



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



The ARAW is closed
July 3rd
— in observance of —
Independence Day.
Wishing you a happy and safe holiday!

WHAT MATTERS TO YOU?
YOUR VOICE MATTERS. LET IT BE HEARD.

Lunch with...

WOMEN'S FUND SOUTHCOAST

Join our friends from Women's Fund Southcoast

Learn about their advocacy actions this past year, learn what lies ahead and learn how you can get involved!

WEDNESDAY, JULY 29TH
12:30 pm to 2:30 pm
Wamsutta Club, New Bedford
To register | (508) 717-0400

America By the Numbers

56 Signers to the Declaration of Independence.

1788 Year the U.S. Constitution was ratified by the required nine states (June 21). All 13 states ratified the document by May 29, 1790. Although 27 amendments have been added to the document, the structure of the Constitution has not changed since it was written in 1787.

1775 Year the Revolutionary War began when shots are fired at Lexington and Concord in Massachusetts.

19 Number of representatives chosen to represent their state at the Constitutional Convention but failed to attend a single meeting.

1791 Year The Bill of Rights is added to the U.S. Constitution.

34 Number of delegates to the Constitutional Convention that were lawyers.

7 Founding Fathers
Many contributed to the founding of the U.S., these seven are seen as the principle Founding Fathers—**John Adams, Benjamin Franklin, Alexander Hamilton, John Jay, Thomas Jefferson, James Madison, and George Washington.**



1776 Year the Declaration of Independence is signed

Fun fact: The Continental Congress adopted it on July 4, 1776; however, it was engrossed on parchment and signed by the delegates on August 2, 1776.

Come visit
South Coastal Counties Legal Services
at two of New Bedford's summer community events!

WHALING CITY FESTIVAL
JULY 10-12, 2026

MADEIRA FEAST
JULY 30-AUGUST 2, 2026

Stop by our table to meet our team, learn about the **free civil legal services** we provide, and pick up information about how we can help individuals and families in our community.

We look forward to seeing you there!

OUR COMMUNITY

OUR MISSION

YOUR RIGHTS

WE'RE HERE TO HELP

Atlantic Celebration Day

July 19th, 2026
New Bedford, MA
Bronspiegel Auditorium,
New Bedford High School

250 years of Portuguese
American friendship

2 pm
Doors open

3 pm
World Cup Final 2026
(live broadcast)

5.30 pm
Concert by
António Zambujo



FREE!



3 Cities that have served
as the U.S. capital—
New York City (1785-1790),
Philadelphia (1790-1800)
and Washington, D.C.
(1800-present).



4,400 Number
of words
in the U.S. Constitution
(not including the signatures).
It is the shortest and oldest of
any major government.

27 Amendments to
the U.S. Constitution
The first 10 are known as
The Bill of Rights.

1,458 Number of
words in
the Declaration of
Independence, which
included 27 grievances
with the King of England.



13 Original colonies
(and eventual
states)—Connecticut,
Delaware, Georgia,
Maryland, Massachusetts,
New Hampshire, New Jersey,
New York, North Carolina,
Pennsylvania, Rhode Island,
South Carolina and Virginia.



SAFETY TIPS FOR SENIORS THIS SUMMER



All you ever wanted to know
about the ARAW Request
Process ... found on
the green pages
of this newsletter

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



ARAW is looking for
Volunteers!



Join us in our office each month
folding this very newsletter.



So many people look forward to ARAW's
Going with the FLO newsletter. With help,
we hope to get it in the mail to you sooner!



We would love to have you lend hand.
Are you interested?

Let us know by calling (508) 717-0400

admin@arawofnb.org



Sometimes we all need a little help...
remember ARAW is here if you are in need.

Women helping women since 1866
not alms alone, but a friend always



ARAW'S REQUEST PROCESS

Preparing for home visit & request submission

MY BENEFICIAIRY ADVOCATE:

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

WHAT DO I NEED FOR HOME VISIT?

