



ARAW's Going with the FLO Newsletter Friendship | Lunches | Outings









## Reference Sheets

found on the blue pages of this newsletter

Your ARAW Beneficiary Advocate will review it with you during her next visit



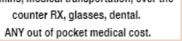
#### Medical Expenses could Increase SNAP benefits.

For all older adults (age 60 or over) and persons with disabilities: Your SNAP benefits may increase if you have medical costs over \$35 per month, or If you pay more than \$190/month in medical expenses, you might get even more SNAP.





Insurance premiums & co-pays, glasses, vitamins, medical transportation, over the counter RX, glasses, dental.







If you are age 60 or older, please call the DTA Senior Assistance Line (SAO) at (833) 712-8027 or Project Bread Hotline: 617-723-5000.





To those of you who have already returned the survey we sent last month. You have been entered in for a drawing for a \$50 cash prize. If you still have your survey, it is not too late to send it in and be entered in the drawing. If you need a new survey sent, just let us know.

We want to hear from YOU!







Join our friends from the New Bedford Symphony and Immerse Yourself in Music while lunching with friends

Thursday, May 22<sup>nd</sup> | 12:30 pm to 2:30 pm Wamsutta Club, New Bedford

To register | (508) 717-0400 SPORTATION AVAILABLE | HANDICAP ACCESS

TRANSPORTATION AVAILABLE | HANDICAP ACCESSIBLE DIETARY RESTRICTIONS ACCOMMODATED







# REALID is a Federal Security Standard for IDs

#### May 7, 2025

Are you REAL ID ready? On May 7, 2025, U.S. travelers must be REAL ID compliant to board domestic flights and access certain federal facilities.



#### AHA! Night | Celebrate History, Art, & Preservation!



Thursday, May 8th, 2025 4:00 PM - 7:00 PM

Celebrate History, Art, & Preservation, and visit the entire Museum for free!



new bedford whaling museum

ART. HISTORY. SCIENCE. CULTURE.

AHA! Nights (Art, History, Architecture) provide a platform for the New Bedford community to enjoy creative activities accessible to all.

The Whaling Museum is free and open to the public during AHA! nights.



Busket Transport IN STEPS

9

Make or Find a Basket: Use any small basket, a bag, or craft one from materials like paper.

Fill It Up: Put in some spring flowers and treats like candies.



3

**Decorate:** Add ribbons or stickers to brighten up the basket.

Secret Delivery: Place the basket at someone's doorstep, ring the bell or knock, then leave or hide.



Watch or wait for their call or text as they find the basket.



#### Welcome to ARAW,



ARAW was founded in 1866 as a private foundation to support older women in the Greater New Bedford Community who are facing financial challenges.

#### **COMMUNITIES SERVED:**

Acushnet, Dartmouth, Fairhaven, New Bedford and Westport

#### AGE:

65 years old and above

#### **RESIDENCY:**

Over five years

Preference to women living alone

#### **INCOME:**

Monthly income under \$1,800 (subsidized housing) Monthly income under \$2,500 (non-subsidized housing)

Liquid assets under \$10,000

#### My ARAW Beneficiary Advocate's name is:

## She can be reached at: (508) 717-0400 or admin@arawofnb.org

#### **ARAW's mailing address is:**

174 Union Street, Unit 4W, New Bedford, MA 02740 Office visits are by appointment only.

#### WHEN DO I CALL MY BENEFICIARY ADVOCATE?

- When an unexpected need arises for which I am unable to pay
- To sign up for an activity or giveaway from ARAW's newsletter
- If I am interested in ARAW's Friendly Visiting Program
- To explore appropriate resources specific to a challenging situation
- If my financial situation changes significantly
- If I am no longer eligible for ARAW support based on the current eligibility guidelines
- Before I make a change to something for which ARAW pays
- To update my phone, email or address
- If I am facing a legal challenge or eviction
- If ARAW calls me with a question, need for additional information or requests a call back
- To schedule an annual review or a visit associated with a new request
- If I have nowhere else to turn

#### **MORE RESOURCES....**

## DID YOU KNOW THAT ARAW WORKS WITH OVER 400 WOMEN THROUGHOUT THE YEAR?

We love that you are a part of the ARAW family but we want you to be aware of other resources in the community as well.

