

FEBRUARY 2026

the *kindness* edition

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



With all that is going on in the world, we thought it was a good moment to take a breath and remind ourselves of the ability we have to make the world a better place.

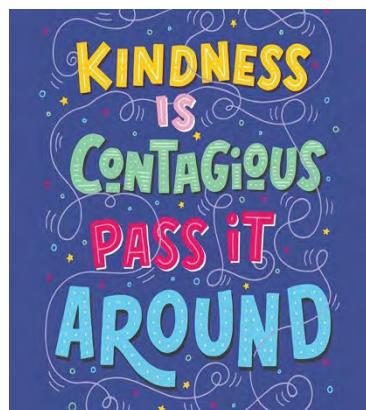
Spreading kindness and showing respect for one another is a superpower. This Valentine's Day and throughout the month of February, let's make an extra effort to spread kindness like wildflowers and show each other the respect we deserve.

We hope you will join as we commit to being the very best versions of ourselves.

Happy Valentine's Day!

Valentine's Day is for all of the kind-hearted people who love and help make the world a better place for all.

Happy
Valentines
Day!



We Want to Feature You!

Tell us your story

ARAW is redoing our website, and we are hoping members of our ARAW family will share their stories and photos.

Let us know if YOU would like to be featured!



Get to know ARAW!

ARAW has been around since 1866, but a lot of people still aren't aware of our mission and the work we do. As a private foundation, we are always looking to reach the women who may benefit from ARAW support. And we have been having a ton of fun going out in the community to spread the word.

Let us know where you think we should have our next information session! We are anxious for the community to learn about ARAW directly from ARAW – please help us spread the word!

If you know someone who meets our eligibility guidelines and might need a little extra help, please encourage them to call ARAW

(508) 717-0400

We are here to help!

KINDNESS IS GOOD FOR YOUR:

MIND



Studies show that the social connection promoted by engaging in acts of kindness is a key predictor of both well-being and recovery from anxiety and depressive disorders.



BRAIN

Kindness generates a chemical response in our brains by boosting neurotransmitters in our brains like dopamine and serotonin.

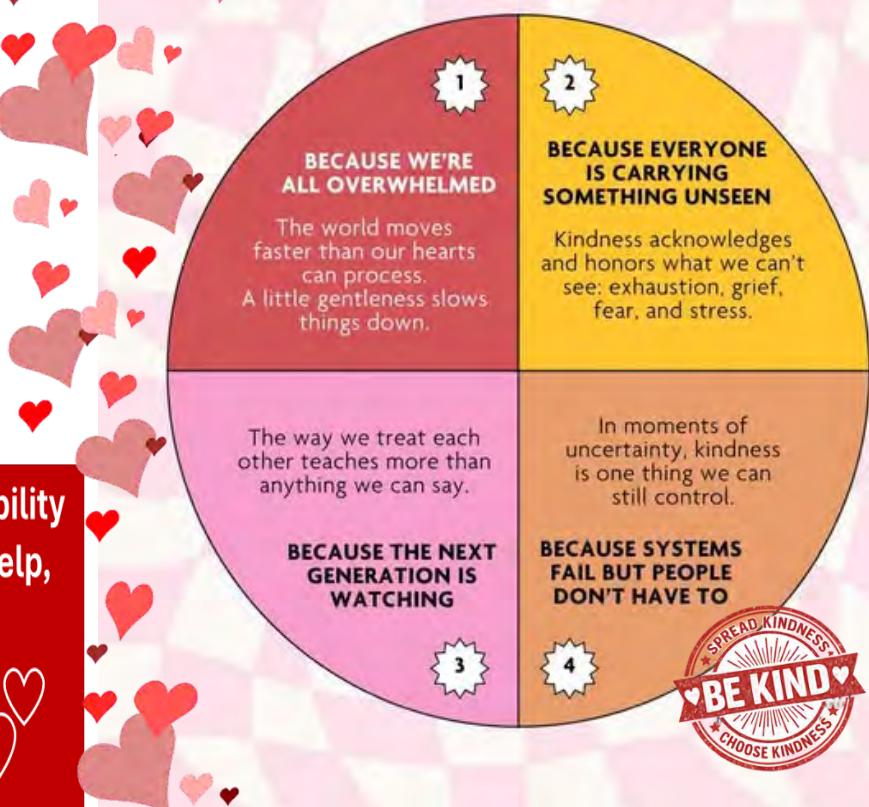


BODY

Another lesser-known neurotransmitter activated by acts of kindness is oxytocin. It can promote a sense of bonding and connectivity, but it's also considered "cardioprotective."