- ☐ **Amount of all monthly income** (wages, SSA, SSI, SSP, pension, retirement, Veterans, grants, family support)
- ☐ **SNAP, PACE, OTC** (amount of support received)
- ☐ **Amount of household expenses** (rent/mortgage, utilities, home insurance, RE taxes)
- ☐ **All monthly expenses:**
 - ✓ Medical, insurance, co-pays, etc.
 - ✓ Food & household goods
 - ✓ Transportation
 - ✓ Cable/phone/internet
 - ✓ Pet care
 - ✓ All other
- ☐ **Assets** (bank accounts, home, car, retirement fund, life insurance)
- ☐ **Loans & credit** (car loan, reverse mortgage, home equity, credit cards, personal loan)
- ☐ **Emergency contact name & number**

The home visit with your Beneficiary Advocate is just the beginning of the request process. She will complete an application and prepare a letter for the ARAW Board (they make all decisions for financial support).

- ⦿ The Board meets monthly.
- ⦿ All requests must be submitted by the last Tuesday of the month.
- ⦿ All requests must be *complete* to be considered.

How can **you** help with this process? What is **your** role in making sure the deadline is met? Here are some helpful hints:

- ✓ Be as **thorough and honest** in your answers as possible. Have all your information and resource documents available.
- ✓ Should someone else be present at the visit? Money manager, translator, someone who lives with you? **If you live with someone, we will need to collect their information as well.**
- ✓ Be sure to think of **WHY** what you're requesting is important to you. And **WHY** support from ARAW is important to you.
- ✓ If you have a new request, gather all invoices and supporting documentation available in advance, ideally at the time of your home visit. **A request cannot be reviewed without all documentation.**
- ✓ If your Beneficiary Advocate has questions after the visit, get back to them as quickly as possible with an answer. **Answers to these questions will ensure the request is not delayed.**



ARAW'S REQUEST PROCESS

The decision & fulfillment

MY BENEFICIAIRY ADVOCATE:

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

WHAT HAPPENS NOW?

- **Your Beneficiary Advocate will call you** when the ARAW Board has made a decision.
- **You will also receive a letter** informing you of the decision.
- **If approved**, we will need your help with fulfillment. 
- **If approved**, you'll start receiving our monthly newsletter with free activities and resources.
- **If your request is not approved**, we are sorry and hope we can provide some resources which might be able to help.

If your request for financial support is approved, **CONGRATULATIONS!** We are so happy for you.

Please remember you will always remain the customer – we are simply the payment source.

We pay vendors directly.

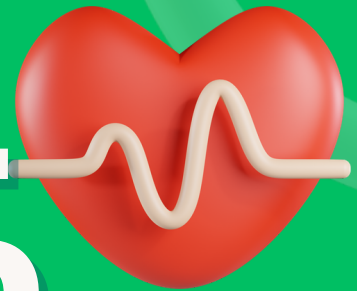
And now we are going to need **your help**. Here are a few ways we may ask you to help...

- ☐ Confirm that we have an invoice from which we can pay. This means it *must have*:
 - ✓ Your name and the invoice date
 - ✓ Details of what it is for
 - ✓ To whom the check is made out to
 - ✓ Where the check should be sent
 - ✓ Any specific due date
- ☐ If you have been approved for reoccurring support, we need you to call the vendor and change the billing address to **ARAW, 174 Union St, Ste 4W, New Bedford, MA 02740.**
- ☐ How do you want to handle **payment to the vendor?** Should payment be mailed directly to the vendor or to you? Or will you pick it up so that you can deliver?
- ☐ As a non-profit private foundation ARAW does not pay taxes. We will provide you with our **tax-exempt documents** to share with the vendor.
- ☐ Please carefully review your award letter. Your approval is based on *exactly what is in this letter*. Should *anything* change at *any point* contact ARAW. **Requests are not transferrable.**
- ☐ An annual update will be due in a year to review your situation and the impact of support. **But do not hesitate to call should an issue arise before that!**

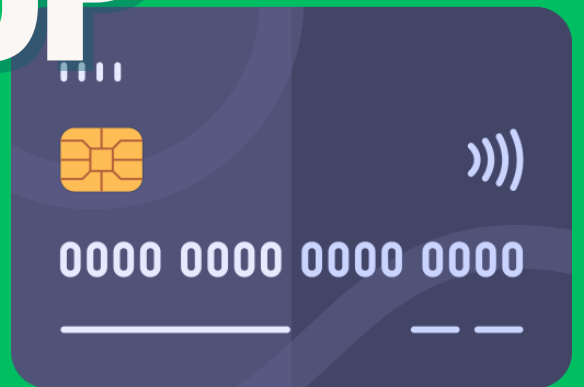
Need some help managing your credit? building a budget?



