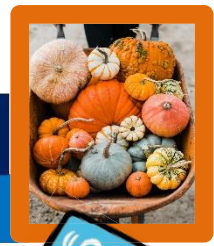


October 2023

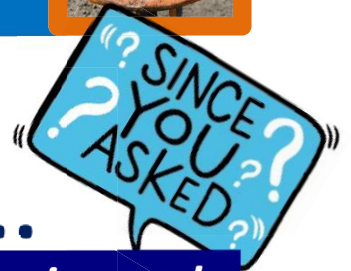


## GOING WITH THE FLO

Friendship Lunches & Outings (FLO)  
Newsletter



# A little bit more about ARAW...



## ***A Foundation with a long history of helping those in need***

ARAW is a private foundation that was founded in 1866 to provide financial assistance to low income, elderly women. It was founded by women for women at a time when there were little to no resources for women when they were no longer able to work.

1866 is a long time ago and much has changed in our world over the past 157 years. The mission of ARAW has not changed. It has remained steadfast. However, we too have evolved with the times.

### ***Now versus then...***

Today, we are very fortunate because there are many resources, programs, organizations, agencies and supports that are not only available to us but to which we are entitled. These are offered at the federal, state and local level.

Entitlement programs include things like Social Security, Medicare and Medicaid. Social security provides ongoing income when we stop working. Insurance helps with the high cost of medical needs.

There are also Public Benefits that provide assistance with vital needs like nutritious food through SNAP. While help with heating your home is provided through the Low-Income Home Energy Assistance Program aka LIHEAP (PACE or Citizens for Citizens). State Property Tax Assistance can provide tax relief through tax exemptions, credits and/ or abatements. Subsidized housing can help with finding an affordable home. While Assisted Living or Long-Term Care facilities provide a safe home for those who can no longer live alone.

And then there are the many non-profit organizations and agencies that are here to help navigate through it all – local Councils on Aging, Coastline, Bristol Elders, Community Economic Development Center (CEDC), Inter Church Council, Fresh Start, American Credit Counseling Service (ACCS) and South Coastal Counties Legal Services (SCCLS) to name just a few.

### ***How does ARAW fit in today?***

Even with all of these resources, there is still need. There are gaps in support – not all may be covered or your specific need may not be covered. There is greater demand than there may be resources available. Or there may be barriers to support – like eligibility or delay. This is why ARAW and our mission is still relevant today.

Unlike these other supports, as a private foundation, ARAW does not have a strict formula that dictates how, to whom or how much is given. Our only requirements to submit a request for consideration is that the individual meets our eligibility guidelines, is willing to share as much as with possible while working with a Beneficiary Advocate and has exhausted all other options for support. Then, each request is looked at on an individual basis with the specific circumstance of each individual taken into account. We want to be there for our ARAW friends when there is no place else to turn. This makes our mission unique and, we think, meaningful.



One of ARAW's founding principles is:

**NOT ALMS ALONE, BUT A FRIEND.**

We would love to know *what friendship means to you...*

**Do you consider ARAW a friend? If not, what can we do to provide friendship to you?**

**What does friendship mean to you?**

**Tell us your thoughts! Call (508) 717-0400**

**or email [admin@arawofnb.org](mailto:admin@arawofnb.org)**



## 2023 Medicare Annual Enrollment

Important Dates and Deadlines

## Medicare 101: Basics of Medicare

**STARTS OCTOBER 15th**

**Oct 15th, 2022**

**Medicare annual enrollment starts**

The first day you can enroll for 2023 Medicare health coverage.

**LAST DAY 7th**

**Dec 7th, 2022**

**Medicare annual enrollment ends**

The last day you can enroll for 2023 Medicare health coverage.

**FIRST DATE COVERAGE 1st**

**Jan 1st, 2023**

**First date coverage starts**

This is the first day your new Medicare coverage will begin.

**Medicare Advantage Plan**

Combines Medicare Part A and Part B coverage with additional benefits and is available through private insurance companies.

