



JUNE 2026



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

Join ARAW
at the
**Bristol County
Celebration
of Seniors**
from 9 AM to NOON on
Friday, June 12, 2026
at **WHITE'S
OF WESTPORT**



TICKS CAN SPREAD ILLNESSES



Use EPA-registered insect repellents on exposed skin and clothes to prevent tick bites.



Wear long sleeved shirts, pants, and tall socks when outdoors.



Check for ticks on your clothes, gear, and pets after being outdoors.

The Feel Good Fair

Promoting wellness, prevention, & recovery for a healthier community

June 6, 2026 | 11am-2pm
Umass Dartmouth Court Yard at Main Entrance



Lunch & Learn

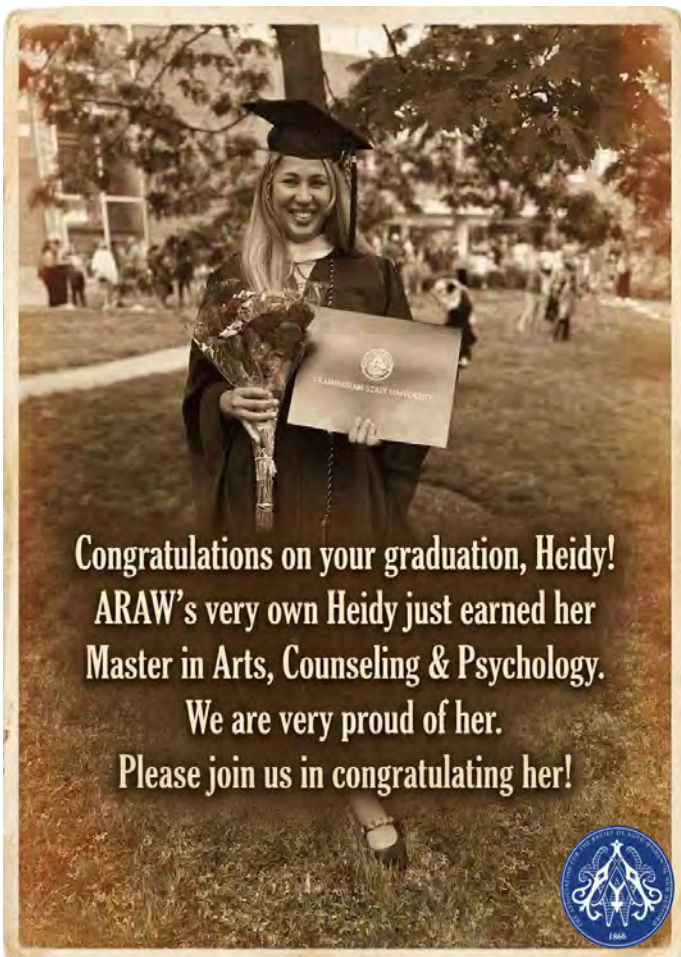
Friday, June 26, 2026

12:30 pm - 2:30 pm

Wamsutta Club



Lunch with old and new ARAW friends while learning more about ARAW's Art Program! Watch an in-person demo, then try it yourself. No experience or artistic ability necessary. Call (508) 717-0400 to register



Congratulations on your graduation, Heidi!
ARAW's very own Heidi just earned her
Master in Arts, Counseling & Psychology.
We are very proud of her.
Please join us in congratulating her!



GROCERY SHOPPING TIPS



Organize your shopping list by food types to save time and stay focused.

Prioritize vegetables and lean meats for a balanced diet.

Include easy-to-prepare items for convenience.

Watch for discounts and utilize senior discount days to save money.

Seek assistance with transportation or shopping when needed.

Choose whole foods over processed options.

Keep your pantry stocked with nutritious staples.

Look for senior-friendly stores with accessibility features.

Consider online grocery shopping for added convenience.

June Planting Guide

Fruits and Vegetables



Beans



Peppers



Melons



Eggplants



Summer Squash



Basil

Protect Yourself & Help Protect Medicare

THREE EASY STEPS ARE YOUR BEST DEFENSE.

PROTECT

Protect yourself against Medicare fraud.

Treat your Medicare, and Social Security numbers like your credit card numbers.

DETECT

Detect possible fraud, errors, and abuse.

Review Medicare summaries and explanations for mistakes by comparing them to personal records.

REPORT

Report possible fraud, errors, and abuse.

If you think you have been a target of fraud, report it.

CONTACT SENIOR MEDICARE PATROL (SMP) FOR FREE, CONFIDENTIAL SUPPORT.

FIND YOUR LOCAL SMP:

smpresource.org 1-877-808-2468

Successful Sleep For Seniors



Wake up at the same time every day



Exercise regularly



Limit naps to 1 per day, between 10am and 2pm, 30 min. or less.