FINANCIAL CHECK-UP



Join us for a free financial check-up, we can help examine your credit, connect you with services and build some financial skills.



Limited slots available.

**CONTACT BRIAN PASTORI
AT CEDC**

 508-979-4684





FAIRHAVEN

COUNCIL ON AGING

EMPOWERING OLDER ADULTS THROUGH SERVICE AND SUPPORT

229 Huttleston Ave,
Fairhaven, MA 02719

508-979-4029



The Fairhaven Council on Aging is proud to align its mission and values with ARAW in supporting low-income older adult women. Through this shared commitment, we strive to enhance quality of life, promote independence, and provide meaningful resources and opportunities that empower women in our community.

While we are honored to support this important population, the Fairhaven Council on Aging remains dedicated to serving all older adults in need, ensuring that every senior in our community has access to the programs, services, and support necessary to age with dignity, respect, and well-being.



UPCOMING EVENTS AT THE COA

(PLEASE CALL TO SIGN UP)



WHY YOUR JOINTS HURT PRESENTATION

9:00am July 14th



MOVIES

Every Monday at 12:15pm



LIVE GAME SHOW

July 16th at 12:30pm



SWIMMING AT THE YMCA

on Fridays beginning July 10th for 6 weeks – \$5 per class
(If cost of the class is a hardship, please contact
Martha Reed Fairhaven COA Director)



SEWING GROUP

on Wednesday Nights 4–7:45pm

*We're here to support,
empower, and celebrate
our older adult community.*



GUIDING YOU THROUGH LIFE TRANSITIONS

WITH EXPERTS IN THE SENIOR CARE FIELD

Join us for an informative and supportive event designed to help families navigate the aging journey with confidence. You'll hear from an elder law attorney, a senior living advisor, and a home care specialist as they share guidance on legal planning, senior living options, and in-home care solutions. Whether you're planning ahead or facing immediate decisions, this event will provide valuable insights, practical resources, and the opportunity to ask questions in a relaxed, welcoming setting.



Rebecca Spinner, Esq.
**Surprenant, Beneski
& Nunes**



Carol Taylor
**Your Oasis Advisor –
Plymouth, Cape Cod &
the Southcoast**



Kim De Leo
**Guided Living by Elder
Care Home Care**



August 11, 2026



4:00pm – 5:30pm



Westport Council on Aging
75 Reed Road, Westport, MA



508-636-1026

**REGISTER
NOW**



**BEST
PRACTICES
WHEN HELPING
SOMEONE
WITH
ALZHEIMER'S**

ALZHEIMER'S AND OTHER FORMS OF DEMENTIA ARE AFFECTING MORE FAMILIES EVERY DAY, YET MANY PEOPLE FEEL OVERWHELMED TRYING TO FIND CLEAR, TRUSTWORTHY INFORMATION ABOUT WHAT THE DISEASE REALLY LOOKS LIKE AND HOW TO RESPOND. THIS EDUCATIONAL COMMUNITY PRESENTATION IS DESIGNED TO HELP.

The goal is simple: to help families in our community feel more informed, more prepared, and less alone as they navigate the journey of Alzheimer's and dementia.

JOIN US AT THE: WESTPORT COUNCIL ON AGING

75 REED ROAD, WESTPORT, MA

SEPTEMBER 15, 2026

508-636-1026 (PLEASE CALL TO REGISTER)

4:00 PM TO 5:30 PM REGISTRATION,

REFRESHMENTS AND PRESENTATION

Upcoming Programs and Events at New Bedford Fishing Heritage Center



38 Bethel Street, New Bedford, MA

Wed – Sat, 10 AM – 4 PM and Sun, 1 PM – 4 PM

(508) 993-8894 | fishingheritagecenter.org



Book Talk: *Endangered Species*

Wednesday, July 8 | 6–7 PM | Free

Join author, commercial fisherman, and former fisheries management council member David Goethel for a book talk on his new book *Endangered Species*, a narrative nonfiction of his 55-year career in New England's small boat family fishery. The evening will feature readings from the book, a presentation of photos and explanation of fish and fishing, and a discussion of the Magnuson-Stevens Act. Presentation followed by Q&A with the author.



