

April 2024



## GOING WITH THE FLO

Friendship Lunches & Outings (FLO)  
Newsletter

# WELCOME Spring Luncheon



Thursday, April 18<sup>th</sup> | at the Wamsutta Club

12:30 pm to 2:30 pm

Now open to ARAW friends,  
regardless of vaccination status

If you feel at all under the weather  
on the day of the lunch,  
we ask that you stay home

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

TRANSPORTATION AVAILABLE | HANDICAP ACCESSIBLE | DIETARY RESTRICTIONS ACCOMMODATED



In the greater New Bedford area  
we will see a 90% partial eclipse

**PARTIAL START: 2:15 p.m. PARTIAL END: 4:39 p.m.**

### Eye Safety During a Solar Eclipse

Except during the brief total phase of a total solar eclipse, when the Moon completely blocks the Sun's bright face, it is not safe to look directly at the Sun without specialized eye protection for solar viewing.

Viewing any part of the bright Sun through a camera lens, binoculars, or a telescope without a special-purpose solar filter secured over the front of the optics will instantly cause severe eye injury.

ARAW will have a limited amount of Eclipse Glasses that comply with ISO 12312-2 certified international standard (which is what NASA recommends)

Call for yours (508) 717-0400

WE CAN'T WAIT TO HEAR FROM ... **YOU!**

Please take a few minutes to fill out the enclosed survey.  
Mail back in the envelope provided and be entered into a raffle with a

**CASH PRIZE!!!**





## “Not alms alone, but a friend”

is a value ARAW was founded on back in 1866 and is true today  
 We are exploring the idea of a Friendly Visiting and Caller Program  
 Would you be interested in a friendly visit or call?

**Let us know! Call ARAW (508) 717-0400**



We are thrilled to introduce you to our new Beneficiary Advocate! Heidy (pronounced Haiti, like the country) was born and raised in the Dominican Republic. She moved to the United States at the age of nineteen and (fun fact!!) learned to speak English by working at McDonalds!



## Heidy Olivero

Pronounced Haiti  
 (like the country)



After perfecting her English skills, she went on to earn her Associate's at Bristol Community College, her Bachelor's at Lesley University and is now pursuing a Master's of Counseling & Psychology at Framingham University.

With experience at PACE, Child Family Services and most recently at the Women's Center, Heidy brings a wealth of experience to ARAW. She is very excited to meet you all and to help connect you to the support you may need – while having fun! Did we mention she speaks Spanish too? Please join us in welcoming Heidy to the ARAW family!



**DRUM ROLL PLEASE**



# Introducing... ARAW's 2024-2025

## Community Partners

<ul style="list-style-type: none"> <li>Buzzards Bay Area Habitat for Humanity</li> <li>Buzzards Bay Coalition</li> <li>Cape Verdean Association in New Bedford</li> <li>Coastal Foodshed, Inc.</li> <li>Coastal Neighbors Network, Inc.</li> <li>Community Nurse Home Care, Inc</li> <li>Dartmouth Council on Aging</li> <li>DEAF, Inc.</li> <li>Fairhaven Council on Aging</li> <li>New Bedford Art Museum</li> </ul>	<ul style="list-style-type: none"> <li>New Bedford Fishing Heritage Center</li> <li>New Bedford Symphony Orchestra</li> <li>PACE</li> <li>South Coast LGBTQ Network, Inc</li> <li>South Coastal Counties Legal Services</li> <li>Westport Council on Aging</li> <li>Women's Fund SouthCoast</li> <li>YMCA Southcoast</li> <li>Zeiterion Performing Arts Center</li> </ul>
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Stay tuned for opportunities to engage with and news from these amazing organizations



# and the **WINNERS** are...

Diane E.	Fuzzy socks	Carol C.	Earrings
Frances C.	Lottery Tickets	Nancy G.	Stop & Shop Card
Vanessa C.	Birthday cards	Janet S.	Gourmet Coffee
Janice T.	Candle	Joanne D.	Lottery Tickets
Lea C.	\$10 Walmart Card	Claire M.	Puzzle
Brenda C.	Bracelet	Gail D.	Fuzzy socks
Eileen F.	Bracelet	Judith M.	Slippers
Gale S.	Fuzzy socks	Leslie C.	Neck Warmer
Susan B.	Irish Hat	Gail L.	Necklace (Brown)
Isidora C.	Necklace	Lorraine S.	Puzzle
Betty F.	\$10 Walmart Card	Mary Theresa S.	Puzzle
Karyn P.	Earrings	Bernice R.	Puzzle
Eileen F.	Bird house	Janet R.	Necklace
Theresa D.	Puzzle	Diane T.	Fuzzy socks
Julie P.	Puzzle	Barbara S.	Duck figurine
Elizabeth B.	\$10 Walmart Card	Laura S.	\$30 Market Basket Card
Kathleen D.	Birthday cards	Priscillia O.	Fuzzy socks
Ellie M.	Hummingbird feeder	Kathleen M.	Fuzzy socks
Donna C.	Candle	Marcia E.	Lotion
Shauneen B.	Umbrella	Linda I.	\$25 Stop & Shop Card
Agnes S.	Word Teasers	Leila C.	Fuzzy socks
Priscilla D.	Book		

CONGRATULATIONS!  
*Winners!*

Please call the ARAW office at (508) 717-0400 to claim your prize!!!



