



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



Ice Cream Social!

You scream. We scream. We all scream for ice cream!
The week of August 25th is officially ARAW's Ice Cream Week!

Would you like some ice cream?

We will deliver a pint of ice cream to you
or you can come by and pick it up.

Choose your day and choose your flavor:

Vanilla, Chocolate, Strawberry or Coffee

on Monday 25th, Tuesday 26th, Wednesday 27th or Friday 28th

Call us at (508) 717-0400

limited availability | first come first served

August is National
Sandwich Month!



TELL US...

What's your favorite type of
sandwich?

Up Your Sun IQ

Sun Facts By The Numbers

10am-4pm:

The sun's rays
are the strongest,
limit exposure.



10 min:

Is how long it takes for
baby skin to burn. But
sunscreen is only safe after 6mos,
so keep little ones out of the sun!



80%

of the sun's rays
pass through clouds
on an overcast day.
Protect yourself!



80 min:

how often to
reapply
water-resistant
sunscreen.

30 min:

For sunscreen
to soak in and
work effectively.



90%

of visible signs
of aging are due
to sun exposure.



1 way to protect yourself
is sunscreen. Add hats,
sunglasses, and protective
clothing for more coverage.



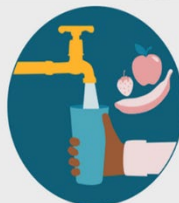
1/2

the occurrence
of melanoma with
daily sunscreen use.

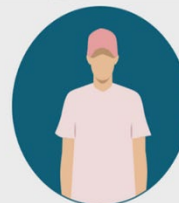


STAY

cool



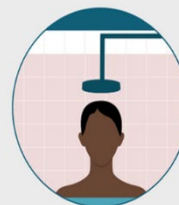
Drink water and eat
foods with high
water content



Wear loose-fitting
clothing in breathable
fabrics and a hat



Stay in the shade
and limit travel and
exercise



Use fans, ice and cool
showers to reduce your
body temperature



Join our friends from

**COASTAL
FOODSHED**

LOCAL FOOD FOR ALL

for a fun lunch
& important information!

Thursday, August 25th

12:30 pm to 2:30 pm

Wamsutta Club, NB

To register | (508) 717-0400

TRANSPORTATION AVAILABLE | HANDICAP ACCESSIBLE
DIETARY RESTRICTIONS ACCOMMODATED

Supportive Social Day Program

Feeling Lonely? You're Not Alone & There's Help!

If you or someone you love is feeling lonely or isolated, you're not alone – and there are great local options that can help. Supportive Social Day Programs in Fairhaven and New Bedford offer a safe, welcoming space where older adults can spend the day enjoying good company, fun activities and a healthy, delicious meal.

Whether it's music, crafts, games, or just chatting with new friends, these programs help people feel more connected and less alone. Plus, caregivers get a much-needed break, knowing their loved one is in good hands.

The best part? You might not have to pay out of pocket! Many health insurance plans -including MassHealth, VA benefits and long-term care insurance – may cover the cost of participation. ARAW may be able to help as well!

Want to learn more? Contact the **Fairhaven Supportive Social Day Program** at 508-993-9455 or **New Bedford Supportive Social Day Program** at 508-991-6250 to find out how these programs could be a great fit for you or a loved one.



**GREAT
NEWS!**



**Fare-Free Extended to
June 30, 2026**

The SRTA will not collect fares through June 30, 2026.
Passengers can ride the fixed route buses, and the
Demand Response vans at no cost.

**GREAT
NEWS!**



Thursday, August 14th (AHA! Night) from 5:00pm to 8:00pm
at New Bedford Fishing Heritage Center, 38 Bethel Street

Scallop Shucking Contest starts at 6:30

Enjoy music, scallop gear link squeezing demo, and more!

This is a Free event

Food trucks and vendors will have items for sale.