KID'S RULE @ FHC!

ENJOY A VARIETY OF FREE KID-FRIENDLY ACTIVITIES
INCLUDING SCALLOP SHELL DECORATING, SURVIVAL
SUIT RACES, FACE PAINTING, AND MORE!

THURSDAY, JULY 9, FROM 5:00 – 7:00 PM



AHA! Night: Kid's Rule @ FHC

Thursday, July 9 | 5–7 PM | Free

Stop by the Center to enjoy a variety of kid-friendly activities, including scallop shell decorating, survival suit races, face painting, and more.

An Evening with Aoife Clancy – Folk Concert

Thursday, July 30 | 7–8 PM

Join us for a special evening performance by renowned folk singer Aoife Clancy! Aoife brings a refreshing new voice to folk music, one that ranges from traditional Irish songs to ballads and contemporary folk. Contact Laura Campbell for tickets: 508-654-1666.





Enjoy an evening of maritime & traditional folk songs!

Enter the lottery to win a free ticket to

An Evening with Aoife Clancy

Thursday, July 30

7:00 – 8:00 PM

NB Fishing Heritage Center (38 Bethel Street)

5 free tickets available – 1 ticket per person

Call Laura Campbell (508-654-1666) for your chance to win!



Join us for a special evening performance by renowned folk singer Aoife Clancy! Aoife brings a refreshing new voice to folk music, one that ranges from traditional Irish songs to ballads and contemporary folk.

About Aoife: Aoife Clancy is a vocalist and instrumentalist who was born and raised in County Tipperary, Ireland. She grew up in a family steeped in music, as her father Bobby Clancy was a member of the group The Clancy Brothers who became famous in the States performing Irish music in the 1960s.

Aoife learned how to play the guitar at an early age and by the age of sixteen was performing with her father in folk clubs and festivals around Ireland. She moved to the States in 1990 and was asked to join the well renowned Irish American Ensemble Cherish the Ladies out of New York City, where she performed over 200 dates a year touring the States and Europe. The group went on to record under RCA Victor and were nominated for a Grammy on a live recording with the Boston Pops titled the "Celtic Album" under conductor Keith Lockhart. Aoife also featured as a soloist with the Boston Pops and other symphonies throughout the US.



FREE BAY ADVENTURES

JULY ACTIVITIES

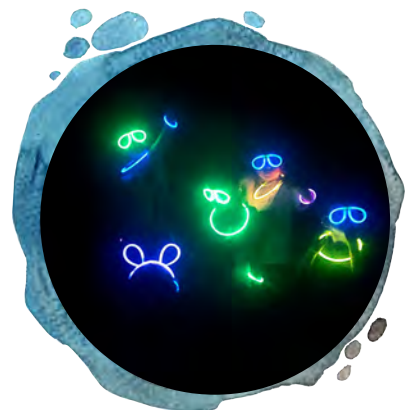
Phone: (508) 999-6363



SCAN
HERE



- 7/2 Intro to Surfing (ages 13-17) at Horseneck Beach, Westport
- 7/5 Trail Walk at Horseshoe Mill, Wareham
- 7/5 Wetland Explorers at The Bogs, Mattapoisett
- 7/8 Itty-Bitty Bay Adventure at Horseshoe Mill, Wareham
- 7/9 Itty-Bitty Bay Adventure at The Sawmill, Acushnet
- 7/10 Coastal Ride at Phoenix Bike Trail, Fairhaven
- 7/11 Kayak Tour at West Falmouth Harbor
- 7/12 Sunrise Dog Walk at Gooseberry Island, Westport
- 7/12 Coastal Ride at Phoenix Bike Trail, Fairhaven
- 7/16 Itty-Bitty Bay Adventure at Four Ponds, Bourne
- 7/17 Saltwater Fishing at Gooseberry Island, Westport
- 7/17 Young Anglers at Fearing Pond, Plymouth
- 7/18 Glow Walk at The Sawmill, Acushnet
- 7/19 Adventure Ready at The Sawmill, Acushnet
- 7/19 Coastal Kids at Shining Tides Beach, Mattapoisett
- 7/23 Itty-Bitty Bay Adventure at The Sawmill, Acushnet
- 7/24 Coastal Ride at Shining Sea Bikeway, Falmouth
- 7/25 Guided Paddle at Westport River
- 7/25 Paddles & Pints at Westport River
- 7/26 Coastal Ride at Shining Sea Bikeway, Falmouth
- 7/26 Trail Walk at Four Ponds, Bourne
- 7/29 Full Moon Walk at Horseneck Beach, Westport
- 7/30 Itty-Bitty Bay Adventure at Horseshoe Mill, Wareham
- 7/31 Saltwater Fishing at Gooseberry Island, Westport
- 7/31 Young Anglers at Fearing Pond, Bourne