Avoid excess alcohol and tobacco, and caffeine after lunch



Spend more time outside late in the day



Limit liquids in the evening



Eat a light snack before bed



Go to sleep at the same time every day



Leave the bed if you can't fall asleep



JUNE 19

CLOSED FOR

JUNE TEENTH

Information about Department of Transitional Assistance (DTA) overpayments that cannot be appealed

This is legal information about DTA overpayments that cannot be appealed because the appeal period is over. This is not legal advice. For legal advice specific to your situation, find your local legal services organization at masslrf.org.

I get DTA benefits now:

- For a **SNAP overpayment**: If you get SNAP, DTA will take some of your SNAP each month to repay the overpayment.
 - Unintentional or Agency Error overpayments: DTA will take 10% or \$10 each month, whichever is higher.
 - Intentional overpayments, DTA will take 20% or \$20 each month, whichever is higher.
- For a **TAFDC or EAEDC overpayment**: If you get cash assistance (TAFDC or EAEDC), DTA will take some of your cash benefit each month to repay the overpayment.
 - All overpayment types: DTA will take 10% of your cash benefit each month.
- **Do I need to sign the repayment agreement?** DTA will automatically take money from your benefits each month to pay back the overpayment. You do not need to sign the repayment agreement if it says DTA is going to take money from your benefits each month.
- **What if I have an overpayment for a benefit I do *not* get now?**
 - If you get SNAP, but you have a cash overpayment (and you do not get TAFDC or EAEDC now), see information below.
 - If you get TAFDC or EAEDC, and you have a SNAP overpayment (and you do not get SNAP now), see information below.

I do not get DTA benefits now:

- **Reapply for DTA benefits** if you might be eligible. DTA can take money out of your monthly benefit to repay the overpayment.
 - Apply for DTA benefits online at DTAConnect.com or call or visit a [local office](#).
 - If you have questions about SNAP, call Project Bread at 800-645-8333.

- **Set up a repayment agreement & make regular payments:**
 - Monthly repayment amount: DTA says you must pay \$50 per month for Unintentional and Agency Error overpayments, and \$100 per month for Intentional overpayments.
 - If you cannot afford this, call the DTA Collections Unit at 800-462-2607 to ask for a lower repayment amount. (See chart below.)
 - DTA will send you an invoice each month.
- **If you do not sign a repayment agreement and make regular monthly payments:**
DTA may take other government payments to repay the overpayment. This is called an intercept. DTA must send you a warning notice and give you another chance to start regular payments first.

These are the most common payment intercepts:

- For SNAP overpayments:
 - DTA may take your federal tax refund.
 - DTA may take some of your monthly Social Security benefits for a SNAP overpayment. (DTA cannot take your SSI.)
- For cash overpayments:
 - DTA may take your state tax refund.
 - DTA may take state lottery winnings.

Ask DTA for a lower repayment amount

- Ask DTA for a lower repayment amount if your income (before taxes) is below 300% of the federal poverty level. (This does not apply if DTA is taking money out of your current benefits.) Call the DTA Collections Unit at 800-462-2607.

300% Federal Poverty Level (2026)								
Household Size	Annual	Monthly	Weekly		Household Size	Annual	Monthly	Weekly
1	\$47,880	\$3,990	\$921		6	\$133,080	\$11,090	\$2,559
2	\$64,920	\$5,410	\$1,248		7	\$150,120	\$12,510	\$2,887
3	\$81,960	\$6,830	\$1,576		8	\$167,160	\$13,930	\$3,215
4	\$99,000	\$8,250	\$1,904		Each Add'l	\$17,040	\$1,420	\$328
5	\$116,040	\$9,670	\$2,232					



AHA! Night: FHC Birthday Bash

It has been 10 years since our ribbon cutting!



Help us celebrate our 10th anniversary during the June AHA! Night!

Location: Fishing Heritage Center (38 Bethel Street)

Date: Thursday, June 11

Time: 5:00 PM – 8:00 PM

Cost: FREE!

2026 marks our 10th anniversary! It started as a dream to create a year-round, brick-and-mortar space that preserves and presents the story of New Bedford's commercial fishing industry past and present. Since opening our doors in 2016, the Center has blossomed into a nationally recognized cultural institution that reaches thousands of visitors with our diverse range of programs, exhibitions, and events.

Now it's time to celebrate!

We will be kicking off a year of celebration on Thursday, June 11, during the June AHA! Night. Join us from 5:00pm until 8:00pm for a fun night filled with live music from [Sharks Come Cruisin](#), fisherpoetry courtesy of Moe Bowstern, cake, lemonade, and more!

We couldn't have reached this major milestone without your help! So, whether you are a first-time member, or have been with us since the days of the Working Waterfront Festival, thank you so much for your continued support!

**New Bedford Fishing Heritage Center 38 Bethel Street, New Bedford MA
508-993-8894 <https://fishingheritagecenter.org/>**



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!