More info:

<https://fishingheritagecenter.org/august-aha-night-scallopalooza/>

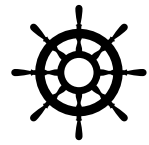
Questions? Call us at (508) 993-8894

**New Bedford Fishing Heritage Center
38 Bethel Street, New Bedford, MA 02740**

<https://fishingheritagecenter.org>



Harbor Tour 2025



We had a great day on the water! We saw lots of boats, a harbor seal, ospreys, and Palmer Island Lighthouse. A good time was had by all.

NEW BEDFORD ART MUSEUM

CREATIVE CARE



DETAILS

WHO: Seniors age 65+

DATE: August 6, 12, & 19
September 2, 16, & 30

TIME: 1:45PM- 3:45PM

WHERE: Buttonwood Park Senior Center,
1 Oneida St, New Bedford, MA (in
Buttonwood park)

INTERESTED IN SIGNING UP?

Call the Buttonwood Park Senior Center
508-991-6170

Different Projects for Every Session

Discover Your Inner Artist!
**Enjoy daily demos and hand-curated
art kits to take home**

No Experience Needed! Easy step-by-step instructions provided with every kit. Either pick up the kit to do at home or join instructor Devin McLaughlin and stay as long as you like for a material demonstration and personalized help while you explore your new materials. Participants simply fill out a quick demographic survey to receive their free art kit!

While supplies last, first come first serve, no registration required.

NEWBEDFORDART.ORG • 508-961-3072



Ramp Donation Program

Are you in need of a ramp to enter your house? Has your mobility recently changed? Or are you just out of a rehab facility? **We may be able to supply a ramp temporarily to you at a low/no cost.** In many cases, we can supply a metal ramp on loan. When the family is done with the loaned ramp, it will be returned to us for loan to another low-income family. **We also accept donations of ramps!**

Here is a ramp we recently installed for Diane in Fairhaven!



Diane's Ramp Install - Fairhaven

"It is so nice to have the ramp! I was going stir crazy before but now I can go out and down and in the car! I can also just sit outside now. I have so much accessibility now and can go to the YMCA and PT and I just went to the grocery store alone for the first time yesterday! I am very grateful. Those gentlemen who installed it were so nice and efficient. It is perfect. I wanted to go to the store and get them coffee and doughnuts, but I couldn't go because I didn't have a ramp!" - Diane is 77 years old.

**For more info on getting a ramp, please call (508) 758-4517
or email bbhabitat@yahoo.com.**



Town of Fairhaven Council on Aging

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.

We also offer a 5 day's a week 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.

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.

August

at
The Fairhaven Council on Aging

COFFEE WITH A COP

Sergeant Janis Guerreiro
Fairhaven Police Department
August 5, 2025 9:00am

EMPOWERING OLDER ADULTS WITH TECHNOLOGY

1:30-3:30pm



August 4, 2025

Social Media/ Staying
Connected

August 11, 2025

Entertainment

August 18, 2025

Enhancing Daily Living Pt. 1

August 25, 2025

Enhancing Daily Living Pt. 2

Call to sign up! 508-979-4029

IMPROVE YOUR HEARING!



Complimentary Hearing
Screening, Hearing Aid
Cleaning and Video Ear
Exam.

August 15, 2025

1-3pm

Call to sign up

508-979-4029

Lauren Warburton
Board Certified Hearing
Instrument Specialist
Lic#275

September

Sneak Peek!

MS SUPPORT GROUP

Join us Every 3rd Tuesday
beginning on September 16th
from 10:30am-12:00pm

229 HUTTLESTON AVE
FAIRHAVEN, MA 02719

508-979-4029



www.facebook.com/Fairhavenseniorcenter/



www.youtube.com/@FairhavenCOA



**SOUTH COASTAL COUNTIES
LEGAL SERVICES (SCCLS)**

PRESENTED BY: LOLLY PINTO

TUESDAY, OCTOBER 28TH

**4:00 TO 5:30 WITH REFRESHMENTS ALONG WITH QUESTIONS
AND ANSWERS**

TOPIC ON TENANTS RIGHTS:

- **THIS IS FOR PUBLIC, SUBSIDIZED, AND PRIVATE HOUSING.**
- **EVICTIONS**
- **DENIALS AND TERMINATIONS**
- **HEALTH CODE VIOLATIONS**
- **DISCRIMINATION**