OUTHOUNDS
ADVENTURE & TRAINING ACADEMY



American
Red Cross

Earn your HIP benefits each month when you use SNAP to buy locally grown fruits and vegetables from HIP vendors, including Coastal Foodshed.

Healthy Incentives Program



Fresh, Canned, Dried, Frozen.
It's **HIP** to be healthy!

Use your HIP benefits to receive FREE fruits and vegetables each month!

You can purchase up to \$40, \$60, or \$80 worth of free produce each month, depending on your SNAP household size.



You can use your HIP benefits to buy any locally grown fruits and vegetables and lightly processed items like applesauce or crushed tomatoes (as long as they don't contain added salt, sugar, fat, or oil)

**NO SIGN UP
REQUIRED!**

Just bring your SNAP card!

You only need a penny
of SNAP benefits to get
the full amount!

*You get the money each
month, and if you don't use it,
you lose it for that month.*

How to Use Hip Video



Find a HIP vendor near you
(DTAFinder.com)



Phone: (508)295-2647

And visit coastalfoodshed.org to learn where and how you can shop with us to earn your HIP benefits and access fresh fruits and vegetables!

Coastal Foodshed staff are happy to walk you through this simple process when you visit us to shop!

Coastal Foodshed

coastalfoodshed.org

LOCATED INSIDE THE KILBURN MILL IN NEW BEDFORD

Receba seus benefícios do HIP todos os meses ao usar o SNAP para comprar frutas e vegetais cultivados localmente de fornecedores participantes do HIP, incluindo a Coastal Foodshed.



Use seus benefícios do HIP para receber frutas e verduras GRÁTIS todos os meses!

Você pode receber até US\$ 40, US\$ 60 ou US\$ 80 em frutas e verduras gratuitos por mês, (dependendo do tamanho da sua família que recebe SNAP.) Benefício Mensal do HIP

Tamanho do domicílio SNAP:

- 1-2 pessoas: até US\$ 40 por mês
- 3-5 pessoas: até US\$ 60 por mês
- 6 ou mais pessoas: até US\$ 80 por mês



Você pode usar seus benefícios do HIP para comprar qualquer fruta ou vegetal cultivado localmente, além de produtos minimamente processados, como purê de maçã ou tomates triturados, (desde que não contenham sal, açúcar, gordura ou óleo adicionados.)

**NÃO É NECESSÁRIO
FAZER INSCRIÇÃO!**

**Basta trazer seu
cartão SNAP!**

Você só precisa usar um centavo
dos seus benefícios SNAP para
receber o valor total do benefício!

*Você recebe esse benefício todos os
meses, e se não o utilizar durante o
mês, perderá o benefício
daquele mês.*

COMO USAR O HIP



**Visite o DTAFinder.com para
encontrar um fornecedor
participante do HIP
perto de você.**

Phone: (508)295-2647

E visite o site coastalfoodshed.org para saber onde e como comprar conosco, receber seus benefícios do HIP e ter acesso a frutas e vegetais frescos!

A equipe da Coastal Foodshed terá prazer em orientá-lo(a) durante todo este processo simples quando você nos visitar para fazer suas compras!

Coastal Foodshed

coastalfoodshed.org

LOCATED INSIDE THE KILBURN MILL IN NEW BEDFORD

Obtenga sus beneficios de HIP cada mes cuando use SNAP para comprar frutas y verduras cultivadas localmente a vendedores participantes de HIP, incluido Coastal Foodshed.



¡Use sus beneficios de HIP para recibir frutas y verduras GRATIS cada mes!