#### Your local

#### **COUNCIL ON AGING**

can help you with services like:



## Your local COA's phone number is:

- ☐ Acushnet (508) 998-0280
- □ Dartmouth (508) 999-4717
- ☐ Fairhaven (508) 979-4029
- □ New Bedford (508) 991-6250
- □ Westport (508) 636-1026

- ✓ Medical Equipment
- ✓ Health Benefits
- √ Food Stamps (SNAP)
- ✓ PACE Fuel Assistance
- ✓ Food Pantry/On-site Meals
- ✓ Home Modification Loan Program HMLP
- ✓ Legal Resources
- ✓ Social Programs, Classes & Activities
- ✓ Senior Work Off Program
- √ Tax preparation
- ✓ Transportation
- ✓ Housing application assistance
- ✓ Veteran Benefits
- ✓ Food Pantry
- ✓ PACE Fuel Assistance
- √ Veteran's Benefits
- ✓ Social Day

**COASTLINE ELDERLY SERVICES** develops, provides and coordinates a range of home care services designed to support and maintain the independent living of older adults within the community.

#### **Call Coastline for issues concerning:**

- ✓ Meal sites
- ✓ Case Manager
- ✓ Geriatric Support Services Coordinator (GSSC)
- ✓ Home care services
- ✓ Meals on Wheels
- ✓ Money Management and Representative Payee
- ✓ Personal Care Attendant Services (PCA)
- ✓ Supportive Living
- ✓ Options Counseling
- ✓ Elder Protective Services
- ✓ PACE Fuel Assistance
- ✓ Food Stamps (SNAP)
- ✓ Transportation

My Coastline case manager is:

Their phone number is:

Coastline is located at: 863 Belleville Avenue New Bedford, MA 02740

www.coastlinenb.org

#### **FOOD PANTRIES**

#### Catholic Social Services

508.997.7337

238 Bonney Street (in back of O. L. of Mt. Carmel R. C. Church) Wednesday & Thursday 10-12 (available 1x every 30 days), proofs of income & MA residency. Non-perishable foods.

#### **Debbie's Kitchen Food Pantry**

508.525.9010

508.992.0122

95 Willow Street

Saturdays 10 am-Noon. Requires photo ID, food stamp ID and proof of income. Serves residents of NB and the surrounding area. Delivery to elders/handicap available; need to call. Limited to one visit/month.

#### Grace Episcopal Church (Martha's Pantry) 508.993.0547

133 School Street

Wednesday & Friday 9.30 - 10.30 (available 1x per month / 12 x per yr) Photo ID required and children's insurance cards.

#### **MO Food Life Pantry**

725 Pleasant Street

Open Wednesdays (unless a month has a 5th Weds) 11am—1pm (available once every 30 days) For adults, proof of income.

#### **Mobile Ministries**

508.993.0614

MON: Salvation Army Parking Lot 6.00pm TUES: PAACA 6.00pm

WED: Reverence Church, Brock Avenue 1.30pm THU: Salvation Army Cafeteria 12.00-12.50pm

FRI: PAACA 6.00pm

SAT: Salv.Army lot 11.30am; Reverence Church, Brock Ave 1.30pm

#### PACE, Inc.

508,999,9920

166 William Street

Monday-Friday 10am—2pm, contact PACE in case of emergency. Only name/address needed. Walk up by back of building. Call for more details or see www.paceinfo.org.

#### **FOOD PANTRIES**

#### The Salvation Army

508.997.6561

508.993.1691

619 Purchase Street

Bread Distribution only, Monday-Friday 9am-12noon

#### Food Pantry open Wednesdays 9am-12noon

St. Anthony's Church 1359 Acushnet Avenue

Nye Street entrance outside. Every Thursday @ 10am—11.30am. Grab and go.

#### St. Lawrence Church

508.992.4251

110 Summer Street

Every other Friday from 10.30-11.30am. Photo ID for household members and proof of address in 02740 zip code required.

#### St. Martin's Church

508.994.8972

136 Rivet Street

3rd Saturday 10-11am and last Tues of month 5-6pm

#### Seven Hills Behavioral Health

508.999.4159

1177 Acushnet Avenue

One Manday Friday Oras to 4

Open Monday—Friday 9am to 4pm.

All Food Pantry information was valid as of February 1.2024.
please check in with the Food Pantry to ensure
this information hasn't changed since that time.