# FACTS AND MYTHS ABOUT REVERSE MORTGAGES

*BY: MIKE KENNEDY from EAST COAST CAPITAL*

**Example of the topics will be:**

- ✓ WHAT IS A REVERSE MORTGAGE?
- ✓ WHO IS ELIGIBLE?
- ✓ HOW MUCH CAN SOMEONE RECEIVE?

**TUESDAY, APRIL 09, 2024**

**4:00 – 4:30: COFFEE**

**4:30 – 5:15: GUEST SPEAKER**

**5:15 - 5:30 : QUESTIONS & ANSWERS**



**PLEASE CALL 508-636-1026  
TO REGISTER FOR THIS EVENT.**



Westport Council on Aging | 75 Reed Road | Westport, MA 02790



# ARAW wants to hear from YOU...



Dear Friends, ARAW is a private foundation founded in 1866 and ARAW exists solely to support women like you!

We want to make sure we are doing an excellent job meeting your needs.

Please take a few minutes to answer these questions and let us know how we are doing.

Please answer honestly. Your opinion is important.

## THANK YOU!

**EVERYONE WHO COMPLETES A SURVEY, AND CHOOSES TO SUBMIT THEIR NAME, WILL AUTOMATICALLY BE ENTERED IN A RAFFLE FOR A \$50 CASH PRIZE!**

What town do you live in?	X
Acushnet	
Dartmouth	
Fairhaven	
New Bedford	
Westport	

How long have you received financial assistance from ARAW?	X
Less than 1 year	
1 to 5 years	
More than 5 years	
I do not receive financial assistance from ARAW	
I don't know	

Which ARAW programs have you participated in? (Please check all that apply.)	X
Ongoing financial support	
Financial support for a one-time need	
Friendly phone calls from an ARAW representative	
Lunches & outings	
Transportation to programs & events	

<b>If you have received financial assistance from ARAW, please tell us:</b>	<b>YES</b>	<b>NO</b>	<b>Don't remember</b>
Was the application process easy for you?			
Were the people at ARAW helpful & understanding?			
Were you introduced to other relevant resources to help you?			
<b>Do you have any suggestions on how we can improve our request for financial assistance?</b>			

<b>If you <i>have participated</i> in a lunch or outing in the last year, were they:</b>	<b>YES</b>	<b>NO</b>	<b>Don't remember</b>
Enjoyable?			
Well run?			
<b>What could have made the program better?</b>			

**If you have *not participated* in an ARAW lunch or outing in the last year, why not? (Check all that apply):**

- |   |   |
|---|---|
| <input type="checkbox"/> Wasn't aware of programs                     | <input type="checkbox"/> I don't want to ride in a cab alone                |
| <input type="checkbox"/> The activities offered don't appeal to me    | <input type="checkbox"/> Unsure if could attend with wheelchair/walker/cane |
| <input type="checkbox"/> I didn't know I was eligible                 | <input type="checkbox"/> Hard of hearing                                    |
| <input type="checkbox"/> I didn't know the program pays meal/activity | <input type="checkbox"/> Vision issues                                      |
| <input type="checkbox"/> No one I know is attending                   | <input type="checkbox"/> Special diet to be accommodated                    |
| <input type="checkbox"/> Hesitant to go on my own                     | <input type="checkbox"/> PCA required when I go out                         |
| <input type="checkbox"/> Didn't know transportation was available     | <input type="checkbox"/> Language barrier                                   |

<b>Other reasons?</b>

ARAW is a private foundation which is led by our 1866 founders' desire to provide "not alms alone, but a friend."	YES	NO
Do you feel a sense of friendship from ARAW?		
If yes, how?		
Would you be interested in a Friendly Visiting Program (in person visits, phone calls, pen pal)?		

**What else would you like to see offered? (Please check all that apply.):**

- Outdoor activities
- Destinations (zoos, aquariums, museums, etc.)
- Dining out with peers
- Book Club
- Food delivery
- Raffles/gift cards
- Delivered activities or special meals
- Seasonal (ice cream, beach, holiday concerts, fall foliage, flower shows, etc.)
- Creative activities
  - art
  - music
  - theater
  - movies
- Educational activities:
  - guest speakers
  - learn a foreign language
  - nutrition/cooking

**Other suggestions?**

What else would you like to share with us?

# THANK YOU FOR SHARING!!

**EVERYONE WHO COMPLETES A SURVEY, AND CHOOSES TO SUBMIT THEIR NAME,  
WILL AUTOMATICALLY BE ENTERED IN A RAFFLE FOR A \$50 CASH PRIZE!**

**Please enter me in the raffle! My name is:**

*Please know that sharing your name is completely optional.*