**Puede recibir hasta \$40, \$60 u \$80
en frutas y verduras gratuitas cada mes,
dependiendo del tamaño de su hogar
que recibe SNAP.**

Tamaño del hogar SNAP:

- 1-2 personas: \$40 por mes
- 3-5 personas: \$60 por mes
- 6 o más personas: \$80 por mes



Puede utilizar sus beneficios de HIP para comprar frutas y verduras cultivadas localmente y productos mínimamente procesados, como puré de manzana o tomates triturados (siempre que no contengan sal, azúcar, grasa o aceite añadidos).

**¡NO NECESITA
INSCRIBIRSE!**

¡Solo traiga su tarjeta SNAP!
¡Solo necesita usar un centavo de
sus beneficios SNAP para recibir la
cantidad completa!

*Recibe este beneficio cada mes.
Si no lo utiliza durante ese mes,
lo pierde y no se acumula para
el mes siguiente.*

Cómo Usar HIP



**Visite DTAFinder.com para
encontrar un vendedor de
HIP cerca de usted.**

Phone: (508)295-2647

**¡Y visite coastalfoodshed.org para conocer dónde y cómo puede comprar con nosotros
para obtener sus beneficios de HIP y acceder a frutas y verduras frescas!**

¡El personal de Coastal Foodshed estará encantado de guiarle paso a paso a través
de este sencillo proceso cuando nos visite para hacer sus compras!

Coastal Foodshed

coastalfoodshed.org

LOCATED INSIDE THE KILBURN MILL IN NEW BEDFORD

**FREE TICKETS TO SHOWS & CLASSES AT THE
ZEITERION THEATRE!**

Call ARAW at 508-717-0400 or The Z's Box Office at 508-994-2900 and let them know which offering you are most interested in and that you are an ARAW beneficiary **to claim your tickets! Funding for transportation can be provided upon request. Tickets are given away on a first call, first serve basis, so call today!**



Elida Almeida

Thursday July 2 at 8PM at The Z

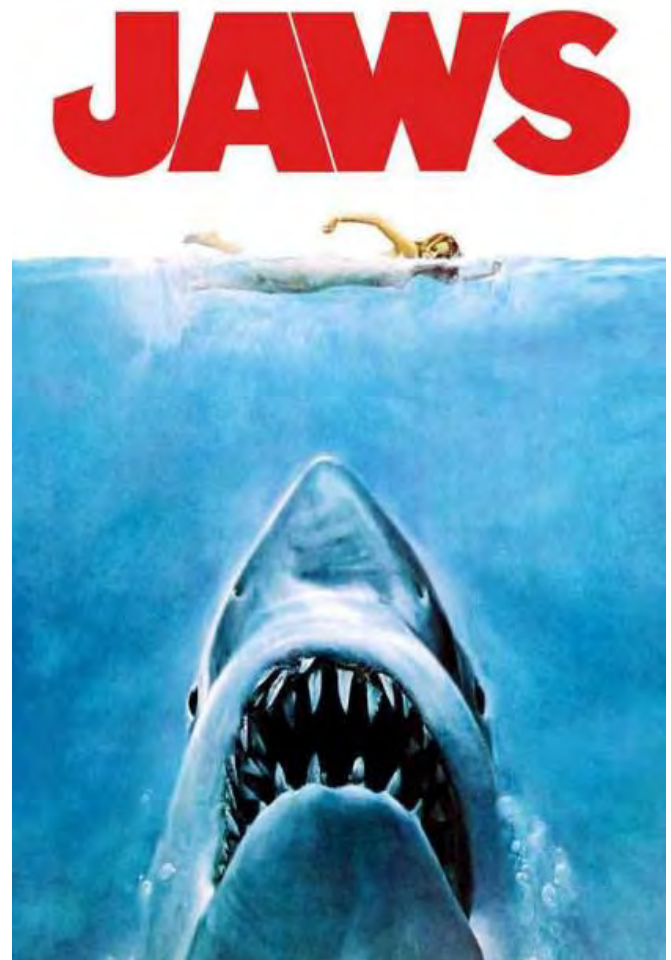
Born on Santiago, Elida Almeida's music mixes Cape Verdean rhythms with Latin energy for an unforgettable performance that includes batuque, funaná, coladera, and tabanka.



