



Neighbor to Neighbor

Published by Anne M. Paquin Since 1983

64 Hardy St., Dunstable, MA 01827

(978) 419-1914

E-mail: anne@neighbortoneighbornewsletter.com

www.neighbortoneighbornewsletter.com

Celebrating 36 Years of Service!

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DUNSTABLE TOWN CLERK

The Board of Selectmen has voted to postpone the **Annual Town Election until June 16, 2020**. There is no word on the Annual Town Meeting as of this writing (that I know of). I encourage to residents to sign up for e-alerts on the town website (as many or as few as you want).

The deadline to register to vote for the Annual Town Election is Friday, June 5. If you have a valid Massachusetts drivers license, you can register online at <https://www.sec.state.ma.us/OVR/Welcome.aspx>

The deadline to apply for an absentee ballot is Noon on Monday, June 15, 2020. Any person taking precaution related to COVID-19 in response to a declared state of emergency or from guidance from a medical professional, local or state health official, or any civil authority is encouraged to vote absentee by mail.

There will be more information forthcoming, residents are encouraged to sign up for e-alerts on the town website to stay informed. www.dunstable-ma.gov

Carol A. Skerrett, Town Clerk CMMC 978-649-4514 x222
CSkerrett@dunstable-ma.gov

**REMEMBER
MEMORIAL DAY
MAY 25TH**



DUNSTABLE VETERANS' SERVICE OFFICE

These are indeed unprecedented and uncertain times that is affecting everyone. The end of this month we normally have a parade and ceremony in honor of our fallen heroes from our past and present wars. This year we look at all of the Doctors, Nurses and First Responders fighting our new enemy, COVID-19 as our new heroes as they put their lives on the line for us.

As we are focusing on our battle against this enemy we realize that we cannot have our normal parade and dedication with our Dunstable town folk to pay honor to our Veterans. We will, however, have a very small and simple dedication to those veterans who served from Dunstable. This will be videotaped and posted shortly after Memorial Day for everyone to view on the various web media sites that the residents of our town use to communicate with each other.

As always, if you know of any veteran, widow or family member in need of assistance of any kind, even if it is just information, please leave me a message at 978-649-3919 or send me an email at VSO@Dunstable-ma.gov. I am here to help you.

Joe Dean (Former USMC Sgt, Retired USAF Capt.)

Dunstable Veteran Services Officer

Proudly serving those who have served

IN MEMORY OF

Jose P. Camacho Silva

John Joseph Squeglia

Edward Everett West Jr.

Frank A. Bunker

Sean P. Richardson

Virginia A. Shea Kloppenburg

TO ALL RESIDENTS OF THE TOWN OF DUNSTABLE FROM THE BOARD OF SELECTMEN

The Board of Selectmen acting under authority granted by both pre-existing and emergency provisions of Massachusetts General Law has at its meeting held on April 13, 2020, voted to waive all interest on Fourth Quarter real estate and personal property tax bills and on motor vehicle excise bills issued after March 10 until June 1, 2020. Fourth Quarter real estate and personal property tax bills remain due on May 1, but interest on late payments is waived until June 1. Similarly motor vehicle excise bills issued after March 10 remain due, but interest on late payments is waived until June 1. Questions regarding tax bills should be referred to the Treasurer/Collectors office. You can email Bonnie Ricardelli at bricardelli@dunstable-ma.gov.

DUNSTABLE BOARD OF HEALTH HOUSEHOLD HAZARDOUS WASTE DAY

In the past this one day program has been held in May or June. This year it has been tentatively set for **October 31st**. We will confirm the date here and on the Town Website once more information is available. If you want an idea, about what was accepted or not, on this day look at the last page (green) of the June 2019 issue of Neighbor to Neighbor on my website. If you go to the Town of Dunstable website look under Board of Health Dept. it should be there.

