



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

OCTOBER 2025



Open Enrollment

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

Medicare

Part A



Part A covers hospital stays and inpatient care

Part B



Part B helps pay for doctor visits and outpatient care

Part C



Medicare Advantage Plan (Part C) Includes Part A + Part B

Part D



Part D Prescription Drug Coverage

Medicare's Open Enrollment Period runs from Oct. 15 to Dec. 7 every year.

During Open Enrollment, you can make changes to your Medicare health plan and prescription drug coverage to better meet your needs.

Medicare plans can change each year, so it's a good idea to determine if your coverage still meets your needs and budget.

Medicare Annual Enrollment Period Important Dates and Deadlines



October 15th through
December 7th

Coverage begins
January 1st



NO TRICKS JUST
Treats!

WITCHES PARKING



ALL OTHERS WILL BE TOAD

IMPORTANT NEWS ABOUT SNAP



DTA will be **requiring** Interim Reports every 6 months for many SNAP households.

Beginning September 15th DTA may send you an Interim Report that must be completed within 45 days.

Failure to complete this report may result in termination of SNAP benefits.

Important Change:

Social Security Paper
Checks Ending



DEADLINE APPROACHING: SEPT. 30, 2025

After this date, the Social Security Administration will stop mailing paper checks. Direct deposit will be the only way to receive your benefits.



WELCOME TO THE TEAM



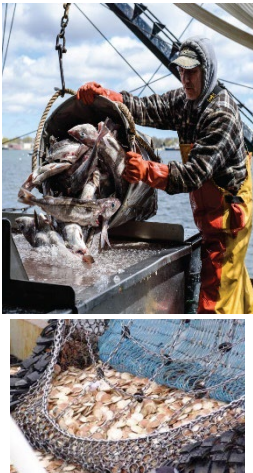
We are absolutely **THRILLED** to introduce you to Kymmarie (left) and Rosa (right)!
They both joined the ARAW team on Monday, September 22nd.
And, along with Heidy, they will serve as your Advocates.
They will be reaching out to say hi to those of you with whom they will work.

We feel so incredibly lucky to have found two compassionate, experienced and knowledgeable women. *We cannot wait for you to meet them!*

In fact, feel free to give the office a call to say welcome (508) 717-0400!

In the meantime, they both want you to know...

WE ARE HERE FOR YOU!



Friday, October 24th | 12:30 pm to 2:30 pm | Wamsutta Club

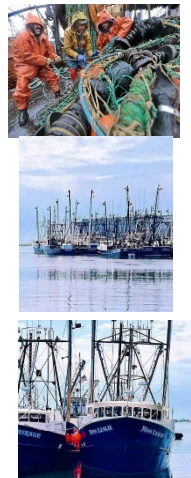


NEW BEDFORD FISHING HERITAGE CENTER



**Let's lunch with our friends from
New Bedford Fishing Heritage Center!**

To register | (508) 717-0400
TRANSPORTATION AVAILABLE



CHOWDERFEST

Saturday, October 11 | 11 am - 5 pm



**ENTER TO WIN TWO TICKETS TO
CHOWDERFEST....**

Who wants chowder???

Saturday, October 11th | 11:00 - 5:00 pm | Pier 3

FREE RAFFLE!!!
Call (508) 717-0400 to enter

**WE HAVE 2 SETS
OF 2 TICKETS AVAILABLE.**



The 20th Annual Blount Fine Foods New Bedford Seaport Chowder Festival will have local restaurants and caterers competing for your vote!

Come sample delicious chowders and soups and cast your vote for your favorite one!!



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 Alexandra in Acushnet!



Alexandra's Ramp Install – Acushnet

According to Alexandra's daughter Linda, "It's been excellent! Everything went as planned. Prompt, professional, excellent. The ramp enabled my mother to come home from the nursing home, and enjoy her quality of life at home. The ramp also makes it easy for her to go in and out of the house, and easy to go to the doctor's." - Alexandra is 95 years old.