Nancy's Ramp Install – New Bedford

"I am so pleased with the ramp! I can't walk and am in a wheelchair. Now I don't have to call my grandsons to carry me down the front steps anymore. They would have to come from work. It also helps the girls who come to take care of me as I have 24-hour care. The group who put it in were exceptionally professional. I feel very safe on it. I am so pleased to have a ramp! – Nancy is 83 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.

June AHA! Night - Contradance with Pride!



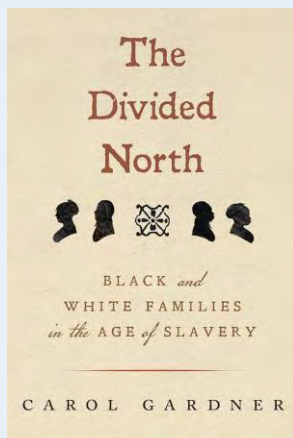
Thursday, June 11
4:00 PM to 8:00 PM

Visit NWBM on AHA! Night for free access to Museum galleries from 4:00-5:00PM, followed by community dance lessons led by EPIC Southcoast. Open to all ages, backgrounds, identities, and experience levels!

AHA! (Art, History, Architecture) is a free, citywide program that brings New Bedford's creative community together. The Whaling Museum is always free and open to all during AHA! Night.

Author BOOK TALK:

The Divided North: Black and White Families in the Age of Slavery
by Carol Gardner



Thursday, June 25
12:00 PM - 1:00 PM

Join author Carol Gardner for a compelling discussion of her book, *The Divided North*, which traces the intertwined histories of two Portland, Maine families—one Black and one White—whose lives reveal the deep racial and political divides of nineteenth-century America.

Free and open to all, online only - Register at whalingmuseum.org/programs

YWCA ADULT MENTAL HEALTH PROGRAM

YWCA is proud to offer individualized and group counseling at their Standish House location. Counseling Services will be led by a Masters Level Clinician.



Our Service:

- ✓ Individual Counseling
- ✓ Group Counseling

Example of Topics Covered:

- ✓ Anxiety
- ✓ Depression
- ✓ Emotional Regulation
- ✓ Anger Management

**eliminating racism
empowering women**

ywca

southeastern massachusetts

For any questions please call Phoebe Marshall
508-542-8391 or via email,
pmarshall@ywcasema.org

20 South Sixth St. New Bedford MA



GRANDPARENTS RAISING GRANDCHILDREN SUPPORT GROUP

Are you a **grandparent** or
relative caregiver stepping in
to raise the next generation?
You're not alone.

The Grandparents Raising Grandchildren program offers a compassionate and judgment-free space for grandparents and kinship caregivers navigating the joys and challenges of raising children. Founded in 2007 and now supported by the YWCA, this vital community program continues to uplift, connect, and empower those who step up when it matters most. This group meets at the YWCA every 3rd Tuesday of the month from 6pm-8pm.

- **RESOURCE DRIVES**
- **PEER SUPPORT GROUPS**
- **SCHOLARSHIP OPPORTUNITIES**
- **WORKSHOPS & GUEST SPEAKERS**
- **COMMUNITY CONNECTIONS**



Contact us at
VPilkuhn@ywcasema.org

or call 508-999-3255

20 S. Sixth St. New Bedford, MA

eliminating racism
empowering women

ywca

southeastern massachusetts

This program is funded by Coastline Elderly Services

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.





Aging Well

Supporting Older LGBTQ+ Individuals in the South Coast of Massachusetts

Aging Well is a comprehensive, community-based program supported by experienced case managers, mentors, and partner providers with support from volunteer clinicians, all of whom are laser-focused on helping older LGBTQ+ adults in the South Coast become more confident, self-sufficient, and independent. This is an individual- and family-driven effort whose goal is to eliminate barriers to senior services such as healthcare, financial planning, technology literacy, transportation, and social engagement.

If you are an LGBTQ+ individual, 60 years old or older, who needs support—or know someone else who might—please contact eileen@scigbtqnetwork.org or call (774) 775-2656.



THE LGBTQ+
NETWORK
SOUTH COAST MASSACHUSETTS



YWI Celebration & Policy Forum

Join us to celebrate the second cohort of our Young Women's Advisory Council (YWAC) and learn about the issues they're tackling and the change they're creating in our community.