TOWN OF DUNSTABLE TRASH AND RECYCLING PICKUP PROGRAM

To all who subscribe to this, your yearly subscription with the Town of Dunstable will expire on June 30, 2020. Beginning May 1, three renewal options are available. You can mail a \$300.00 check made payable to the Town of Dunstable to P.O. Box 268, Dunstable, MA 01827, or you can drop off a check or cash at the Town Hall Monday-Friday 9:00-4:00p.m. There is a mail slot in the door. You may also pay on line, on the town webpage www.dunstable-ma.gov and choose on line payments. New subscribers can pay on line but will have to come into the Town Hall to pick up their containers. We also sell overflow bags for those times you may have extra trash that will not fit into the trash container. The cost is \$3.00 each sold in rolls of 5 for \$15.00. Those can be purchased on line or at the Town hall. If you pay on line you must come in to pick the bags up.

You can read issues and see announcements and articles on line at www.neighbortoneighbornewsletter.com

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FROM THE BOARD OF SELECTMEN**

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THE GROTON GRANGE #7

... did not hold the Town-wide Litter Cleanup, that had been scheduled in April. Like so many other things in our lives it has been put on hold to a later time. However, we have seen almost daily, citizens of Groton cleaning up our roadsides while walking their dogs or just enjoying the season.

These are indeed troubling times. The Grange has been witness to other stressful periods since its formation in the late eighteen hundreds. There have been wars, economic collapse, terrible devastating acts of Nature and other pandemics as well. We need to have faith in the human spirit, and hold onto the hope that this too shall pass.

The Grange is an agricultural organization. As such we are perhaps more aware of the changing seasons than others might be. Spring is indeed a season of hope. Planting a garden is always an exercise in this hope.

Also our Annual Memorial Day Pancake Breakfast is cancelled for 2020. This is our annual Scholarship Fundraiser. Anyone wishing to make a donation may send it to Groton Grange #7, P.O. Box 112, Groton, MA 01450. *Thank you, and be well.*

**Rain Barrels are now available for purchase through the
TYNGSBOROUGH-DUNSTABLE-PEPPERELL
RAIN BARREL PROGRAM!**

This is also in association with the Conservation Depts in the 3 towns. Visit www.greatamericanrainbarrel.com/community to order your rain barrel and learn more about them. Select Massachusetts and Dunstable, or call (800) 251-2352. Their email address is info@greatamericanrainbarrel.com. The order deadline has been extended because of the Coronavirus. The cost is \$69 per barrel 40% off retail. The pick-up will be at Tyngsborough Town Hall, 25 Bryants Lane, Tyngsborough. Anyone who orders rain barrel(s) will be kept informed about the delivery date by the Great American Rain Barrel Co.

In Dunstable if you have any questions you should contact the Conservation Dept at cmann@dunstable-ma.gov. If you read this online at www.neighbortoneighbornewsletter.com. The link is active and if you click, you will go right to the Great American Rain Barrel Company. They are a Massachusetts company and use 100% recycled food grade barrels to make the rain barrels. Right in Hyde Park, MA There is much more information on their website about these rain barrels.

PACH PEPPERELL FOOD PANTRY

66 Hollis St. Pepperell Tues 5-7pm, Thurs 2-4pm & 5-7pm. PACH provides food, paper goods and personal care items to residents in need of assistance. If interested in this service, or you want to help by making a donation of food or supplies, call 978-925-9770 or visit their web site at www.pachoutreach.org. *Please contact them first before dropping anything off.*

CALLING POLICE FOR EMERGENCY HELP

If you are calling from your cell phone in Dunstable, call 978-649-7445 (the station) or 978-448-5555 (DISPATCH).



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FACE MASKS MANDATORY AS OF MAY 6TH

Effective May 6th, everyone is required to wear a face mask, whether indoors or outdoors, in any situation where you cannot maintain 6 foot spacing. Exceptions for children under 2, and people who are unable to wear a mask due to a medical condition.