Why Kindness is More Important Than Ever





Every ARAW Board meeting begins with a Board member sharing a reflective moment. In January, ARAW Board member Paulina Fuenzalida-Guzmán shared a personal reflection and we wanted to share it with you as part of our February 2026 newsletter - *the Kindness Edition*.

Personal Reflection – ARAW Board meeting

I'd like to begin by sharing what I've been feeling personally. These are complex times. The violence and vulnerability I see around us remind me just how fragile human dignity can be. It's not always easy to understand or make sense of it all.

I feel deeply honored to be part of a group of women who are already on a path of empathy and understanding. As an institution, we listen, we accompany, and we support those facing life's challenges with care and sensitivity. That commitment gives me strength and confidence to continue acting with awareness and intention.

I want to pay tribute to **Renée Nicole Good, a woman whose empathy and life touched me, and to Alex Pretti**, whose compassion and courage also left a deep impression on many. Their examples remind me that even in pain, humanity is upheld through acts of care and courage.

May this inspire us to continue our work with heart and purpose, and to keep my role — as a woman and as part of ARAW — proactive, mindful, and positive.

Paulina Fuenzalida-Guzmán
ARAW Board member
January 27, 2026



THE ROTCH-JONES-DUFF HOUSE & GARDEN MUSEUM Public Programs for Adults

FEBRUARY

Classical Favorites in the Parlors, With the New Bedford Symphony Orchestra

Friday, February 27, 6:30pm

Enjoy a performance of classical favorites by musicians of the New Bedford Symphony Orchestra. \$15, tickets can be purchased at the door. Capacity is limited, so come early for your choice of seating.

MARCH

House Tour, Thursday, March 5 at 2pm

Enjoy a 45-minute guided tour of the Rotch-Jones-Duff mansion with an RJD Docent. Free with the price of admission.

Music in the Parlors, Friday, March 13, 7pm

Singers perform songs ranging from classical to contemporary Broadway, jazz, pop standards, and more. The Steinway piano in the museum parlors will be used to accompany the musicians. Capacity is limited so arrive early for your choice of seating. Fee: \$15; \$10 for students with I.D.

BYOBook Club at the RJD, Tuesday, March 24 & April 21, 6:30pm - 8:30pm

BYOBook Club is a pop-up reading community in New Bedford where people come together to share space, stories, and conversation. Bring your current book, a magazine, or anything you enjoy reading. For the first hour, we read side by side. For the second we gather to chat about our readings. The last half hour features a guest author. Registration is required due to capacity. Free.

APRIL

The Annual Fellows Lecture, With Preservation Society of Newport County, Thursday, April 2 at 5:30pm

Curatorial Fellows from the PSNC speak on their recent research in the collections. A suggested donation of \$10 in lieu of a fee is accepted.

Gardening with Native Plants, With Mass Audubon

Thursday, April 9 at 4pm

Learn how to transform your corner of the earth into an eco-friendly haven for native flora and fauna. We'll cover how ecosystems work, habitat resiliency, climate change, invasive species, biodiversity, and the ecological importance of human-managed landscapes. You too can create a wildlife sanctuary at home or in your community. Program is free. Donations are accepted.



SNAP Customers Can Receive FREE Fruits & Vegetables!

In Massachusetts, SNAP customers can receive \$40 worth of locally grown fruits and vegetables each month through the Healthy Incentives Program (HIP) when they shop at HIP-eligible vendors.

Coastal Foodshed is a HIP-eligible vendor, open year-round in New Bedford!



Food Hub Market:
Tuesday-Friday, 9am-5pm
Kilburn Mill
127 W. Rodney French Blvd., New Bedford

New Bedford Farmers Market
Saturdays, 10am-2pm
Buttonwood Park Warming House

Contact us: localfood@coastalfoodshed.org or (508) 259-2647



Walt's Mobile Closet is partnering with Coastal Foodshed for a Special Event!