**Medicare Supplement Plan**

Helps cover the out-of-pocket costs Medicare Part A and Part B leave behind, including the 20% Medicare Part B coinsurance.

**Medicare Part D Prescription Plan**

Helps cover the cost of your prescription drugs.

**Contact your local COA, Coastline, PACE, CEDC, Citizens for Citizens Health Center or IAC for a SHINE consultation.**

**LUNCH TOGETHER**

good food  
great conversation

**let's do lunch**

**Thursday, October 26th**  
**12:30 pm – 2:30 pm**  
**Wamsutta Club**

To register (508) 717-0400  
 Limited Space | Participants by lottery

*Transportation available*  
*Handicap accessible*  
*Dietary restrictions accommodated*

with our friends from

**The New Bedford FISHING HERITAGE CENTER**



# Old Fashioned Pumpkin Bread

Recipe by Estelle Tisdale

Ingredients:

- 3 Cups sugar
- 3 Cups self rising flour
- 2 Cups of Pumpkin (1 Can)
- 1 Tablespoon of Pumpkin Spice (or substitute cinnamon and nutmeg)
- 4 Eggs
- 1 Cup oil

Preheat oven to 325 degrees.

Combine all the ingredients and mix well. Pour into two loaf pans. Sprinkle a little sugar and cinnamon on the top of each loaf.

Bake in oven for one hour and 15 minutes.

Allow to cool a bit before removing from pans and then cool some more if you can wait!



How do you fix a damaged jack-o'-lantern?

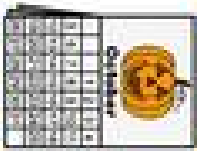
You use a pumpkin patch.

What do you call pumpkin who works at the beach?

A life-gourd.

## FALL FUN ON THE FARM

# October



<b>1 OCTOBER</b> International Day of Older Persons, World Vegetarian Day	<b>1 OCTOBER</b> International Coffee Day	<b>2 OCTOBER</b> Gandhi Jayanti, International Day of Non-Violence	<b>4 OCTOBER</b> World Animal Day	<b>5 OCTOBER</b> World Teacher's Day	<b>8 OCTOBER</b> Indian Airforce Day
<b>9 OCTOBER</b> World Post Day	<b>10 OCTOBER</b> World Mental Health Day	<b>11 OCTOBER</b> International Day of the Girl Child	<b>12 OCTOBER</b> World Arthritis Day	<b>13 OCTOBER</b> International Day for Natural Disaster Reduction	<b>14 OCTOBER</b> World Standards Day
<b>15 OCTOBER</b> Global Hand Washing Day, International Day of Rural Women	<b>15 OCTOBER</b> World White Cane Safety Day, World Student's Day	<b>16 OCTOBER</b> World Food Day, World Anaesthesia Day, Boss Day, World Spine Day	<b>17 OCTOBER</b> International Poverty Day for its Eradication	<b>20 OCTOBER</b> World Osteoporosis Day, World Statistics Day, National Solidarity Day, International Chef Day	<b>24 OCTOBER</b> United Nations Day, World Development Information Day, World Polio Day
<b>27 OCTOBER</b> World day for Audio Visual Heritage	<b>28 OCTOBER</b> International Animation Day	<b>31 OCTOBER</b> World Savings Day, Halloween Day, National Unity Day	<b>FIRST MONDAY IN OCTOBER</b> World Habitat Day	<b>FIRST FRIDAY IN OCTOBER</b> World Smile Day	<b>SECOND THURSDAY OF OCTOBER</b> World Sight Day

## In Loving Memory of ARAW Board Member and our friend



### Mary Ellis

April 10, 1953  
August 6, 2023

Optimism, wit, intelligence, strength, humor, family, thoughtfulness - these are just some of the words that come to mind when we think of our friend Mary Ellis. Mary served as an ACTIVE Board member of ARAW since 2018. Most recently she held the position of Treasurer and challenged all of us to advance our financial prowess and aptitude. Our most public facing Board member, she went above and beyond in all that she took on with one motivation in mind – improving the lives of ARAW beneficiaries.