To read all the details about this, visit www.mass.gov and search "face masks" for exact wording on this.

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HOW TECH HELPS YOU BUY OR SELL A HOME

Brought to you by Carrie Best Cyr

With much of the country mostly staying home, it's not your typical spring homebuying season.

You might think social distancing has made it difficult to meet with lenders, view properties and sign paperwork, but fortunately that's not the case.

In fact, prospective buyers and sellers continue to move forward with their housing needs and doing so with safety in mind. While the process may look a little different, modern technology is making it possible and, in some ways, more convenient.

So how does it work?

- **Virtual Open Houses and Showings:** Facebook Live, FaceTime and Zoom are all being used to show properties. And many listings include a prerecorded tour of the home.
- **3D Floor Plans and Interactive Walk-Throughs:** Online tools make it easy to create interactive 3D walk-throughs and even allow for decor and furniture placement to give buyers a more lifelike feel of the space.
- **Electronic Signatures and Deed Filings:** E-signing technology means there's no need to meet in person to sign offers, contracts or any other paperwork needed in the process.
- **Desktop and Drive-By Appraisals:** If sellers are hesitant to have an appraiser visit their property in person, desktop and drive-by appraisals are a good alternative. These use city data, prior appraisals and comparable sales information to assess a home's value. Homeowners can video chat with the appraiser to show them the interior and exterior elements of the property.

The way we buy and sell homes may have changed now, but it's still an active and essential market. If you have any questions about making a move, please don't hesitate to get in touch.

Please send in your news and updates for June.

Need details about advertising your business?

Contact anne@NeighborToNeighborNewsletter.com or Neighbor to Neighbor, 64 Hardy St., Dunstable, MA 01827.

You may leave a message for me at **978-419-1914**.

Tyngsborough printed issues circulation is 5067 and
Dunstable printed issues circulation is 1245.

More article posted on the website.

www.neighbortoneighbornewsletter.com

REMEMBER ♦ HONOR ♦ CELEBRATE

A Special Message from Badger Funeral Homes

During this time of uncertainty and crisis the staff at the Badger Funeral Homes of Groton and Littleton are here to support and assist families during their time of need. We want you to know that we are committed to the health and safety of our families, staff, and the communities we serve. Our hearts go out to all who are affected by COVID-19.

It is important for us to reassure you that we will do everything we can to meet the needs of those who require our services.

For the family:

As the need arises, we can meet with you via telephone, email or in person to assist in planning your loved one's services. You can still have visitation and funeral services; however, the public notices will indicate "services-private" and you as a family can gather privately to honor and remember your loved one. We will follow the current guidelines issued by the Commonwealth of Massachusetts regarding the number of attendees allowed to gather in a private and public setting. We will also plan only one visitation and/or funeral service per day to accommodate this request. When it is safe for all to return to public life, we encourage you to meet with the funeral home staff again to plan a public gathering honoring your loved one.

For the general public:

We suggest you telephone the family or friend who has suffered a loss to acknowledge they are in your thoughts and offer words of love and support. Take a moment to mail them a card or leave condolences on the funeral home website. Offer a prayer and possibly a gift of sympathy or charity, and remain in touch; the family will be forever grateful.

For those who are able to donate:

We have established collection containers at our 45 School Street, Groton and 347 King Street, Littleton locations and encourage those who are able to donate, medical gloves, respirators and masks to assist local healthcare professionals.

We encourage all to stay healthy and respect recommended boundaries to ensure all remain safe.

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ROADSIDE CLEANUP POSTPONED UNTIL MAY

Due to the ongoing Local State of Emergency declared by the Board of Selectmen and the Board of Health on March 16, 2020, and due to the ongoing orders of Governor Baker in regards to COVID-19, it has been determined that the Annual Roadside Cleanup Program which is customarily held in April of every year in commemoration of Earth Day will be postponed until May. ***This postponement was taken in agreement with the Dunstable Grange which assists the town with the program.*** Please check on the town website for any updates about this.