WESTPORT COUNCIL ON AGING

75 REED ROAD, WESTPORT, MA 02790

508-636-1026

PLEASE CALL TO RESERVE YOUR SEAT



HANOVER HOSPICE

**PRESENTED BY: TRACEY
CLARK, CLINICAL LIAISON**

TUESDAY, SEPTEMBER 16TH

4:00 TO 5:30

REFRESHMENTS, TOPIC WITH QUESTIONS AND ANSWERS

TOPICS WILL BE ON:

- **COMMON MISCONCEPTIONS REGARDING HOSPICE**
- **ELIGIBILITY FOR HOSPICE**
- **QUALITY CARE**
- **HOW TO CHOOSE THE RIGHT ONE**
- **WHEN TO CONSIDER HOSPICE**

WESTPORT COUNCIL ON AGING

75 REED ROAD, WESTPORT, MA 02790

508-636-1026

PLEASE CALL TO RESERVE YOUR SEAT



HIP is Back!

Starting July 1st, all SNAP customers will again receive \$40 in HIP to spend on local fruits and veg each month!

Shop Coastal Foodshed:

- *Tuesday-Friday, 9am-5pm at the Kilburn Mill Pop-Up
- *Thursdays, 2-6pm at the Farmers Market at Buttonwood Park
- *Through the Virtual Market for Wednesday or Friday pick-up





**new bedford
whaling museum**

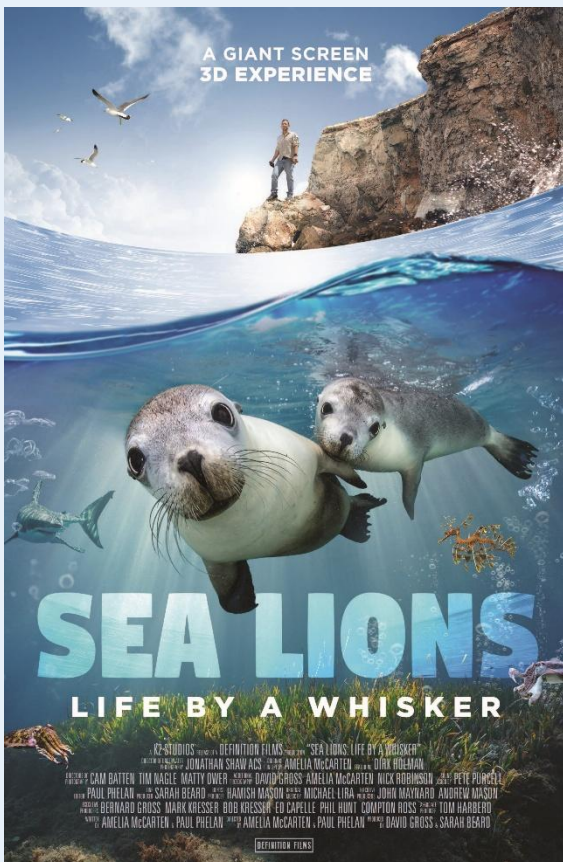
ART. HISTORY. SCIENCE. CULTURE.

Free Admission Day!

Wednesday, August 6th, 2025

Museum Hours: 9:00am-5:00pm

Sponsored by Highland Street Foundation



August **AHA!** Night

Thursday, August 14th, 2025

4:00 PM - 7:00 PM

Sea Lions Film Screening: 6:00pm

(Run time 20 minutes)

Free and fun for all ages!

A.H.A.! (Art, History, Architecture) Nights 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.