She died unexpectedly on August 6th. If you were fortunate enough to meet her at a luncheon, an ARAW event or over the phone, you know that she was always present, vibrant, involved and engaged. With a caring heart and a can-do attitude, she got things done, brought people together and left an indelible mark on each of us who had the good fortune to know and love her. Her friends and family have honored the memory of Mary with gifts to ARAW that total \$3,200. We know how happy she would be in the knowledge that these funds will be put to good use and will help her ARAW friends.

It is with a heavy heart that we say goodbye. But it will always be with a smile that we will remember you. Thank you, Mary, for everything but for most of all being authentically you and for sharing so much of yourself. We are better for knowing you.

You will be missed. You will never be forgotten.

A full obituary can be found at [www.conleyfuneralhome.com](http://www.conleyfuneralhome.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 Mary's family.

**PROTECT YOUR LOVED ONES—STAY UP TO DATE WITH YOUR COVID VACCINE**



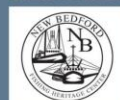
**Older adults and people with weakened immune systems are at high risk for severe illness from COVID.**



**For the best protection, stay up to date with your COVID vaccine.**

**Talk to your vaccine or health care provider about when you need to get a COVID vaccine dose.**

**Find COVID vaccines near you at [vaccines.gov](http://vaccines.gov).**



### New Bedford Harbor Tour

We saw a seal (top photo) and lots of different types of boats. It was a great day on the water!

# FALL IS HERE AT NEW BEDFORD FISHING HERITAGE CENTER!

## Ongoing Exhibit: Sea Monsters: Real and Imagined Fishing Heritage Center (38 Bethel Street, New Bedford)

There are things that live deep underwater...some are real creatures, while others only exist in myths and legends. Our newest exhibit showcases a series of real-life deep-sea creatures as well as representatives of myth around the world! Featuring artwork from local artists, including Brian Tillett, Christina Jacobsen deVilliers, and Erik Durant!



## Book Talk: Hometown with John K. Bullard



**Thurs., 10/12 • 7 PM • Center (38 Bethel Street, New Bedford)**

Join the New Bedford Fishing Heritage Center and special guest John K. Bullard to hear about his time as Mayor of New Bedford during a tumultuous yet significant period for the commercial fishing industry in a presentation of his new memoir, *Hometown!* This is a FREE presentation.

## Dock-u-mentary: The Fish on My Plate Fri., 10/20 • 7 PM • NB Whaling National Historical Park (33 Williams Street, New Bedford)

Join us on Friday, October 20 for the return of our free Dock-u-mentary series hosted at the NB Whaling National Historical Park! In this insightful documentary, fisherman and author Paul Greenberg embarks on a journey to explore the health benefits of eating only fish for breakfast, lunch, and dinner for a whole year.



**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, Mattapoissett, 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.

### **FREE! Beginner Ukulele with Deb Sorgman**

**When?** Tuesday 10/10, 10/17, 10/24, 10/31, 11/14, and 11/21 from 3-4PM

**Where?** Boa Vista Apartments, 134 South Second Street, New Bedford

**Who?** Any women 65+ who lives in any New Bedford Housing Authority property.

Are you interested in learning to play an instrument, but nervous it might be too hard or too late? In this class, you'll learn the fundamentals of playing the ukulele, one of the easiest stringed instruments to pick up. No prior musical experience is necessary. Ukuleles will be provided, but you're welcome to bring your own.



### **FREE! Salsa on 1 with Sue Young**

**When?** Tuesday 10/17, 10/24, 10/31, 11/14, and 11/21 from 2-3PM

**Where?** Boa Vista Apartments, 134 South Second Street, New Bedford

**Who?** Any women 65+ who lives in any New Bedford Housing Authority property.

Want to dance the night away? In this class, you'll learn the fundamentals of Cuban motion, basic steps, and figures. No prior dance experience or partner required. Accommodations can be made for anyone with physical limitations.