Walt's Mobile Closet partners with organizations to provide free clothing to anyone in need - we are bringing our racks and tables of gently used adult clothing, toiletries, and shoes to Coastal Foodshed and anyone can shop for FREE!!



**Join us at Coastal Foodshed, Kilburn Mill, 127 W. Rodney French Blvd., New Bedford S1-57:
Wednesday, Feb 18th 11:00-1:00**



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 in New Bedford!



According to Janice. "It makes me feel alive! Really and truly! I don't have to lift my legs that I can't lift! I used to have to cling to the rail to get up, then lift my legs three times because I had three big steps, and now I can run up it! A flock of angels put it up. All gentlemen and very nice. I can't imagine being without the ramp now. It's wonderful!"

Janice is 86 years old.

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



YOUR HOST: DJ Gazelle of Fun 107

THURSDAY, February 26 | 7 – 9 p.m.

Seaport Resort & Marina, 110 Middle Street, Fairhaven

Bingo, Raffle & Snacks

Doors open at 6 p.m. | Bingo starts at 7 p.m. | Cash bar

TICKETS AVAILABLE JAN 26: Suggested donation of \$35 per player

Available online at communitynurse.com/bingo or mail a check with participant names to: 62 Center Street, Fairhaven, MA 02719

SPONSORSHIPS AVAILABLE: Visit communitynurse.com/bingo

For questions or raffle prize donation, email: donate@communitynurse.com



**COMMUNITY
NURSE**

STRENGTHENING VOICES WORKSHOP

THE IMPORTANCE OF STORYTELLING IN UNDERSTANDING FOOD ACCESS

DECEMBER 2, 2025

WORKSHOP ACTIVITIES

COASTAL FOODSHED PROVIDED THE SPACE AND TIME FOR PARTICIPANTS TO SHOP AT THEIR LOCAL MARKET USING THEIR HIP BENEFITS.

WOMEN'S FUND SOUTHCOST FACILITATED A SESSION TO TALK ABOUT FOOD INSECURITY.

THE NEW BEDFORD LIGHT DISCUSSED VARIOUS WAYS TO ACCESS LOCAL NEWS.



Seven women from the Westport Council on Aging took part in a workshop that examined the barriers SouthCoast residents encounter when searching for trustworthy information about how to access food and how hunger impacts the region.

IF YOU ARE INTERESTED IN PARTICIPATING IN FUTURE WOMEN'S FUND SOUTHCOST EVENTS, PLEASE EMAIL ASTRAW@WOMENSFUNDSOUTHCOAST.ORG OR CALL (508) 219-6102 TO BE ADDED TO OUR COMMUNICATIONS LIST.



LEARN MORE AND REGISTER HERE:



GENDER EQUITY LEGISLATIVE BREAKFAST

TUESDAY, MARCH 31, 9:00AM - 11:00AM, UMASS DARTMOUTH

Join United Neighbors of Fall River/Coalition Against Period Poverty (CAPP), Women's Fund SouthCoast, Center for Women, Gender & Sexuality, and Mass NOW as we advocate for menstrual equity, access, and dignity.

Your voice matters as we highlight local experiences, identify ongoing challenges, and explore opportunities for meaningful legislative collaboration rooted in the needs of our communities!



Center for Women,
Gender & Sexuality
UMass Dartmouth

Interested?

Call the Z's Box Office at 508-994-2900 | Let them know you are with ARAW
open 12-6PM Wednesday-Sunday.

Movie Mondays: Groundhog Day

Monday February 2 at 7PM

We're bringing back the nostalgia of The State Theatre with Movie Mondays! In *Groundhog Day*, a cynical TV weatherman finds himself reliving the same day over and over again when he goes on location to the small town of Punxsutawney to film a report about their annual Groundhog Day.



Momix presents Alice

Thursday February 5 at 7PM

Seamlessly blending illusion, acrobatics, magic, and whimsy, MOMIX sends audiences flying down the rabbit hole with Alice! Alice is choreographer Moses Pendleton's newest creation, inspired by Lewis Carroll's classic tale *Alice in Wonderland*. This performance contains adult content.