THE DUNSTABLE BOARD OF HEALTH AND THE NASHOBA BOARD OF HEALTH NURSING SERVICE

Well Adult Clinics In response to the Governor's guidance, Nashoba Nursing is cancelling all Well Adult clinics. The updated schedules will be listed at www.nashoba.org. ***Please check for updates at*** Nashoba Board of Health Nursing, Services. (www.nashoba.org) or call: 978-772-3335 ext. 340 for more info.

DUNSTABLE SENIORS WELCOME TO TAKE PART IN ONLINE BONE BUILDERS COMMUNITY TEAMWORK INCORPORATED

Bone Builders, made up of strength training and balance, especially designed for those with Osteoporosis, has been delayed due to the closing of senior centers.

However, Jean Jacoppi, a Leader of Bone Builders at the Tyngsboro Senior Center, has created a video for all to access through You Tube. ***Simply search for : Crystal Lake RV Bone Builders.*** The video is in two parts. ***All are welcome to exercise to it.*** Comfortable weights are necessary.

STITCHERS

Calling all stitchers to help with projects for others. We are currently stitching afghans, 4' x 6', for hospice, as well as hats, mittens, and scarfs for the homeless in all sizes from infant to adult sizes. We have also been asked to stitch infant layettes. Let's get productive as we shelter in place and help those in need. Collection drop-off yet to be announced.

Any questions, please call Jean Jacoppi (978-649-9076).

FRIENDS OF THE TYNGSBORO ELDERLY, INC.

Know that as we shelter in place, the board of the Friends of the Tyngsboro Elderly, Inc. has been making plans for their next gathering to be held at the senior center.

To become a member of the FRIENDS, Please send your \$10 membership fee to: Friends of the Tyngsboro Elderly, Inc., P O Box 415, Tyngsboro, MA 01879.

President: Joe Jacoppi, Secretary: Elaine Rivard, Treasurer: Joanne Jean, Board Members: Elaine Franks, Mary Basiliere, Leon Poirier, and Carol Sides.

Neighbor to Neighbor

Published by Anne Paquin Since 1983

64 Hardy St., Dunstable, MA 01827-1403 Tel. 978-419-1914

E-mail: anne@neighbortoneighbornewsletter.com

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Total Circulation is now 6,312 which includes Dunstable and Tyngsborough.

DUNSTABLE SENIORS

Program Coordinator Susan Tully 978-649-6750

or Email at stj0213@verizon.net

Dunstable Seniorswe are a peer group for those over 60.

There will be NO MEETINGS at the

DUNSTABLE LIBRARY UNTIL FURTHER NOTICE DUNSTABLE COUNCIL ON AGING

DIRECTOR OF THE COUNCIL ON AGING

Anne Fenochetti Email: afenochetti@dunstable-ma.gov
978-649-4514 ext. 223

DUNSTABLE COUNCIL ON AGING

Barbara Martin, chairman; Mary Dow, secretary;
Donald Pottle, Vincent Hollins, James McManus.

The Mission of the Dunstable Council on Aging is to serve as a supportive family resource as emerging needs of Dunstable residents become more complex; and to advocate for and provide, in a cost-effective manner, a safe, congenial environment where seniors may participate in social, educational, and cultural programs reflective of their needs. Feel free to give us your ideas.

Senior Services Bone Builders Program This will resume once the library reopens.

PEPPERELL FOOD PANTRY NOW OPEN TO DUNSTABLE RESIDENTS **PACH** Located at 66 Hollis St. Pepperell is open on Tuesdays from 5 – 7 p.m. and Thursdays from 2 – 4 p.m. and 5 – 7 p.m. PACH provides food, paper goods and personal care items to residents in need of assistance. If you are interested in using this service contact office at 978-925-9770 or visit their web site at www.pachoutreach.org. **Please contact them for information about making donations.**

Nashoba Nursing Service and Hospice: For information on home health, nursing availability, or hospice - call 1-800-698-3307.

