

August 2023



GOING WITH THE FLO

Friendship Lunches & Outings (FLO)
Newsletter



ICE CREAM Meet & Mingle SOCIAL!



Wednesday, August 30th

The Bucket in South Dartmouth | 77 Gulf Rd | Dartmouth

I scream! You scream!
We all scream for ICE CREAM!!

Call ARAW (508) 717-0400

Limited spots | Transportation available

Handicap accessible | Dairy free options available!



WHAT ARE YOU READING?



Summer is a great time to read! Let us know what you are reading and in an upcoming newsletter we will publish a list of "good reads"!

Call (508) 717-0400



Protect Yourself from Ticks



Ticks are everywhere. They can carry diseases that can make you, your family or your pets very sick. Take steps to prevent tick bites.

Use an EPA-approved repellent anytime you're outdoors.



Wear long pants, long sleeves and socks to reduce exposed skin outdoors.



Check yourself, your children and your pets for ticks as soon as you come inside.



Light-colored clothing makes ticks easier to spot.

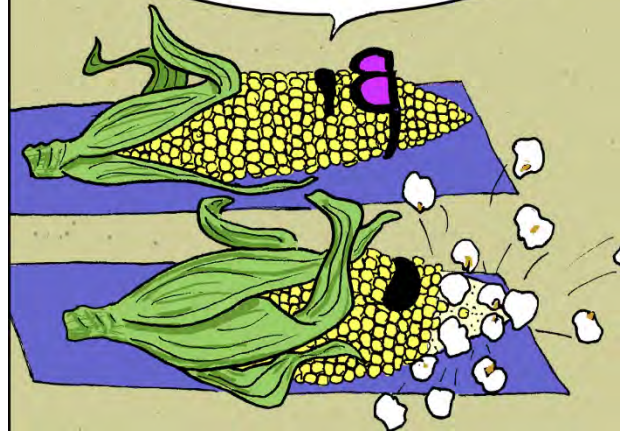


If you find a tick attached to your skin, remove it promptly using fine-tipped tweezers.



Call your doctor if you see a rash or feel like you have the flu, especially if you've been exposed to ticks.

I TOLD you to wear sunscreen.



BEN, I KNOW I'M A GOOD WHITE SHARK, BUT I DON'T FEEL GREAT.



YOU'RE A GREAT WHITE SHARK, KEVIN.

THANKS, DUDE. I JUST NEEDED TO HEAR THAT TODAY.



You're Invited TO THE

FREE!

DECADES
Dance Party

SATURDAY • AUGUST 12 • 5-9PM • FREE



Wednesday, August 23rd
at the Wamsutta Club

12 pm to 1 pm

Enjoy pre-lunch SALSA LESSONS with our friends from the Zeiterion

1 pm to 2:30 pm

Enjoy lunch from a set menu with ARAW friends!

ZEITERION PERFORMING ARTS CENTER
684 PURCHASE STREET • NEW BEDFORD



To register | (508) 717-0400

Limited Space | Participants by lottery
TRANSPORTATION AVAILABLE | HANDICAP ACCESSIBLE
DIETARY RESTRICTIONS ACCOMMODATED



**Explore the City from the Seaside
on a New Bedford Harbor Tour!**

**Join us for a 1-hour Harbor Tour
Friday, August 25 at 1:00pm
Transportation provided upon
request**



**Limited seating - Reserve your spot
now by calling Herstory Project
Manager Laura Campbell at
(508) 654-1666
herstory@fishingheritagecenter.org**

**New Bedford Fishing Heritage Center
38 Bethel Street, New Bedford MA
fishingheritagecenter.org**



**IT'S BACK!
BOWLING NIGHT FOR OLDER
SOUTH COAST LGBTQ+
INDIVIDUALS!**

AUGUST 27, 2023

6PM-8PM

WONDER BOWL

NEW BEDFORD

Register at: bit.ly/LGBTQ-Senior-Bowling-Night.
Email maureen@sc-lgbtq-network.org or call
(774) 775-2656 for more info.



SPONSORED BY
ARAW



August 6, 2023, at 10 a.m.

**Mikey B's Restaurant, 989 Victoria Street,
New Bedford, MA 02745**



LGBTQ+ BREAKFAST CLUB



FOR LGBTQ+ INDIVIDUALS 55+

REGISTER AT <https://bit.ly/LGBTQ-Breakfast-Club>

**For more information, email maureen@sc-lgbtqnetwork.org or
call (774) 775-2656 to reserve your spot.**



**With the Support of the
Association for the Relief of
Aged Women of New Bedford
(ARAW)**



**THE LGBTQ+
NETWORK**
SOUTH COAST MASSACHUSETTS



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 @ 6:00-7:00 PM at Groundwork Fall River

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

MODERATED BY TERRY RUBY, LMHC, PhD

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

THIS EVENT HAS BEEN PRODUCED IN PART FROM A GRANT AWARDED
TO THE MASSACHUSETTS ASSOCIATION OF COUNCILS ON AGING BY
THE MASSACHUSETTS EXECUTIVE OFFICE OF ELDER AFFAIRS

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



Need help buying groceries? SNAP can help!