#### **MEAL SITES AND TIMES**

Sister Rose House Soup Kitchen / Mercy, Meals & More /PAACA, 360 Coggeshall Street/
Pilgrim United Church of Christ, 635 Purchase St. / Grace Episcopal Church, 133 School St. / Reverence Church, Brock Ave/
The Salvation Army, 619 Purchase St. / St. Anthony's R.C. Church, Nye St. / Full Blessings Church, 475 Union St.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	7.30-8.00 Grace Episcopal Church	6.30-7.30 Mercy, Meals and More	6.30-7.30 Mercy, Meals and More	6.30-7.30 Mercy, Meals and More	6.30-7.30 Mercy, Meals and More	6.30-7.30 Mercy, Meals and More	6.30-7.30 Mercy, Meals and More
Lunch	11.00-1.00 Sister Rose House 11.00 Full Blessings Church Service & Meal	11.00-1.00 Sister Rose House 12.00-12:50 Salvation Army @Cafeteria	11.00-1.00 Sister Rose House 12.00-12:50 Salvation Army	11.00-1.00 Sister Rose House 12.00-12:50 Salvation Army @Cafeteria 1.30-2.15 Reverence Church	11.00-1.00 Sister Rose House 12.00-12:50 Salvation Army @Cafeteria	11.00-1.00 Sister Rose House 12.00-12:50 Salvation Army	11.00-1.00 Sister Rose House 11.30-12.15 Salvation Army @ Parking Lot 1.30-2.15 Reverence Church
Dinner		6.00-6.45 Mobile Ministries Salvation Army @ Parking Lot	6.00-6.45 Mobile Ministries @ PAACA			6.00-6.45 Mobile Ministries @ PAACA	

#### **HEALTH/MEDICAL**

SouthCoast Center for Women's Health 508.998.0600
GNB Community Health Center 508.992.6553
NB Sexual and Reproductive Health 508.984.5333
St. Luke's Hospital 508.997.1515

#### **MENTAL HEALTH**

New Bedford Crisis Center		508.996.3154		
543 North Street				
Child & Family Services	1061 Pleasant St.	508.996.8572		
	543 North Street	508.984.5566		
	3057 Acushnet Ave	508.742.1040		
FHR Anchor House		508.984.4300		
2277 Purchase Street				
High Point Treatment Center		508.717.0550		
68 North Front Street				
MA Dept. of Mental Health		508.996.7900		
888 Purchase Street				
Seven Hills Behavioral Health Psychiatric Day Treatment				

#### **SUBSTANCE ABUSE**

589 So. First Street

Steppingstone Inc.

508.996.3147

508.984.4155

ADCARE	508.999.1102
High Point Treatment Center Centralized Admissions	1.800.233.4478
Outpatient (SA, MH)	508.717.0550
Community Substance Abuse Center 8 Kilburn Street	508.979.1122
PAACA 360 Coggeshall Street	508.997.9051
Self-Help/Trtmnt Info (for Men) (SEMCOA)	508.992.7788
Seven Hills Behavioral Health 1173-1177 Acushnet Avenue	508.996.0546
Steppingstone 5 Dover Street Suite 201 Project SOAR	508.984.4155

#### **VETERANS**

MA Dept. of Veterans Services	1.888.844.2838
New Bedford Veterans Services	508.991.6184
New Bedford VA Outpatient Clinic	508.994.0217
NB VET Center	508.999.6920
National Call Center Homeless Veterans	1.877.424.3838
Veterans, Inc.	1.800.482.2565
Veterans Transition House	508.992.5313

The most updated information is available on our website at: https://www.nbhspn.com/nbhspn-street-sheet/

#### STREET SHEET

























Available help for those experiencing or threatened with homelessness.

The City of New Bedford's Homeless Service Providers' Network (HSPN) publishes this "Street Sheet" in paper format (English, Spanish and Portuguese) and online in multiple languages at:

https://www.nbhspn.com/nbhspn-street-sheet/

Some providers or programs may have changed since the last revision. Check each agency to verify their current service capabilities.

#### City of New Bedford, MA

HOMELESS SERVICE PROVIDERS' NETWORK



www.nbhspn.com -

StreetSheets made possible thanks to the generous support of the United Way of Greater New Bedford.





### **HOMELESS?**

New Bedford's HSPN has a Coordinated Entry System focusing on and working to assist those currently sleeping outside or in an emergency shelter.

#### **Individuals**

If you are currently sleeping outside, in a car, in an abandoned building or in other places not meant for human habitation, please contact Coordinated Entry:

> Monday – Friday 508-501-0900

ce@comcounseling.org

If you are in need of shelter now, call the shelter directly:

508.997.3202 Sister Rose (men) Grace House (women) 774.628.9743 Domestic Violence 508.999.6636

#### **Families**

If you are a family with minor children (or are a woman who is pregnant,) in need of shelter, you must call the state's Emergency Housing Assistance Program:

> Monday – Friday 8am – 4pm 866.584.0653

#### **Rental Assistance**

**RAFT** www.nhs.mass.org Catholic Charities 508.999.4757 508.993.0333 PACE



#### Scan Here for Online StreetSheet



#### **NEW BEDFORD PUBLIC SCHOOLS HOMELESS LIAISON**

Registrar and Homeless Liaison Julie Mador

455 County Street Room 105 NB 508.997.4511 x14663

#### LOCAL, STATE and NATIONAL CRISIS SERVICES

Al-Anon/Alateen 508.366.0556 Behavioral Health (Seven Hills) 508.990.8280 **Coastline Elderly Services** 508.999.6400 Domestic Violence/Sexual Assault 508.999.6636

#### LOCAL, STATE and NATIONAL **CRISIS SERVICES**

Local/State Crisis Center Open 24/7 Child and Family Services	508.996.3154
New Bedford Police Dept.	508.991.6350
Suicide Prevention Hotline (Samaritans)	1.866.508.4357
The Women's Center (Domestic Violence)	508.996.3343
Disabled Persons Protection Hotline	1.800.426.9009
Elder Services Hotline	1.800.922.2275

MA 211 Call Center (A United Way Program)

IVIA 211 Call Cellter (A United Way Progra	m) <i>Didi</i> <b>211</b>
MA Alliance of Portuguese Speakers	1.800.232.7725
MA DCF (To report abuse of a child)	508.910.1000
MA DCF Hotline (Non business hours)	1.800.792.5200
MA DHCD Shelter (For families)	1.866.584.0653
MA DMH (Dept. of Mental Health)	508.996.7900
MA DTA (Dept. of Transitional Assistance)	1.877.382.2363
Child-at-Risk Hotline	1.800.792.5200
Gay/Lesbian Hotline and G.L.A.D.	1.800.455.4523
SAMHSA Helpline (Drug Alcohol) 24/7	1.800.662.4357
National Child Abuse Hotline	1.800.422.4453
National Sexual Assault Network	1.800.656.HOPE
Runaway and Youth in Crisis Hotline	1.800.786.2929

#### FORECLOSURES & LEGAL

**Foreclosure Assistance** 

City of New Bedford - Office of Housing 508.979.1500 and Community Development

608 Pleasant Street - 2nd Floor

Catholic Charities of the Fall River Dioc. 508.997.7337 NeighborWorks Southern MA 617.770.2227 X46 Homeowners' Hope 24 Hour hotline 1.888.995.HOPE 508.993.0035 PACE Homecorps Recovery Initiative

**Legal Assistance** 

SouthCoast Fair Housing 774.473.9994 **Legal Aid** 1.800.244.9023 Catholic Social Services (Immigration Issues) 508.997.7337

#### **SUPPORT**

ADCARE 508.999.1102

88 Faunce Corner Road Suite 260, No. Dartmouth Assessment & treatment planning, counseling for individuals and families, outpatient programs for substance abuse

#### **SUPPORT**

508.998.3626

**Adult Family Care** 

34 Welby Road

Family living for adults who, due to frailty, advancing age or chronic illness, can no longer live alone in safety

**Anchor Ministries** 774.202.6809

9 South Sixth Street (Entrance on Spring St)

MWF 10am—1pm. Eat in or grab/go lunch 11-12:45pm.

Bristol Elder Services, Inc. 508.675.2101

1 Father DeValles Blvd., Fall River Protective services for elderly

Catholic Charities of the Fall River Dioc. 508.997.7337

238 Bonney Street

Apartment searches, permanent and transitional housing, rapid rehousing and prevention assistance

**Child & Family Services** 508.742.1611

1061 Pleasant Street

Open Access Screening and Intake Center

**Coastline Elderly Services** 508,999,6400

863 Belleville Ave

Services to assist the elderly in maintaining their independence

Community Economic Devt Center (CEDC) 508.979.4684

1285 Acushnet Avenue

Info and assistance related to immigration, etc.

**Community Support Program** 508.999.4968

651 Orchard Street Suite 203

Outreach case management and care coordination services for MassHealth clients. Call for referrals.

Council on Aging 508.991.6250

181 Hillman Street Bldg. 9 Provides support services for seniors

**Eliot Community Health Services** 617.819.4185

Outreach and shelter-based services for homeless and at-risk of homelessness. Mental health/substance abuse support. Community based referrals.

Family Resource & Development Center 508.994.4521

128 Union Street 3rd Floor

Parenting programs, support groups, assessment services/info and referral svcs for parents with children 0-18 living in GNB.

**High Point Outpatient Services** 508,992,1500

68 North Front Street

Substance abuse and mental health counseling services

Immigrants Assistance Center, Inc. 508.996.8113

58 Crapo Street

Info and referrals to at-risk immigrant families/individuals

Justice Resource Institute Focus 508.617.4359

45 North Main Street, Fall River

Housing & stabilization for families in shelter. DHCD referrals.