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



**new bedford
whaling museum**
ART. HISTORY. SCIENCE. CULTURE.

October AHA! Night



**Thursday, October 9, 2025
4:00pm - 7:00pm**

**Free Museum admission and
special activities including
a scavenger hunt and
kite-making workshop!**

Volunteer Information Session



Wednesday, October 8th, 10:30 am

**Interested in learning more about volunteer
opportunities at the Whaling Museum?
Join us for an information session for an
overview of the volunteer program, as well
as a chance to meet and participate in short
tours of the museum with current
volunteers.**



Seascape/Memory Frame Class with local artist Nina Mach



WHEN: Tuesday, October 21st, from 1:30 to 3:30pm
WHERE: New Bedford Fishing Heritage Center
38 Bethel Street, New Bedford

Choose from an amazing variety of seashells, colored sand, glitter, sea glass, as well as an assortment of frames. Personalize your one-of-a-kind masterpiece by bringing along your own add-ons (buttons, a loved one's jewelry, dated pennies, beach treasures, or a photo).

- Light refreshments will be served
- Transportation provided upon request.
- Space is limited

**RSVP by calling
Laura Campbell
at 508-654-1666 or
email herstory@fishingheritagecenter.org**



Upcoming Programs and Events at New Bedford Fishing Heritage Center

Ongoing Exhibit: *Ceremonies & Celebrations*

Our current gallery exhibit explores ceremonies and celebrations on the New Bedford waterfront, past and present, including the New Bedford Scallop Festival, Blessing of the Fleet, Working Waterfront Festival, and Fishermen's Memorial Service. The exhibit features objects, photographs, and film clips from the Center's archival collection, as well as items on loan from community partners.



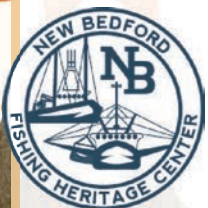
October AHA! Night: Artist Talk & Demo
Thursday, October 9 | 6:00 – 7:30 PM | Free
Stop by FHC during the October AHA! Night to meet local artist Michael Medeiros and learn about his latest public artwork "Crystals of Guanine." The piece celebrates the history and experiences of the city which shaped his perception of the world and the maritime industry. Discover the inspiration behind the piece and the installation process and participate in a hands-on demonstration.



Dock-U-Mentaries: *The Pearl of the Atlantic*
Friday, October 17 | 7:00 PM | Free

NB Whaling Natl. Historical Park (33 William St)

Join us for a free film screening! Produced by the New Bedford Seafood Council, *The Pearl of the Atlantic* is a 1963 film showcasing New Bedford's Atlantic sea scallop fleet and the boat-to-table process. Doors open at 6:30pm.



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



FAIRHAVEN Council on Aging

229 Huttleston Ave
Fairhaven, MA
02719
508-979-4029

October

- Oct. 3, 2025 - Transportation Information 11-1pm
- Oct. 14, 2025 - Coffee with a Cop 12:15pm
- Oct. 17, 2025 - Hearing Clinic 1-3pm
- Oct. 21, 2025 - Single Senior Supper Club 4-6pm
- Oct. 22, 2025 - LGBTQ+ Supper Club 5-7pm
- Oct. 31, 2025 - Halloween Music Bingo 12:30-1:30pm

There is always something going on for everyone!

Activities and groups include:

Indoor walking, Osteo Class, Chair Yoga, Sewing, Watercolor Classes, Caregiver Support, Tech Cafe, Greedy Dice, Dominoes, Mahjong, Movie Mondays and MORE!!!!

Don't be a silly goose!
Visit the Fairhaven
COA!



Your place to relax,

recharge,

and restore.



Relax. Recharge. Restore

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

Afternoon Symphony Orchestra Concert at Kilburn Mill: Music of Renewal

3pm, October 19 at Kilburn Mill Event Center, 127 W. Rodney French Blvd, New Bedford

Wolfgang Amadeus Mozart: *Sinfonia Concertante for Winds*

Evencio Castellanos: *Santa Cruz de Pacairigua*

Antônio Carlos Gomes: *Overture to Il Guarany*

Antonio Estévez: *Mediodía en el Llano*

Arturo Márquez: *Danzón No. 2*

Afternoon Chamber Music Concerts: RACH ‘N SOUL

3pm, October 4 at St. Gabriel’s Episcopal Church, 124 Front Street, Marion

3pm, October 5 at St. Peter’s Episcopal Church, 351 Elm Street, South Dartmouth

Reena Esmail: *Saans (Breath)* (2017)

Sergei Rachmaninoff: Sonata for Piano and Cello in G Minor, Op. 19

Wolfgang Amadeus Mozart: String Quartet No. 19 in C Major, K. 465 “Dissonance”

EmmaLee Holmes-Hicks, violin; Theo Ramsey, violin; Anna Griffis, viola; Leo Eguchi, cello

Janice Weber, piano

More info at www.nbsymphony.org.