USDA
Supplemental
Nutrition
Assistance
Program

Putting Healthy Food Within Reach



Department of
Transitional
Assistance

SNAP can help you buy healthy food.

- It is fast & easy to apply
- Buy food in stores & online (multiple retailers)
- SNAP is not considered in a “public charge” test
- If you are not a US citizen or eligible immigrant, it is safe for you to get SNAP for an eligible family member (like your US citizen child)

Am I Eligible for SNAP?

Household Size	Your Monthly Income (before taxes)*	Monthly Maximum SNAP Amount**
1	\$2,430	\$281
2	\$3,287	\$516
3	\$4,143	\$740
4	\$5,000	\$939
5	\$5,857	\$1,116
8+	+\$857	+\$211

*Effective 2/1/2023

**Effective 10/1/2022

For more information/ apply for SNAP:



Scan code with phone camera to apply online



DTAConnect.com



877-382-2363 Mon – Fri 8:15 am-4:45 pm



Mail or Fax a paper application

Get a paper application: Mass.gov/SNAP

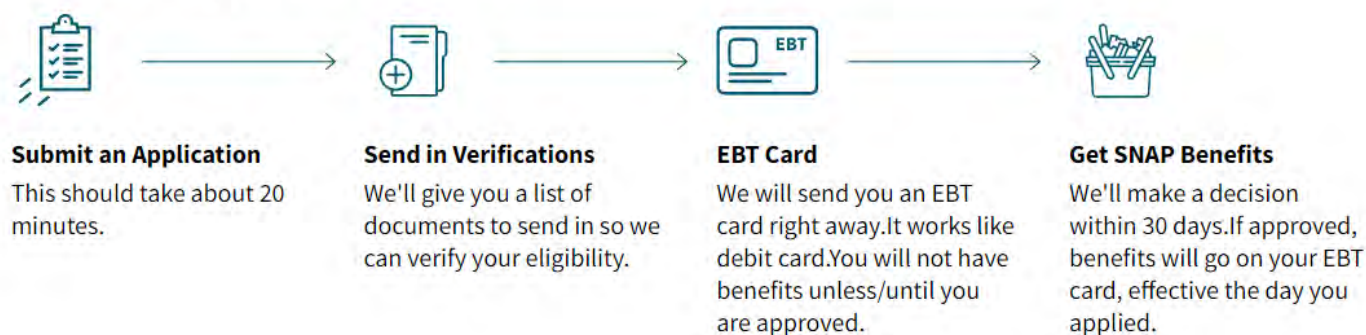


In the community: local kiosk, SNAP outreach partner, DTA office

Find a location near you: Mass.gov/ContactDTA

Getting support should be a SNAP...

The SNAP Application Process:



What is SNAP?

SNAP stands for Supplemental Nutrition Assistance Program. It was formerly known as food stamps and is run by the Department of Transitional Assistance (DTA). If you do not have SNAP, contact DTA or your local COA to see if you are eligible.

DTA Assistance Line High Volume challenges:

We have been hearing reports it has been difficult at times to get through the DTA Assistance Line - **877 382 2362** - due to a high volume of calls. When the Assistance Line has high caller volume, callers are often automatically disconnected from the phone line without getting into the phone line waiting queue.

Here are recommendations on how to help people facing urgent issues that can't be solved by using DTA Connect:

For older adults: Call the Senior Assistance Office and leave a voicemail if the wait times are too long. (833) 712-8027.

In-person help: For people with urgent issues who are able to do so, go to a local DTA office during business hours.

The DTA Ombuds office: Call the Ombuds at 617-348-5354 and leave a VM. Note, the ombuds may also be backed up if the Assistance Line is hard to get through.

Document all attempted calls: If you cannot get through to the DTA Assistance Line, we urge you to track the attempted calls. This could be important to show a delay was not your fault if they were trying to reach DTA to file an application (and establish the start date for applying), doing an interview timely or otherwise showing proof of their attempted calls to keep or boost benefits.

Request a fair hearing: For people facing a SNAP termination or reduction and who can't reach a DTA worker quickly for help, they can always request a fair hearing if they disagree with DTA's decision to stop or reduce their benefits. If an appeal request is filed *before the date* the termination or reduction goes into effect - unless you are at a Recertification point - *your SNAP should continue until the appeal is decided.*