MA Dept. of Mental Health 508.996.7900

888 Purchase Street Suite 213, 2nd floor

MA Dept. of Transitional Assistance 508.961.2000

160 West Rodney French Blvd.

Food and cash assistance for disabled, elderly and families.

#### **SUPPORT**

New Bedford Dept. of Community Services 508.961.3135

133 William Street

Referrals for elderly, disabled, low income, victims of discrimination, id's and other quality of life issues.

PAACA 508.997.9051

360 Coggeshall Street

Substance abuse treatment referrals, food, clothing, transport, housing services, daily 12-Step and self-help groups.

PACE. Inc. 508,999,9920

166 William Street

A multi-service anti-poverty agency: Head Start, Housing Services Emergency Food Pantry, Fuel Assistance, Health Care Access, Child Care Works, the Family Center, and YouthBuild

Salvation Army

619 Purchase Street Emergency assistance programs

Seven Hills Behavioral Health - HIV Prevention,

**Education & Screening Program** 508.996.0546

1173-1177 Acushnet Avenue

HIV/HEP-C/STI's Testing, Overdose Prevention & Narcan Enrollments. Harm reduction/outreach services for men/women at risk.

Seven Hills Behavioral Health-Project Care 508.999.4159

1177 Acushnet Avenue

**HIV Medical Case Management** 

Seven Hills Behavioral Health Twist Prog. 508.999.4159

Gay, Bisexual, Questioning Men, LGBTQ Support Services

Southeast Center for Independent Living 508.679.9210 66 Troy Street (1st Floor), Fall River

By appointment only - advocacy, skills training, peer counseling, info/referral for people with disabilities, transition to community from nursing facilities, options counseling youth services.

Southeastern MA Council on Addiction 508.992.7788

234 Farle Street

Long-term residential services for substance use disorders for men

Steppingstone, Inc.

5 Dover Street, Suite 207

774.992.0655

Case management/care coordination services; Outreach, apartment searches, housing, case mgt for those with HIV/AIDS.

Woman's Program 979 Pleasant Street 508.984.1880

Residential substance abuse treatment case mgt and housing

**Tenancy Preservation Program** 508.944.9502

Assists disabled clients that are at risk of being evicted for reasons related to their disability

The Women's Center 508.996.3343

405 County Street (Office)

Provides confidential short-term shelter, counseling and support to victims of domestic violence and sexual assault

Works 4 U, Inc. 774.762.7609

360 Coggeshall Street

Assistance finding potential employment opportunities.

YWCA Southeastern MA 508.999.3255

20 South Sixth Street

Residential and supportive services for low income women 18+,



## CALL2TALK IS HERE 24 HOURS A DAY, 7 DAYS A WEEK

HELPLINE

Call us, we are here to listen. At Call2Talk we are here every day of the year. We receive thousands of calls annually from people in need of emotional support.

Calls are free and confidential. Some of our callers feel overwhelmed, sad or lonely. Sometimes callers feel confused. ashamed or hopeless.

If you are in emotional pain or know someone who is, please call us.

508-532-CALL (2255) OR DIAL 2-1-1 | EXT.25 **VOLUNTEER** 

By picking up the phone, Call2Talk volunteers make a difference in the lives of our callers everyday. Our call takers are empathetic and compassionate people who simply listen to those that need a friendly ear and a caring voice. Training is free and there is ample support through the process of becoming a call taker.

Our call takers are the core of our existence. We take pride in our volunteer community and welcome you to our team.

TO LEARN MORE VISIT: MASS2II.ORG/CALL2TALK

**TELECHECK** 

TeleCheck is a telephone check-in service for older adults living at home. An experienced Call2Talk call taker will reach out to a senior at home 1-2 times per week to provide support and friendly conversation at a convenient time.

FOR A TELECHECK REFERRAL CALL 508-573-7200 | INTAKE DEPT.





Providing service since December 2013, Call2Talk is the mental health component of Mass211. When calling Call2Talk, those who are struggling with mental health concerns have a safe place to call and will be encouraged to discuss their current experience. Some callers even talk openly about their thoughts of suicide and are in search of options. By sharing their personal stories of tragedy, recovery, despair and grief, callers feel relief, comfort and hope. Calling Call2Talk is the first step toward getting the help and emotional support our callers so desperately need.