✦ Issue Forum/Gallery Walk

✦ Panel Discussion

✦ Community Town Hall



June 25, 2026



5:30pm – 7:30pm



Marketplace at UMass Dartmouth



EMAIL AUDREY STRAW AT
ASTRAW@WOMENSFUNDSOUTHCOAST.ORG
OR CALL 508-219-6102 EXT 2

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

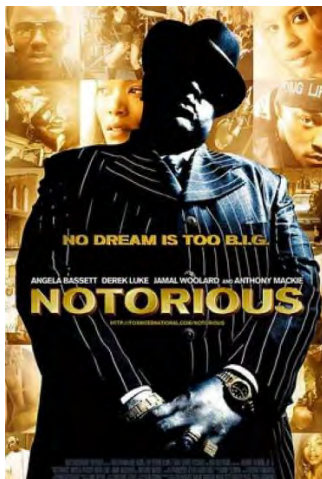
Call ARAW at 508-717-0400 or The Z's Box Office at 508-994-2900 and let them know which offering you are most interested in and that you are an ARAW beneficiary **to claim your tickets! Funding for transportation can be provided upon request. Tickets are given away on a first call, first serve basis,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



Movie Mondays! Notorious

Monday June 1 at 7PM at The Z

Watch this movie about Brooklyn-based rapper Biggie Smalls aka the Notorious B.I.G.



Motion State Arts presents Playing Favorites

Wednesday June 3 at 7PM at The Z

Sit on stage at cafe tables with fellow dance fans for a presentation of short experimental dances created specifically for film!



NEFA's Public Art Impact Convening

Thursday June 11 from 9AM-3:30PM at The Z

The New England Foundation for the Arts (NEFA) invites public art makers, arts administrators, advocates and funders to gather for a day of connection, learning, and reflection. There will be a keynote presentation, panels with grantees, and opportunities for interactive participation and networking. You will also learn about how NEFA's investment in public art has shaped the region from 2020-2025.



Stagedoor Live! Fabiola Mendez

Thursday June 11 at 7:30PM at The Z

Emmy-nominated composer Fabiola Mendez is known for her unique blend of folk, jazz, and Afro-Caribbean influences. Born in Puerto Rico, her music takes audiences on a journey as she shares and celebrates the cuatro (a traditional Puerto Rican instrument), folk music, and collective storytelling.



Direct from Sweden: The Music of ABBA

Saturday June 13 at 8PM at The Z

Listen to the iconic Mama Mia soundtrack and more live! Enjoy the 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!



U.S. Coast Guard Band

Sunday June 14 at 3PM at The Z

Listen to this 55-member ensemble. Their spectrum of music ranges from wind ensemble classics to swinging jazz charts, offering something for everyone!



Movie Mondays: Walk the Line

Monday June 15 at 7PM at The Z

The rise of country music legend Johnny Cash (Joaquin Phoenix) begins with his days as a boy growing up on the family farm, where he struggles under the scorn of his father (Robert Patrick). As the years pass, Cash ends up in Memphis, Tenn., with his wife, Vivian (Ginnifer Goodwin), and breaks into the music scene after finding his trademark sound. While on tour, Cash meets the love of his life, singer June Carter (Reese Witherspoon), but Cash's volatile lifestyle threatens to keep them apart.



[Zeiterion Guided Tour](#)

Tuesday June 16 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.

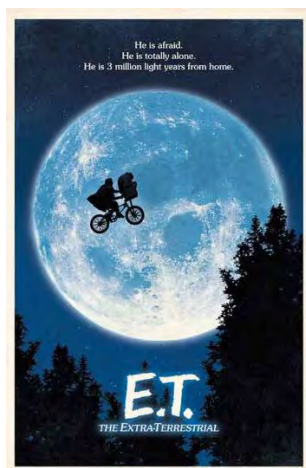


[E.T.: The Extra Terrestrial](#)

Sunday June 21 at 7PM at The Z

A young boy named Elliott (Henry Thomas) discovers an alien stranded on Earth. Bringing the extraterrestrial into his suburban California house, Elliott introduces E.T. to his brother and his little sister, Gertie (Drew Barrymore), and the children decide to keep its existence a secret.

Soon, however, E.T. falls ill, resulting in government intervention and a dire situation for both Elliott and the alien.



[Movie Mondays: The Muppet Movie](#)

Monday June 22 at 7PM at The Z

Kermit the Frog decides to pursue a movie career. Along the way, he befriends Fozzie Bear, Miss Piggy, Gonzo and rock musicians Dr. Teeth and the Electric Mayhem. When Kermit is offered a job by Doc Hopper (Charles Durning) to advertise the fried frog legs at his restaurant chain, Kermit turns him down, but Hopper refuses to relent.



[Movie Mondays: Butch Cassidy and the Sundance Kid](#)

Monday June 29 at 2PM at The Z

The true story of fast-draws and wild rides, battles with posses, train and bank robberies, a torrid love affair and a new lease on outlaw life in faraway Bolivia. This movie is also a character study of a remarkable friendship between Butch and his closest associate, the fabled, ever-dangerous Sundance Kid.



Movie Mondays: Enter the Dragon

Monday June 29 at 7PM at The Z

Bruce Lee plays a martial-arts expert determined to help capture the narcotics dealer whose gang was responsible for the death of his sister.



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.