Buy Food Online Using SNAP in MA

How It Works

1



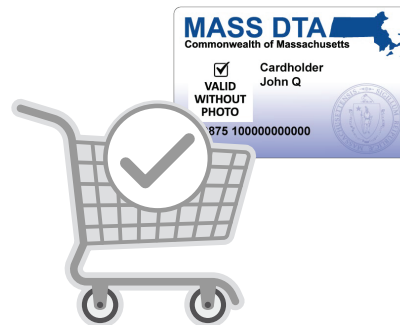
- Amazon and/or Walmart: Add your SNAP EBT card to your account
- ALDI: Sign up for an account at [Shop.ALDI.us](https://www.shop.aldi.us)

2



- Shop online for SNAP authorized foods
- Look for "SNAP EBT eligible" on Amazon or ALDI, which is powered by Instacart

3



Checkout using your EBT PIN:

- You cannot use cash benefits on an EBT card to pay
- SNAP benefits cannot be used to pay for shipping or delivery fees

4



- Schedule your delivery
- Available with Amazon and select ALDI and Walmart locations

To learn more or apply for Supplemental Nutrition Assistance Program (SNAP):
[Mass.gov/SNAPonline](https://www.mass.gov/SNAPonline)



Department of
Transitional
Assistance



USDA
Supplemental
Nutrition
Assistance
Program

Putting Healthy Food Within Reach



Coastline's Meals on Wheels is Partnering with DoorDash for Emergency Deliveries

What is DoorDash?

DoorDash is a delivery service app.



What's Happening?

At Coastline, our mission is to deliver nutritious meals and check in on homebound seniors. But sometimes, due to staff shortages or emergencies, we need a little help.


That's where DoorDash comes in.

What to Know

- Your meals will still be delivered by your normal driver; DoorDash drivers will only be used in an emergency situation.
- When your meal is being delivered by DoorDash, you will receive a text message that your meal is on the way.
- If you cannot receive text messages, your driver will call you. Please be aware that the caller ID may appear as "Unknown".
- Please update our office with any phone number changes.
- Your driver will honk once they are outside & meet you at your door. They must hear or see you in order to leave your meal.

Questions?

Contact us at:

 **508-999-6400**
ext 3



A story from YWCA's Widowed Persons Program

My Group - Another Year

We recently had a discussion in our Widow Persons Group about measurable improvements. How can we quantify the progress of our grief? It was a unanimous decision by the group that you can't. Every story that has brought us to this group is different. The grief road we walk is as unique as our circumstances. The timetable will be as long as it takes. It can sometimes feel that progress has been made when you realize that those two steps forward have just become three steps back. This can make group improvement hard to gauge. I had previously written about my group a year or so ago. So, I returned to this document to see if there was a way I could examine if my own road of grief had any change. Grief can be a very unwelcome and sometimes unannounced visitor beating on your door to be let in. It can be a shadow that sneaks in when you're off-guard. The nature of grief makes it hard to know your footing. Has progress really been made, or have you just buried your feelings or busied yourself enough to avoid them all together. Unfortunately, these feelings will rear up and demand to be felt at some point.

In examining the progress of my own grief, I have concluded that I have walked forward on this dark road and have faced my hard feelings. I can see measurable differences. I now can remember my Love and no longer cry so deep from my core that my stomach aches or when I reminisce my heart does not feel so heavy that it may indeed fall from my chest. I can write in my journal and the tears do not outnumber the words. I even brought a few of his items to goodwill and threw out the popsicles that had now, two years later, still been in the freezer waiting for him to finish them. I work hard every day to have joy. But now I have happiness sprinkled in those days as well. A smile not forced or faked but one that lights my face again.

So yes, some progress. I very much like to talk about my Love and the time we were able to share. So grateful for every moment. I still need to talk about my sorrow and loss. The Widow Persons Group allows me to do this. I hope I am there for others in the group that need to find a voice for their grief as well. We navigate this difficult life situation that has been demanded of us, a shared sorrow indeed. Any personal forward progress I have made is certainly in part due to this group. The members are all wonderful people that demonstrate empathy, give their support, and provide valued insight. Our facilitator Jane guides us through these difficult times with such understanding, never judgmental of what we might say. She is one of the most compassionate and giving people and we are extremely fortunate to have her.

I am grateful for the Widow Persons Group, for Jane and for all the group members.

Thank you for the lifeline!

Janet

For more information about the Widowed Person Program call the YWCA at 508-999-3255