#### **WORRIED ABOUT SOMEONE?**



Listen to them. Don't be afraid to ask them directly what is on their mind and if they are thinking about suicide. Talking about sad things or suicide will not put those ideas into their heads. Actually, most people will feel relief after someone has finally noticed and validated their pain. It is important to remember that most people who think about suicide do not want to die but simply want their emotional pain to end. By listening, you may be able to help someone explore safer choices and feel relief.

#### **COMMUNITY EDUCATION**

Informational presentations and best practice awareness trainings are available, customized for any size audience and time frame. Options include Question, Persuade, Refer (QPR) Training, Mental Health First Aid, safeTalk, Applied Suicide Intervention Skills Training (ASIST), More Than Sad, and Talk Saves Lives.

#### **METROWEST LOSSTEAM**

A partnership with local police departments to offer immediate on-site peer emotional support to suicide loss survivors. Currently available in Ashland, Holliston, Hopkinton, Hudson, Sherborn, and Sudbury.

#### **COALITION FOR SUICIDE PREVENTION**





Recent statistics state that over 48,000 people in the United States die by suicide each year. Close to 600 of them are from Massachusetts. Thousands more make attempts to end their lives or engage in self-harming behavior that results in hospitalizations and emergency room visits.

The MetroWest Regional Coalition for Suicide Prevention serves as an adjunct to the statewide Massachusetts Coalition for Suicide Prevention (MCSP). Our mission is to support and enhance the MCSP and to help promote the State Strategic Plan. The MetroWest Regional Suicide Prevention Coalition works to support and actively engage with local programs and services and to promote awareness and reduce the incidence of suicide in our region.



WE'RE HERE TO LISTEN

508-532-CALL (2255)
OR SIMPLY DIAL 2-1-1 EXT. 25
TEXT: C2T TO: 741741

FOR MORE INFORMATION OR TO DONATE VISIT: WWW.MASS2II.ORG/CALL2TALK



A National Suicide Prevention Lifeline Crisis Center 1-800-273-TALK (8255)









Call2Talk is a confidential mental health and emotional support call line that assists individuals and families through stressful times in their lives, helping the despondent and those who may be suicidal.

A service of the United Ways of MA and Mass 2-1-1.



## New! Expanded Eligibility for Reduced MBTA Fares

The MBTA is expanding access to reduced fares for income-eligible riders. Eligible riders will gain access to half-off regular fares on Commuter Rail, Subway, Bus, Ferry, and The RIDE.

- Applying online is simple, fast, and easy on your phone, computer, or tablet.
- Checking eligibility is quick so getting approvals can happen in minutes.
- Apply online in English, Spanish, Portuguese, Simplified Chinese, Haitian, Traditional Chinese, or Vietnamese.

#### **Eligibility**

People eligible for the new reduced fare program include those aged 18-64 who are participating in one of these accepted state or federal benefit programs and are not currently covered by existing MBTA reduced fare programs.

#### **Department of Transitional Assistance**

- Emergency Aid to the Elderly, Disabled & Children (EAEDC)
- Supplemental Nutrition Assistance Program (SNAP)
- Transitional Aid to Families with Dependent Children (TAFDC)

#### MassHealth

- Limited Plus Children's Medical Security Plan (CMSP)
- MassHealth CarePlus
- MassHealth Family Assistance
- MassHealth Limited
- MassHealth Standard

#### **MASSGrant**

#### **How to Apply**

To apply you will need to upload an image of the front of a government-issued photo ID, such as a driver's license, passport, or state ID. You can use an expired ID as long as the expiration date is within the last three years. The system can check your eligibility automatically. If approved, your reduced fare CharlieCard will be mailed to your home. For help with your application, call customer service at 617-222-4200 or visit our in-person help locations, listed on the website.

The MBTA is committed to providing reliable, accessible transportation to all and is implementing a new reduced-fare program that will make all MBTA transportation modes available and affordable to income-eligible individuals.

#### To learn more, visit: MBTA.com/income-eligible

















Silver Line Subway Lines

ites The BIT









Saturdays 10am-2pm Buttonwood Senior Center, 1 Oneida St.





#### FOOD HUB MARKET

Tuesday-Friday: 9am-5pm Inside our Farmer Food Hub in the Kilburn Mill, 127 W Rodney French Blvd. After Hours 5-7pm 3rd Thursdays of the Month





## STEEEE-RIKE!

It's intergenerational bowling night for South Coast LGBTQ+ individuals!

## FOURTH SUNDAY OF THE MONTH

6:00-8:00 P.M.

WONDER BOWL

NEW BEDFORD

All ages welcome! Free to attend!