The Commodores

Saturday February 7 at 8PM

Enjoy one of the greatest Motown and R&B / funk artists of all time.



AHA! Night at The Z

Thursday February 12 5-10PM

Stop by to check out the:

- Dance clinic in the Dr. Gail Davidson Movement Studio, 5-6PM
- New Bedford Symphony Orchestra open rehearsal in the theater, 5-6:30PM
- Self-guided tours, 5-7:30PM
- SketchyGOichie digital drawing workshop in the classroom, 5-8PM
- Jazz Jam and "I Am NB" Storytelling in the Speakeasy, 6-8PM
- AHA! After Dark featuring DJ Mwalim DaPhunkee Professor in the Speakeasy from 8-10PM.



Interested?

Call the Z's Box Office at 508-994-2900 | Let them know you are with ARAW
open 12-6PM Wednesday-Sunday.

Movie Mondays: The Lion King

Monday February 16 at 7PM

We're bringing back the nostalgia of The State Theatre with Movie Mondays! Follow Simba as he fights to take back his homeland from Scar with the help of his friends Timon and Pumbaa in this animated Disney musical.



Stomp

Thursday February 19 at 8PM

Watch as this eight-member troupe uses everything but conventional percussion instruments – matchboxes, wooden poles, brooms, garbage cans, Zippo lighters, hubcaps – to fill the stage with magnificent rhythms.



Cirque Kalabanté: Afrique En Cirque

Sunday February 22 at 4PM

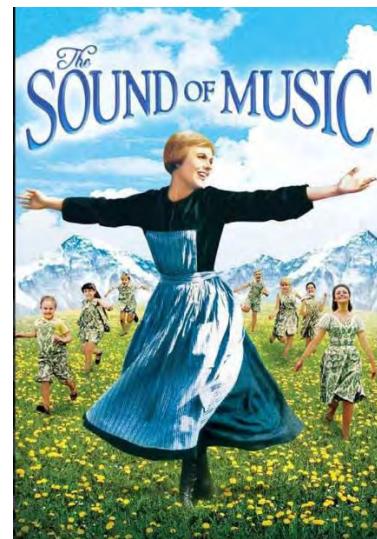
Watch acrobats execute gravity-defying moves and human pyramids, accompanied by the contemporary sounds of live Afro-Jazz, percussion, and kora at this matinee performance inspired by daily life in the West African country of Guinea-Bissau.



Movie Mondays: The Sound of Music

Monday February 23 at 2PM

We're bringing back the nostalgia of The State Theatre with Movie Mondays! Watch this classic musical based on the Von Trapp Family singers, one of the world's best-known concert groups in the era immediately preceding World War II.



Direct from Sweden: The Music of Abba

Thursday February 26 at 8PM

Enjoy ABBA's greatest hits such as Dancing Queen, Chiquitita, Waterloo, Mamma Mia, The Winner Takes it All, Fernando, SOS, Take a Chance, Money Money Money, Knowing Me Knowing You, Super Trouper, Gimme Gimme Gimme, Voulez-Vous and many more!



Dakabarkha

Saturday February 28 at 8PM

DakhaBrakha blends traditional Ukrainian folk with global rhythms to create music that brings together folk, dub, jazz, spoken word, rap, punk, hip-hop, and more to create a sound The Rolling Stone has called “folkdrone Bjorkpunk.” Meaning “give/take” in the old language, DakhaBrakha are troubadours, activists and educators. While some Ukrainians are fighting on the frontlines in the war against Russia, DakhaBrakha is using a multi-city tour of the U.S. to raise awareness about the war in their own way.



Interested in any of these shows or movies?

Call ARAW at 508-717-0400 or The Z's Box Office at 508-994-2900 and let them know you are an ARAW beneficiary to get free tickets! We're open 12-6PM Wednesday-Sunday.