*Not a resident of a New Bedford Housing Authority property? You can still attend classes through our Mobile Creative Classroom at the Andrea McCoy Recreation Center. Classes start October 10<sup>th</sup>. Call 508-717-0400 to register now!*

### **Beginner Ukulele**

with Deb Sorgman  
Wednesdays 5-6PM

Ever wanted to learn to play an instrument, but nervous it might be too hard? In this class, you'll learn the fundamentals of playing the ukulele, one of the easiest stringed instruments to pick up. No prior musical experience is necessary.

### **Songwriting**

with Candida Rose  
Thursdays 6-7PM

Ever wanted to write your own song? In this class, you'll listen to music with a positive message and work together to create songs to tell your own story with singer/songwriter Candida Rose.

### **Jazz Jam**

with Manny Escoba  
Tuesdays 7-8PM

Curious how the music you listen to today came to be? Learn about the history of jazz music as well as the ways local artists have kept the legacy of jazz alive on the SouthCoast. Meet, listen to, and jam out with local jazz artists. No prior musical experience necessary, but if you have an instrument you'd like to bring, we encourage it!

### **Salsa on 1**

with Sue Young  
Mondays 5-6PM

Want to surprise people at the next school dance? In this class, you'll learn the fundamentals of Cuban motion, basic steps, and figures. No prior dance experience or partner required.

### **Cape Verdean Dance through the Decades**

with Geovanny Sequeira  
Fridays 6-7PM

Want to travel to Cape Verde without paying a dime? Join our exciting Cape Verdean Dance Class and immerse yourself in the vibrant rhythms and movements of Cape Verdean dance culture! In this class, you'll discover the rich heritage of Cape Verde through its unique dance styles, characterized by infectious beats and expressive footwork. We will explore dances like the Funaná, Coladeira, and Batuku, teaching you the steps, and body movements of each dance. This class is open to all skill levels and will be a fun and educational experience for everyone!

### **The Basics of Stage Combat: Introduction to Swordplay**

with Jessica Wilson & Garrett Olson  
Tuesdays 5-6:30PM

Ever curious how the actors in your favorite TV shows, movies, and plays make their fight scenes look so real? In this class you'll learn basic sword fighting technique in a safe supportive environment.

**Register here:**

**[zeiterion.org/learn/creativeclassroom](http://zeiterion.org/learn/creativeclassroom)**

*The Zeiterion Performing Arts Center is offering free tickets and transportation to the show below for 4 lucky ladies. Tickets will be given away on a first call, first serve basis with preference given to ARAW members who have not attended a performance at The Z recently, so reserve your ticket now by calling 508-717-0400!*