REGISTER HERE: https://tinyurl.com/LGBTQ-Bowling







May 7, 2025 @ 5:00 p.m.

Free ♥ No Registration Required

Groundwork, New Bedford



# INTERGENERATIONAL LGBTQ+ INTERGENERATIONAL LGB

A great opportunity for our older LGBTQ+ friends to get together!













The Mission of the Fairhaven Senior Center is to advocate for improved quality of life for all seniors through supportive services, programs, and education.

To identify the total needs of the elderly population of the community. To educate the community and enlist support and participation of all citizens regarding elder needs.

At the Fairhaven Council on Aging, we are proud to offer a wide range of services and programs, including educational classes, fitness activities, congregate lunches, assistance with insurance through SHINE representatives, and much more.

Our mission is to provide a variety of opportunities and areas of interest to meet the diverse needs of the older adults who visit our center.

Whether you are seeking to improve your balance, enjoy a film during our "Movie Mondays," or receive assistance with technology, we are here to support you. Our offerings include special trips, mall outings, Movie Mondays, technology lending services, technology classes, caregiver support groups, and a variety of games and recreational activities.

We look forward to welcoming you to the Fairhaven Council on Aging and supporting you in every way we can.











The Fairhaven Council on Aging also offers a Supportive Social Day Program.

This structured and supervised program is designed for seniors who would benefit from increased socialization while also providing much-needed respite for their caregivers.

The program serves individuals aged 60 and older, as well as those with cognitive disabilities, who are independent in eating, mobility, and medication administration, are continent, and are not considered an elopement risk.

Residents of Fairhaven, New Bedford, Acushnet, Dartmouth, Marion,

Mattapoisett, and Rochester are eligible to participate.



229 HUTTLESTON AVE FAIRHAVEN, MA 02719

508-979-4029

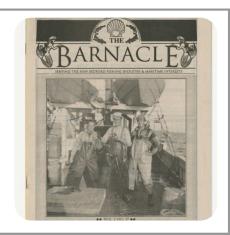
www.facebook.com/Fairhavenseniorcenter/

youTube www.youtube.com/@FairhavenCOA

## Upcoming Programs and Events at New Bedford Fishing Heritage Center

## AHA! Night: Reporting on the Waterfront Thursday, May 8 | 7:00 PM | FREE

In honor of preservation month, join FHC and special guest Gary Golas for a retrospective on *The Barnacle*, an independent, bi-weekly magazine that covered New Bedford and Fairhaven's working waterfront for over a decade. Presentation followed by Q&A.



## AHA! Night: Maritime Folk Concert Thursday, June 12 | 7:00 PM | FREE

Join FHC and enjoy a FREE concert by folk singers and Working Waterfront Festival favorites Janie Meneely and Rob van Sante! Janie and Rob present an evening of music as lively as it is eclectic, with songs culled from maritime traditions old and new mixed with contemporary ballads about the ways of today's world.



## Exhibit Opening: Ceremonies & Celebrations Thursday, June 26 | 5:00-8:00 PM | FREE

Our upcoming gallery exhibit explores some of the ceremonies and celebrations that have taken place on the New Bedford waterfront since the mid-twentieth century, including the New Bedford Scallop Festival, the Blessing of the Fleet, the Working Waterfront Festival, and the Fishermen's Memorial Service.





New Bedford Fishing Heritage Center 38 Bethel Street, New Bedford, MA Thursday - Sunday, 10 AM - 4 PM (508) 993-8894 | fishingheritagecenter.org



Your place to relax,

recharge,

and restore.



Relax. Recharge. Restore

The intimacy and excitement of chamber music is a treat everyone deserves.

#### Heart and Soul

Saturday, May 3 at 3pm at St. Gabriel's Episcopal Church, Marion.

Sunday, May 4 at 3pm at St. Peter's Episcopal Church, South Dartmouth.

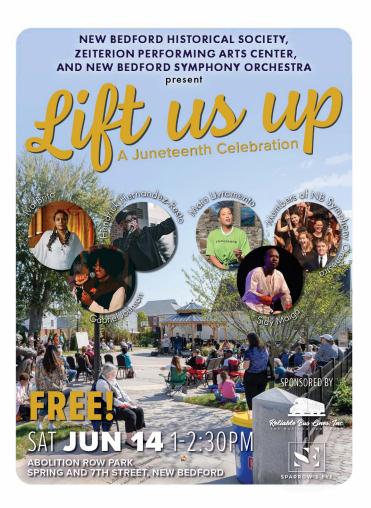
A program of startling intensity opens with Quincy Porter's Suite for Viola Alone. Ukrainian composer Borys Lyatoshinsky's passionate string quartet reflects the triumph and tragedy of a heroic people. Our season ends with Robert Schumann's scintillating Piano Quintet, a masterpiece of shadow and light.