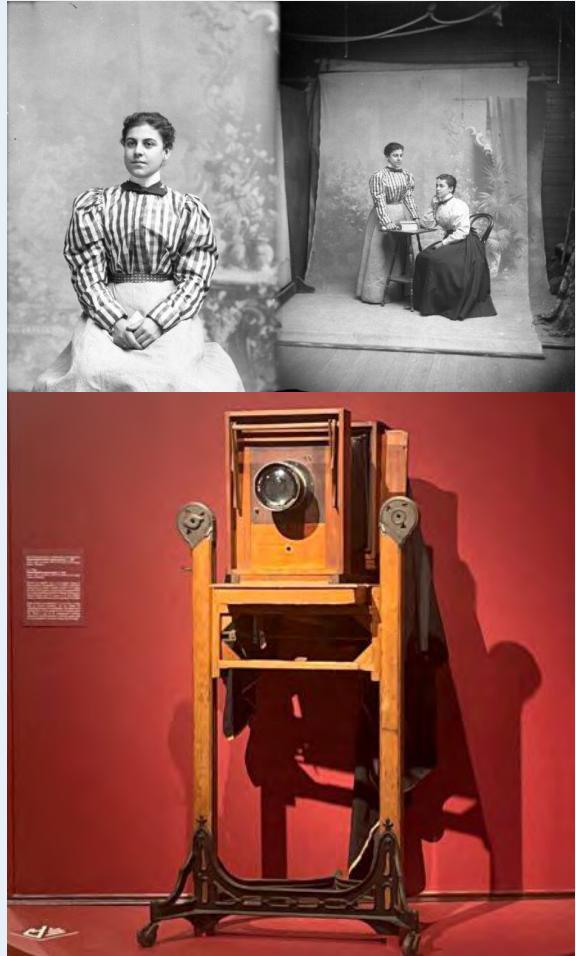


**new bedford
whaling museum**

ART. HISTORY. SCIENCE. CULTURE.

Vestibules: An Interactive Storytelling Experience during AHA! Night

February 12th, 4:00 PM – 7:45 PM



This event will include live performance, portraiture, and community storytelling. Visitors may participate in interactive stations or simply observe and enjoy the Museum!

Content gathered during the evening (including portraits, stories, poetry, and visual responses) will help shape *Vestibules*, an upcoming public art installation at Brooklawn Park in New Bedford.

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.

The weather outside may be frightful, but the free programs at NB Fishing Heritage Center are oh so delightful!

February AHA! Night: Hauling Back Generational Fishing Family Project Showcase

Thursday, February 12 | 6:00 - 7:30 PM | Free

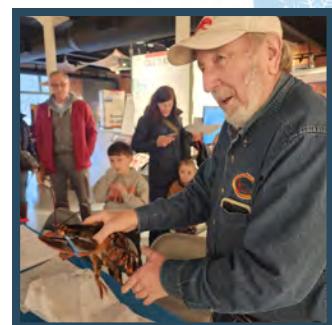
Learn more about the Center's ongoing *Hauling Back* Project, which presents stories of multigenerational fishing families and businesses in New Bedford and along the South Coast. Learn about some of the featured families and watch the short films that were produced for the project.



Lobster Days at FHC

Thu., Feb. 19 & Fri., Feb. 20 | 11:00 AM - 3:00 PM | Free

Explore one of New England's favorite crustaceans during Lobster Days 2026 at FHC! Meet local lobstermen, enjoy kid-friendly art projects, science demos, storytelling, model boats, face painting, and more. Admission to the Center is free during the event.



Dock-U-Mentaries: *I Hope Those People Sink*

Friday, February 20 | 7:00 PM | Free | NB Whaling Natl. Historical Park (33 William Street)

Join Ian Coss, host of GBH's *The Big Dig*, for a special screening and conversation about his team's latest documentary project on the New Bedford fishermen's strike of 1985-86. Following the one-hour film, Coss will be joined by guests for a live conversation at Q&A.



NEW BEDFORD FISHING HERITAGE CENTER



38 BETHEL STREET, NEW BEDFORD, MA

THURSDAY - SATURDAY, 10 AM - 4 PM

(508) 993-8894 | FISHINGHERITAGECENTER.ORG





NEW BEDFORD FISHING HERITAGE CENTER



TUESDAY, FEBRUARY 17TH

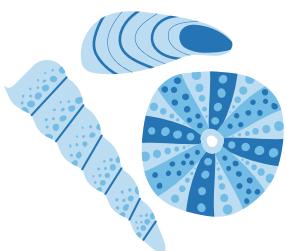
1:30 - 3:30

38 BETHEL ST, NEW BEDFORD

Using shells, sea glass, and other fun baubles, create a necklace and earrings for yourself (or to give as a gift!)