Jaws

Sunday July 5 at 7PM at The Z

When a young woman is killed by a shark while skinny-dipping near the New England tourist town of Amity Island, police chief Martin Brody (Roy Scheider) wants to close the beaches, but mayor Larry Vaughn (Murray Hamilton) overrules him, fearing that the loss of tourist revenue will cripple the town. Ichthyologist Matt Hooper (Richard Dreyfuss) and grizzled ship captain Quint (Robert Shaw) offer to help Brody capture the killer beast, and the trio engage in an epic battle of man vs. nature.



[Jimmy Buffet's Escape to Margaritaville](#)

8 performances between Friday July 17 and Sunday July 26 at 2PM or 7PM at The Z

New Bedford Festival Theatre presents the Broadway musical Jimmy Buffett's Escape to Margaritaville! This musical comedy tells the story of Tully, a charming bartender and singer on a tropical island, who falls for Rachel, a career-driven tourist, making him question his carefree lifestyle. This summer smash features Buffett's greatest hits, like "Margaritaville" and "Cheeseburger in Paradise."



[Zeiterion Guided Tour](#)

Saturday July 28 at 6PM at The Z

Tour the new Zeiterion! There is much to explore in the restored and renovated Zeiterion. Tours take visitors through all four floors, from the new Speakeasy in the basement to the movement studio on the third floor, and everything in between — including the state-of-the-art auditorium fully restored to its 1923 glory.



[Movie Mondays: What About Bob](#)

Monday August 3 at 7PM at The Z

Join us for a five-week Bill Murray Movie Marathon celebrating one of cinema's most unpredictable, iconic, and endlessly quotable stars. From wisecracking caddies and paranormal exterminators to reluctant weathermen and lovable lunatics, each week brings another classic performance from the king of deadpan comedy. In this movie, before going on vacation, self-involved psychiatrist Dr.

Leo Marvin (Richard Dreyfuss) has the misfortune of taking on a new patient: Bob Wiley (Bill Murray). An exemplar of neediness and a compendium of phobias, Bob follows Marvin to his family's country house. Dr. Marvin tries to get him to leave; the trouble is, everyone loves Bob!





SOUTH COAST LGBTQ+ 60+ PROGRAMS & EVENTS

JULY 2026 EVENTS

60+ LGBTQ+ Supper Club

A warm meal, a real table, the people who get you.

 Wednesday, July 8
 5:00 – 7:00 PM
 Marion Council on Aging
465 Mill St, Marion, MA

RSVP: 508-748-3570

60+ LGBTQ+ Supper Club

Same table, different town. All are welcome.

 Wednesday, July 22
 5:00 – 7:00 PM
 Fairhaven Council on Aging
229 Huttleston Ave, Fairhaven, MA

RSVP: 508-979-4029

LGBTQ+ Breakfast Club (60+)

Coffee, eggs, and decades of community.

 Friday, July 31
 10:00 AM
 Munchies
4263 N. Main St, Fall River, MA

With support from the Association for the Relief of Aged Women.

Intergenerational Bowling Night

All ages welcome. Bring a friend. Free to attend.

 Sunday, July 26
 5:30 – 7:00 PM
 Wonder Bowl
66 Hathaway Rd, New Bedford, MA

Free · All ages · scigbtqnetwork.org/bowling

Coffee Connect

60+ coffee hour. Coffee and conversation.

 1st & 3rd Mondays · July 6 & 20
 10:00 – 11:00 AM
 Buttonwood Park Community Center
1 Oneida St, New Bedford, MA

With the NB Council on Aging · RSVP to Maureen: 774-775-2656

Social & Crafting Group

Make something, share a table, connect.

 Every Monday · July 6, 13, 20 & 27
 5:00 – 6:00 PM
 Network Space
1213 Purchase St, New Bedford (Maxfield St entrance)

Drop in · RSVP to Maureen: 774-775-2656

FEATURED THIS MONTH

Sunset Cruise on the Cape Cod Canal · Tue Jul 28 · boarding 7 PM at Onset Town Pier · 25 seats · \$20 per person.
Open to all ages, comfortable enough for elders. Stable boat, back at the pier around 9 PM.
scigbtqnetwork.org/canalcruise

This program is funded in part by the Executive Office of Aging & Independence and Coastline Elderly Services, the Area Agency on Aging, through Federal Title-III funds.



scigbtqnetwork.org

Aging Well program lead: Maureen

SHARE

FOUNDATION



Transforming lives through the power of assistive technology

The SHARE (Society for Human Advancement through Rehabilitation Engineering) Foundation, Inc. is a nonprofit organization that empowers people with moderate to severe physical disabilities to lead lives of greater independence and self-fulfillment through customized technology solutions.