Music on the Go

Let us bring the music to you. We would love to provide free concerts at locations recommended by you. Please suggest places where we can play duo, trio, and quartet performances. Do you know of a space that would be good for a free, informal concert? Where do you and your friends like to go? Contact us at nbs@nbsymphony.org or (508) 999-6276 x221.

Find your Joy and Serenity at the Symphony!

ZEITERION PERFORMING ARTS CENTER

Life Long Learning at The Z

Creative Classroom explore the performing arts



Immerse yourself in the performing arts by learning
a new skill in our Mobile Creative Classroom!

Interested in a class?

Call A.R.A.W. at
508-717-0400
or The Z's Box Office at
508-994-2900

and let them know you're
an A.R.A.W beneficiary!

FORT TABER COMMUNITY CENTER

1000A S Rodney French Blvd, New Bedford

Youth Ukulele

with Deb Sorgman

Wed, Oct 15-Dec 3, 5-6PM

Beginner Ukulele

with Deb Sorgman

Wed, Oct 15-Dec 3, 6-7PM

Beyond Beginner Ukulele

with Deb Sorgman

Wed, Oct 15-Dec 3, 7-8PM

Basics of Stage Combat: Swordfighting

with Jessica Wilson & Garret Olson

Mon, Oct 20 & Nov 10, 6:30-8:30PM

Cape Verdean Dance through the Decades

with Geovanny Sequeira

Fri, Oct 24, Nov 7, Dec 5 & 12, 6-7:30PM



CO-CREATIVE CENTER

137 Union St, New Bedford

Jazz and Blues Improvisation

with Manny Davis-Escobar

Wed, Oct 1-Nov 19, 7-8PM

Songs, Sounds, and Rhythms of Cabo Verde

with Candida Rose

Tues, Oct 7-Nov 18, 6-7PM
(excluding Veteran's Day Nov 11)

Latin Cha Cha

with Sue Young

Tues, Oct 14-Dec 9, 7:30-8:30PM
(excluding Veteran's Day Nov 11)

Speak Easy: An Intro to Spoken Word Poetry

with Maia Livramento

Thurs, Oct 16-Nov 6, 6-7:30PM



SOUTH COASTAL COUNTIES LEGAL SERVICES

ELDER LAW UNIT

HOW TO CONTACT SCCLS:

Call the New Bedford Office:

774-488-5979

Monday-Thursday 9am-4pm

Or

Apply online at sccls.org

What is SCCLS?

SCCLS is a private, non-profit law firm. We help low income and/or people over age 60, free of charge. We provide legal advice and full representation on civil legal matters in areas like housing, benefits, family law, and consumer issues. We have offices located in Hyannis, New Bedford, Fall River, and Brockton.

What is the Elder Law unit?

The Elder Law Unit (ELU) serves socially and economically vulnerable people aged 60+ in South-eastern Massachusetts. We protect the rights of older adults to age independently by helping them get the government benefits and services available to them. This includes issues with MassHealth, Social Security, SNAP, and long term care coverage. We help people of all ages with Medicare matters including Medicare not covering services, discharges from nursing homes, and issues with enrollment like premium penalties.



South Coastal Counties Legal Services

SOUTH COASTAL COUNTIES LEGAL SERVICES

¿Qué es SCCLS?

SCCLS es un bufete de abogados privado, sin fines de lucro. Ayudamos a personas de bajos ingresos y/o mayores de 60 años de forma gratuita. Brindamos asesoramiento legal y representación completa en asuntos legales civiles en áreas como vivienda, beneficios, derecho de familia y asuntos del consumidor. Tenemos oficinas ubicadas en Hyannis, New Bedford, Fall River y Brockton.

En español

¿Qué es la Unidad de Derecho de ancianos?