No prior experience necessary.

Just come and have fun!



**COST:
FREE!**



**REFRESHMENTS WILL BE SERVED
TRANSPORTATION PROVIDED UPON REQUEST**

**RSVP TO RESERVE YOUR SPACE:
LAURA CAMPBELL
508-654-1666**

*Your place to relax,
recharge,
and restore.*



Relax. Recharge. Restore

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

Afternoon Chamber Music Concerts

Story Time: Music of Faure, Bunch, Najarian, and Mayerl

3pm, March 28 at St. Gabriel's Episcopal Church, 124 Front Street, Marion

3pm, March 29 at St. Peter's Episcopal Church, 351 Elm Street, South Dartmouth

Foursomes: Music of Brahms, Roustom, Liang, and Tucker

3pm, May 2 at St. Gabriel's Episcopal Church, 124 Front Street, Marion

3pm, May 3 at St. Peter's Episcopal Church, 351 Elm Street, South Dartmouth

Symphony Concerts – At the NEW Z!!

Romantic Revelations: Music of Tchaikovsky, Barber, and Coleridge-Taylor

February 14 at 7:30pm, The Zeiterion, 684 Purchase Street, New Bedford

Boldness Unbound: Music of Ives and Dorman

March 14 at 7:30pm, The Zeiterion, 684 Purchase Street, New Bedford

The Human Element: Music of Brahms, Camilo, and Mazzoli

April 18 at 7:30pm, The Zeiterion, 684 Purchase Street, New Bedford

A Joyous Sound: Music of Beethoven and da Silva

May 16 at 7:30pm, The Zeiterion, 684 Purchase Street, New Bedford

For concert details, visit www.nbsymphony.org

Find your Joy and Serenity at the Symphony!

NEW BEDFORD ART MUSEUM

CREATIVE CARE



Gallery Highlights Tour

Free

RSVP: info@newbedfordart.org or call (508) 961-3072

Contact ARAW for transportation

Thursdays, February 5, 12, 19 & 26

2-5PM

Acrylic Painting Class with Devin McLaughlin

Free

RSVP: info@newbedfordart.org or call (508) 961-3072

Contact ARAW for transportation

Saturday, February 21

2-5PM

Art Kit Deliveries to Your Home

Free Upon Request

RSVP: info@newbedfordart.org or call (508) 961-3072

NEWBEDFORDART.ORG • 508-961-3072

This program is partly funded by Coastline Elderly Services and the Massachusetts Executive Office of Aging & Independence



NEW BEDFORD ART MUSEUM

AFTER HOURS AT THE ART MUSEUM



MUSIC AT THE MUSEUM: THE PUNK CELLIST

Free for All

2/6

6-8PM

Ian "The Punk Cellist," is the drummer for *Half Hearted Hero & Dream Job* and collaborated with Grammy-winning arranger Charlie Rosen in the 8-Bit Big Band. His cello work includes recording on the NOFX album *Fat Mike Gets Strung Out* and playing with Red City Radio for their livestream performance of *Paradise* at The Gothic Theater.

MOVEMENT AT THE MUSEUM

Free for All

2/10

6PM

From cutting-edge modern dance to ballet, noted dancers, choreographers, and visiting guest choreographers curate performances, lectures, and workshops to introduce various dance forms.

THE PEOPLE'S POETRY

Free for All

2/25

6-8PM

Connect to the local poetry community and enjoy the rhythms and beauty of spoken word every last Wednesday of the month.