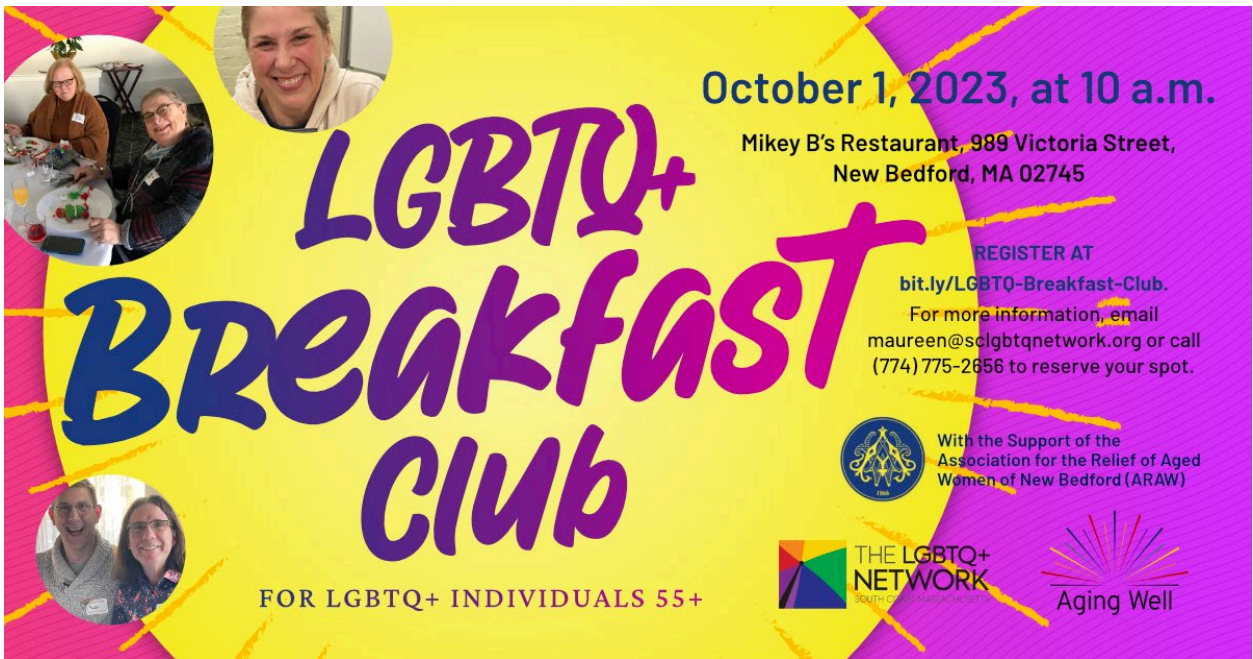
**Thursday November 30<sup>th</sup> at 7:30PM**

**StageDoor Live! presents Dave Alves at Kilburn Mills**

Join Dave Alves and his band, one of the most sought after acts on the SouthCoast, as they share original songs and covers of your favorite tunes. A skilled vocalist and guitarist, Dave will be joined on stage by Grace Cooper-Hall (keys/vocals), Chris Cardacci (drums), Millisa Henderson (guitar), and Tommy Souza (bass).







**October 1, 2023, at 10 a.m.**  
 Mikey B's Restaurant, 989 Victoria Street,  
 New Bedford, MA 02745

**LGBTQ+  
 Breakfast  
 Club**

REGISTER AT  
[bit.ly/LGBTQ-Breakfast-Club](https://bit.ly/LGBTQ-Breakfast-Club).  
 For more information, email  
[maureen@scgbtqnetwork.org](mailto:maureen@scgbtqnetwork.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)

FOR LGBTQ+ INDIVIDUALS 55+

THE LGBTQ+ NETWORK  
 SOUTH COAST MASSACHUSETTS

Aging Well



*Join us in Marion!*

**LGBTQ+  
 SUPPER CLUB**

for Older LGBTQ+ Individuals (55+)

Join us for our next LGBTQ+ Supper Club for  
 older LGBTQ+ individuals in Marion, Mass.  
 We're providing free food and drink—and great  
 conversation!—at the Marion Council on Aging.

Second Wednesday of the Month  
 5:00-7:00 pm  
 Marion Council on Aging  
 465 Mill Street, Marion, MA 02738  
 (508) 748-3570

To RSVP or for more information,  
 email [maureen@scgbtqnetwork.org](mailto:maureen@scgbtqnetwork.org)  
 or call (774) 775-2656.

Aging Well

THE LGBTQ+ NETWORK  
 SOUTH COAST MASSACHUSETTS



**INTERGENERATIONAL  
 GAME NIGHT!**

*Let's Have Some Fun!*

Pizza, games, and great conversation for  
 South Coast LGBTQ+ individuals of all ages!  
**Free to attend. No registration required.**

DATE: Mondays, Oct. 16-Nov. 13  
 TIME: 5:00 p.m.  
 LOCATION: Groundwork,  
 New Bedford

THE LGBTQ+ NETWORK  
 SOUTH COAST MASSACHUSETTS

NEW BEDFORD ART MUSEUM

# CREATIVE CARE

ART KIT DELIVERY FOR  
ARAW PARTICIPANTS



**SESSION 1**

OCTOBER 9-NOVEMBER 6

**SESSION 2**

NOVEMBER 6-DECEMBER 1

**SESSION 3**

DECEMBER 4-DECEMBER 29

Receive finely curated art kits with expert art instruction delivered right to your door!

