  
CONTRACT WITH THE MASSACHUSETTS OFFICE OF ELDER AFFAIRS





# SEA MONSTERS: REAL AND IMAGINED

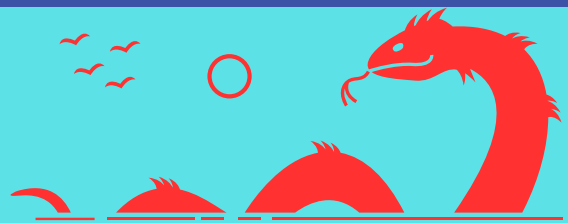
Exhibit Opening: July 13, 2023 (AHA! Night)

5-8 PM • FREE

New Bedford Fishing Heritage Center

38 Bethel Street, New Bedford MA

508-993-8894



# THE S'MORE.

A SOUTH COAST LGBTQ+  
INTERGENERATIONAL EVENT

# THE MERRIER!



We're bringing older (60+) and younger (14-20 years old) LGBTQ+ individuals together for a campfire get-together where we'll be making s'mores and memories. Registration required. For more information, email [maureen@sc-lgbtq-network.org](mailto:maureen@sc-lgbtq-network.org) or call (774) 775-2656.



JULY 14, 2023  
6:00-7:30 PM

SILVERBROOK FARM  
592 CHASE ROAD  
NORTH DARTMOUTH

REGISTER AT:  
[BIT.LY/LGBTQ-SMORES](https://bit.ly/lgbtq-smores)



THE LGBTQ+  
NETWORK  
SOUTH COAST MASSACHUSETTS



THE ASSOCIATION FOR THE RELIEF  
OF AGED WOMEN OF NEW BEDFORD



**AHA! Night | Thursday, July 13 | 5-7PM  
Free Stuff Giveaway**

Stop by The Z to help yourself to the school/office items, decor, party supplies, and posters we're donating to the public! Bring your own bags to carry out your treasures by the end of the event. This free event will take place in The Z's lobby.

**FREE TO ATTEND | Saturday, August 12 | 5-9PM  
Decades Dance Party**

Join us for an epic dance party on the street outside of the theater with DJ Anghelli playing the hits through the decades and dance moves taught by talented teaching artists Victor Fonseca, Sue Young, Geovanny Sequeira, and JunnYahh Burnett. We'll have tours of the building, a live mural painting by David Guadalupe, kids' crafts, lawn games, raffles, food trucks, an outdoor bar, and more. Plus, a reading by New Bedford's Poet Laureate Sarah Mulvey and a Toast at Twilight! Feel free to dress in your favorite decade from 1920-2020.



**ONLY FOUR TICKETS AVAILABLE  
Preference given to new attendees  
Friday, September 8 at 7PM  
Get The Led Out at Madeira Field**

The ultimate Led Zeppelin concert! Get The Led Out brings a "whole lotta love" with a two-hour rock homage to the legendary British super group. This performance is in partnership with The Madeira Feast and will take place at Madeira Field located at 50 Madeira Ave, New Bedford. This performance is rain or shine.

**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!**



# Attention MassHealth members 65 or older



You will need to  
renew your  
coverage this year.

## Take three steps to renew your coverage:

 **1. Update your info**  
The easiest way to update  
your information is to call  
Customer Service at  
(800) 841 2900 TDD / TTY: 711

 **2. Check your mail**

 **3. Respond to MassHealth**

Note: if you turned 65 since March 2020,  
this year's renewal form will look a little  
different. We will now review your assets  
along with your income.

**If you are no longer eligible for MassHealth,  
there are other programs available to meet  
your healthcare needs.**

Loss of MassHealth is a Special Enrollment  
Period (SEP) that allows you to enroll in  
Medicare outside of standard enrollment  
periods.

Individuals who do not qualify for Medicare  
may be eligible for Connector coverage.

Other programs include: The Medicare  
Savings Program (MSP), The Frail Elder Waiver  
(FEW), Prescription Advantage, and PACE.

**If you need help from a family member or friend to fill out your renewal,** you can fill out  
and sign the Permission to Share Information (PSI) or Authorized Representative  
Designation (ARD) Form.

- This form lets us share your eligibility information with the persons listed on the form  
(the "designee").
- If you filled out a PSI more than 12 months ago, you will need to fill out a new one.

**Act now. Stay covered.** [masshealthrenew.org](https://masshealthrenew.org)  
800-841-2900 (TTY: 711)