Free Tickets - Call 508-999-6276 x222 or asmith@nbsymphony.org

#### Free Concerts – Music in the Library

In partnership with Seaglass Theater Company – free concerts featuring classical voice and string quartet.

May 10, 11am at Dartmouth North Branch Library May 10, 2pm at New Bedford Main Library





#### Consider volunteering as an usher at The Zeiterion!

Zeiterion Volunteer Ushers are the welcoming face of The Z and perform a vital role in the patron experience at every performance. If you enjoy music and theatre and are looking for an opportunity to socialize and become an ambassador for The Z, then we welcome you to consider joining our Volunteer Usher team!

Being a member of our Volunteer Usher team is fun and rewarding and offers opportunities to:

- Make new friends.
- Learn new skills.
- Attend world class performances for free.
- Support a local non-profit cultural and arts center

#### Our renovation timeline:

The Zeiterion building is now closed for a major renovation. We anticipate reopening in early 2026. Recruitment, orientation and training for new ushers will begin in late Spring 2025 and continue through the Fall.

## To successfully usher an event at the Zeiterion, ushers need to demonstrate the following competencies:

- The ability to provide excellent patron service through a friendly and helpful attitude and an informed perspective.
- The ability to stand for extended periods of time.
- The ability to move up and down aisles and stairs comfortably & quickly.
- The ability to be punctual and dependable.
- The ability to be stationed at an exit where you may be exposed to cold or heat.
- Reasonable accommodation will be made available to all members of the team in the event that one or more of these competencies proves challenging.

#### For information or to apply for the volunteer usher team, contact:

#### **Dori Rubbicco**

Volunteer Coordinator & Director of Patron Experience

**Cellphone:** 508-542-4325 **Email:** drubbicco@zeiterion.org **Online application:** https://www.zeiterion.org/support/volunteer

Jue Music Dancing

# RAISE the ROOF DANCE PARTY

A Fundraiser to Restore and Renovate the Zeiterion

Wednesday, June 18, 6-10pm

Join us on the waterfront at Cisco Brewers for a family-friendly evening with live music, dancing, and fun for all ages.

**FEATURING** 

East Coast Soul Funk, Soul and R&B

**Mentalist Jon Stetson** 

**Aerialist Gina DeFreitas** 

**Disco Ball Dancer** 

Living Muse by Ten31

and more!





Pay-what-you-can starting at \$25
Suggested price: \$50
Card to Culture: \$5 (Not available online)
Children under 12: Free

Net proceeds from this event will directly support the Zeiterion's renovation and restoration project.

FREE transportation from Downtown New Bedford to Cisco is available





**EVENT SPONSORS** 







ZEITERION PERFORMING ARTS CENTER

508.994.2900 ZEITERION.ORG











# Heart Health Stroke Prevention Extravaganza

Join us for a day of education, appreciation, and community.

Saturday, May 3, 2025 9am - 5pm Westport Middle/High School 400 Old County Road Westport, MA 02790

Meet our dedicated healthcare providers, learn life-saving stroke tips. Help us celebrate our incredible first responders, including police, fire and EMS teams who work tirelessly to keep us safe. Bring the whole family for a Touch-a-Truck experience and more!





## WHAT IS PARKINSONS

#### Presented by:

Linda Pierce, RN (Westport's Town Nurse)

Come and learn about Parkinsons and its symptoms

JUNE 11, 2025

4:00 TO 4:30 Refreshments

4:30 TO 5:30 Presentation with Questions and Answers

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

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

## **Widowed Persons Program**

The Widowed Persons Program program is open to the widowed of all ages who are going through the grieving process. There is no fee for our service; however, voluntary donations are gratefully accepted. Our trained volunteers, who are also widowed, work with the newly-widowed in support groups.

#### **Widowed Persons Program offers:**

- Outreach: Providing volunteers who are widowed to call newly bereaved to discuss their adjustments to widowhood.
- Group sessions: Bringing the widowed together to discuss problems and provide mutual assistance.
- Referral service: Providing widowed persons with the local services that can be of assistance to them.
- **Training**: We offer volunteer training for the widowed to call the newly bereaved to discuss their adjustments to widowhood.
- Monthly newsletter

**To enroll in the program**, please contact Jane Rocha at the YWCA: 508-999-3255 or at jrocha@ywcasema.org



Find us on Facebook!

www.facebook.com/groups/ywcasemawpp