La Unidad de Derecho para Adultos Mayores atiende a personas social y económicamente vulnerables de 60 años o más en el sudeste de Massachusetts. Protegemos los derechos de los adultos mayores a envejecer de forma independiente ayudándolos a obtener los beneficios y servicios gubernamentales disponibles para ellos. Ayudamos a personas de todas las edades con asuntos relacionados con Medicare.

CÓMO CONTACTAR A SCCLS:

llame a la oficina de New Bedford:

774-488-5979

Lunes a jueves de 9 a 16 horas

Solicite en línea en sccls.org

¿Qué puede hacer la Unidad de Derecho para Personas Mayores por usted?

- ⇒ ¿Le han negado o despedido de MassHealth?
- ⇒ ¿Tiene problemas con la terminación, denegación o cobertura de Medicare?
- ⇒ ¿Es usted residente de un centro de atención a largo plazo y desea reincorporarse a la comunidad, pero necesita recursos?
- ⇒ ¿Ha tenido problemas o despido del Seguro Social o del Seguro Social por Incapacidad?
- ⇒ ¿Tiene algún problema con otro programa de beneficios, como SNAP (cupones de alimentos), Frail Elder Waiver u otros?

O que é o SCCLS?

O SCCLS é um escritório de advocacia privado e sem fins lucrativos. Ajudamos pessoas de baixa renda e/ou com mais de 60 anos, gratuitamente. Oferecemos consultoria jurídica e representação completa em questões jurídicas civis em áreas como moradia, benefícios, direito da família e questões do consumidor. Temos escritórios localizados em Hyannis, New Bedford, Fall River e Brockton.

O que é a Unidade Jurídica do idoso?

A Elder Law Unit atende pessoas social e economicamente vulneráveis com mais de 60 anos no sudeste de Massachusetts. Nós protegemos os direitos dos idosos de envelhecer de forma independente, ajudando-os a obter os benefícios e serviços governamentais disponíveis para eles. Ajudamos pessoas de todas as idades com questões do Medicare.

Em português

COMO CONTACTAR A SCCLS:

Ligue para o escritório da New Bedford:

774-488-5979

Segunda a quinta, das 9h às 16h

Inscreva-se on-line em sccls.org

O que a Unidade Jurídica para Idosos pode fazer por você?

- ⇒ Você foi negado ou demitido do MassHealth?
- ⇒ Você está tendo problemas com a rescisão, negação ou cobertura do Medicare?
- ⇒ Você é residente de uma instituição de cuidados de longo prazo e deseja retornar à comunidade, mas precisa de recursos?
- ⇒ Você teve problemas ou rescisão da Previdência Social ou Incapacidade da Previdência Social?
- ⇒ Você está tendo problemas com outro programa de benefícios, como SNAP (vale-refeição), Frail Elder Waiver ou outros?

NEW BEDFORD ART MUSEUM

CARING FRIENDS LUNCH CLUB



Are You a Senior 62+ or An Adult With a Disability?

Residents of Downtown New Bedford Area Join Us for a Free
Lunch and to Catch Up With Friends!

Dates: October 2 • November 6 • December 4

Times: Lunch at 12PM & Socialize until 1:45PM

Where: Wamsutta Club, 427 County St.

*Transportation and Free Parking Available for Downtown New Bedford Residence

For Further Information Contact Pauline Macedo
(508)961-3136 • paulinem@newbedford-ma.gov

Hosted by the City of New Bedford Department of Community Services



**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



PATIENT CARE IN THE HOME WHEREVER YOUR HOME MAY BE

**BY: DANA HAYES FROM
ENHABIT**

**A BETTER WAY TO CARE BY EXPANDING WHAT'S
POSSIBLE FOR PATIENT CARE IN THE HOME. SUPPORT,
CONNECTION, GROWTH, DEVELOPMENT AND WORK-LIFE
BALANCE.**

**HEMOCARE IS NOT JUST FOR PERSONAL CARE ANY
MORE. WHY GO TO A NURSING REHAB FOR AFTER CARE
WHEN YOU CAN RECEIVE IT RIGHT IN THE PLACE YOU
CALL HOME.**

WESTPORT COUNCIL ON AGING

75 REED ROAD, WESTPORT

508-636-1026 CALL TO RESERVE YOUR SEAT

TUESDAY, NOVEMBER 18, 2025 4:00 PM TO 5:30 PM

REFRESHMENTS AND COFFE WILL BE AVAILABLE