@NBAM_AW

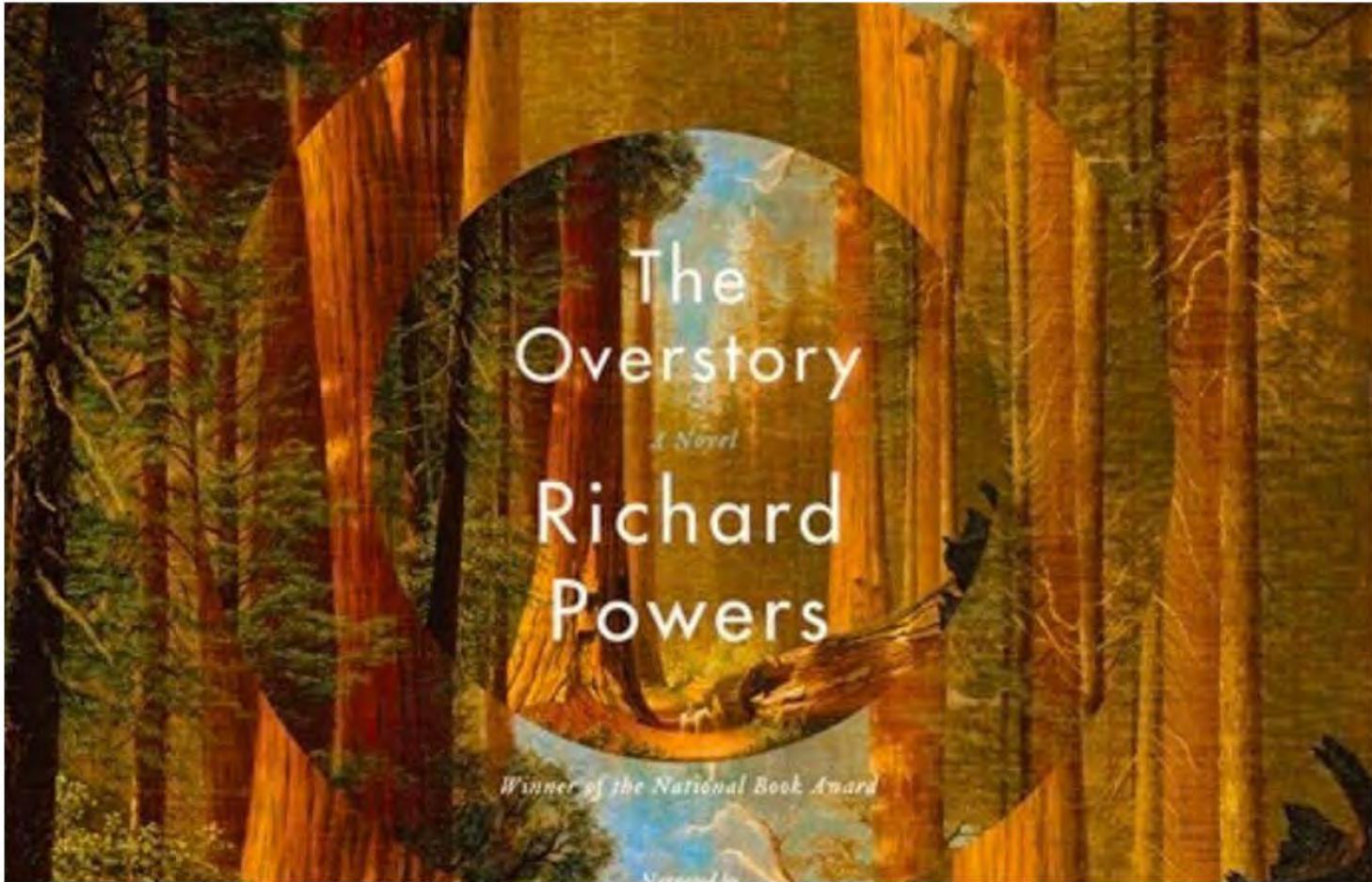
NEWBEDFORDART.ORG

608 PLEASANT ST. NEWBEDFORD



NEW BEDFORD ART MUSEUM

ArtREADS: Art & Literature Book Club



Wednesday, February 25

1PM

FREE FOR ALL

Now Reading:

The Overstory

Dive into the captivating world of art and literature with ArtReads, the Art Museum's book club.

Join us on Wednesday, February 25, at 1 PM as we come together to discuss *The Overstay* written by Richard Powers. The novel explores the relationship between humans and trees through the interconnected lives of nine strangers who are drawn together by their unique experiences with forests to fight against deforestation.