**One delivery per week for 4 weeks each Session.**

Sign up for each session today! Please Sign up with the  
**Association for the Relief of Aged Women at  
(508) 717-0400.**

This class is generously funded by the Association for the Relief of Aged Women.  
@NBAM\_AW | PHONE: (508) 961-3072 | NEWBEDFORDART.ORG



# COASTAL NEIGHBORS NETWORK NEWS

**CNN Serves Dartmouth & Westport Residents ONLY**

## Thank You, Volunteers

Coastal Neighbors would be nothing without our cadre of wonderful volunteers. We appreciate all that these dedicated people give back to our community. We can't thank them enough. Please reach out to Andy if you would like to volunteer. We need all types of skills.

## Recognizing Scams!

Coastal Neighbors is partnering with the Bristol County District Attorney's office to sponsor a workshop on identifying and avoiding scams. A speaker from the DA's office will facilitate.

When: Nov 7, 1:00 p.m.

Where: Allen's Neck Friends Meeting House,  
739 Horseneck Rd,  
Dartmouth

Transportation available

RSVP Call 508-556-4004 or register online at [coastalneighborsnetwork.org](http://coastalneighborsnetwork.org)



## Harvest Moon Potluck!

Come and enjoy a wonderful dinner and community. Bring what you can and enjoy!

When: October 28, 5:00 p.m.

Where: Allen's Neck Friends Meeting House,  
739 Horseneck Road, Dartmouth

RSVP: Call 508-556-4004 or register online at [coastalneighborsnetwork.org](http://coastalneighborsnetwork.org)

Transportation: Call Andy at 508-556-4004

**CNN Serves Dartmouth & Westport Residents ONLY**

**CNN Serves Dartmouth & Westport Residents ONLY**



**Meet Your Neighbor!**

Pam Bermudez,

Chair, Membership Committee

Pam Bermudez has lived in Dartmouth for 37 years. For most of that time, she’s been a volunteer in the community – even while pursuing a demanding career as a dietitian and educator. Pam’s initial volunteer work revolved around her children’s activities at school and sailing. In fact, she co-chaired the parent teacher organizations in the elementary, middle AND high school over a span of 18 years! With her three children now grown, Pam devotes some of her volunteer time to Coastal Neighbors as Chair of the Membership Committee, a position she’s held for four years. Pam is a registered dietitian, with degrees from University of Rhode Island and Emory University. Her career has taken her to hospitals and clinics in Boston, Rhode Island and even Aberdeen, Scotland! At the high-risk prenatal clinic at Women and Infants Hospital in Providence, she became interested in the interaction between diabetes and pregnancy. That led to additional training and work as a diabetes educator. Recently retired, Pam feels strongly about supporting the good work of Coastal Neighbors. “It’s satisfying to know that we’re providing a valuable service to people in our community.”

# Holiday Greens Workshop

All are invited to come and enjoy making swags, wreaths or bouquets of greens. Pick some decorative items and bring them to share. Refreshments are provided.

Come and bring a friend along, too. Bring clippers and holiday cheer.

When: December 6 , 2:00 p.m. - 4:00 p.m.

Where: Silverbrook Farm, 592 Chase Road, Dartmouth

RSVP: Call 508-556-4004 or register online at [coastalneighborsnetwork.org](http://coastalneighborsnetwork.org)

Transportation available: Call 508-556-4004

**CNN Serves Dartmouth & Westport Residents ONLY**