- > SHARE technicians work one-on-one with clients to fully understand their goals and the physical challenges they face.
- > Our technology solutions enable our clients to perform essential tasks such as communicating with family and caregivers, turning on lights, adjusting beds and thermostats, and operating computers and televisions.
- > Our team provides step-by-step training so that all users—clients, family members and caregivers—can learn how to use the equipment to its fullest.
- > All services and equipment provided by the SHARE Foundation are provided at NO COST TO THE CLIENT.

SHARE IS HERE TO HELP! 774-992-0674

If you or someone you know would benefit from the technology and services SHARE provides, please call us or visit our website by scanning the QR code below.



NEW BEDFORD ART MUSEUM

CREATIVE CARE



Free Acrylic Painting Class with Devin McLaughlin 4-6PM

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

Bi-Weekly Mondays

Contact ARAW for transportation.

Free painting classes designed for elderly individuals, offering a welcoming space to create, connect, and express through art.

UPCOMING DATES:

April 6
April 20
May 4
May 18

June 1
June 15
June 29
July 13

July 27
August 10
August 24

Want to Arrange Art Kit Deliveries to Your Home?

Free Upon Request

To Schedule a Delivery Contact: afelix@newbedfordart.org or call (508) 961-3072



Current FREE Shopping Events @ Walt's Mobile Closet

JUNE 25th, PACE Food Pantry, 477 Park St., New Bedford 3-6

JULY 8th, MO Life Food Pantry, 725 Pleasant St., New Bedford 10-1

JULY 13th, GNBCHC Mobile Market, 399 Acushnet Ave., New Bedford 10-12

JULY 21st, United Way Mobile Market, 3 Viking Drive, Wareham 5:30-7

JULY 30th, United Way Mobile Market, 1724 Acushnet Ave., New Bedford
5:30-7

AUG 6th, United Way Mobile Market, 160 County St., New Bedford 5:30-7

AUG 15th, Walt's Back To School, Gleason YMCA - Wareham 1-3

AUG 25th, United Way Mobile Market, 3 Viking Drive, Wareham 5:30-7

SEPT 1st, New Bedford Family Resource Ctr., 128 Union St., New Bedford
4:30-6

SEPT 10th, United Way Mobile Market, 1724 Acushnet Ave., New Bedford
5:30-7

Questions? PM us or email waltsmobilecloset@gmail.com

Advocacy

What is it? What can it look like?

What is advocacy?

(noun) public support for an idea, plan, or way of doing something

What can advocacy look like?



Self Advocacy

Self advocacy means sticking up for yourself by understanding your needs, identifying your legal rights and goals, and communicating these to others.

Example:

- *Speaking up to your doctor about unusual symptoms or concerns you're experiencing so you can receive the proper care and treatment you need.*



Individual Advocacy

Individual advocacy occurs when you speak up on the behalf of a specific person (or a small group of people) to represent their interests, defend their rights, or assist them in gaining access to services.

Example:

- *You accompany a friend to a doctor's appointment and speak up to make sure their concerns are taken seriously.*



System Advocacy

Systems advocacy focuses on changing policies, laws, or rules at the local, state, and national level that impact how someone lives their life.

Example:

- *Recognizing that affordable senior housing is difficult to access in your community, you organize a group of peers to advocate collectively with state legislators for policy changes that will expand affordable housing options for older adults.*



How to get involved in advocacy:

Join a coalition or advocacy group in your city or town



Contact your elected representatives, community organizations, and local agencies.



Keep in touch with the Women's Fund SouthCoast

Want to learn about about the Women's Fund SouthCoast?

Contact us!

✉ astraw@womensfundsouthcoast.org

☎ (508) 219-6102 x 2

DO YOU KNOW A WOMAN WHO:

- Empowers women?
- Fights against racism?
- Supports her community?
- Has achieved professional or academic excellence?

Help us give her her flowers!

Nominate her for

Women of Distinction

visit

ywcasema.org/women-of-distinction
to learn more and nominate!

nominations close August 24

email info@ywcasema.org
or call 508-999-3255 with
questions

eliminating racism
empowering women
ywca
southeastern massachusetts