A BIG shout out to Alana Acquaviva and her catering business, Dinner Made Simple. Alana has been providing 35 seniors with delicious meals on a weekly basis and will continue as needed. We have been very lucky to have many wonderful volunteers, some baking cookies, running errands, and helping to keep in touch with friends. Looking forward to seeing everyone soon. Stay safe, let us know how we can help!

MAY IS OLDER AMERICAN MONTH, we had lots of things planned for the seniors, but looks like they will be on hold for a while. The theme for 2020 is **"Make Your Mark."** **information below is taken from their web site.**

This theme was selected to encourage and celebrate countless contributions that older adults make to our communities. Their time, experience, and talents benefit family, peers, and neighbors every day. This year's theme highlights the difference *everyone* can make – in the lives of older adults, in support of caregivers, and to strengthen communities.

SOCIALIZE ■ Stay in touch with friends and loved ones, or even reconnect with people you haven't seen in years, through social media

EXPLORE ■ Browse more than 2,500 free courses available on edX. With subjects ranging from computer science to arts and humanities to foreign languages, there's something for everyone. ■ Explore zoos and aquariums across the country, including Smithsonian's National Zoo, through virtual behind the scenes tours and lessons. Tour one of the many national parks offering digital tours and experiences that you can access anytime. ■ Learn from the pros. MasterClass Live is currently offering one free streaming class per week.

UNWIND ■ Check your library's free e-books and audiobooks you can borrow without leaving home. Consider joining a virtual book club to connect with others enjoying the same book. ■

CONNECT ■ Write a letter to a friend and reminisce about one of your favorite memories of them. Ask them to write back and share their own favorite memory. Keep up to date with current events and stay connected to neighbors by reading local newspapers and community bulletins.

Want something lower tech? Watch a TV show or movie while talking to a friend on the phone. Many streaming services are offering free trials or certain shows and movies at no charge.

HOME DELIVERED NUTRITION MEALS

(Meals on Wheels Program)

Dunstable residents 60+ can call the Elder Services of the Merrimack Valley 1-800-892-0890 to see if you qualify and make arrangements.

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Ornamental
Cabbage & Kale



SIMMONS

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To our valued customers,

Due to circumstances beyond our control, we will not be opening for retail sales this spring. Our sincere apologies for any inconvenience this may cause. **Many of our plants are/ will be available at Rose of Sharon at Blossom Hill** as the weather permits. In the meantime, we look forward to better days.

Stay safe! Joan and Harold

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MAC N' CHEESE & DESSERT BAKE-OFF

This fundraiser to replace the playground fence at the Maple Village Preschool in Dunstable has been postponed due to the Coronavirus. We will let you know once it has been rescheduled.

MEDICAID MISCONCEPTIONS

By Edward H. Adamsky

Medicaid – called MassHealth in Massachusetts – is the government program that pays for nursing home care for individuals who cannot pay themselves. It is a “welfare” program for the “poor” and thus has financial eligibility requirements. Generally, you must have less than \$2000 in assets to qualify for Medicaid. There are many common misconceptions regarding the rules of Medicaid.

• My house is in a trust, so isn't it protected from a Medicaid lien and estate recovery?

Most people who have a Trust have a Revocable Trust, which provides no protection for your home from liens or estate recovery under the Medicaid rules. Only if you have created an Irrevocable Trust specifically designed by an Elder Law Attorney to provide you with Medicaid protection will your house be safe. Of course, an Irrevocable Medicaid Trust is not for everyone, so this is something you should carefully discuss with your attorney.

• Doesn't Medicaid only work in a nursing home? I want care at home.

If you qualify financially (and medically) for Medicaid benefits, there are care programs that work at home. The Merrimack Valley now has access to the Program for All-Inclusive Care for the Elderly or PACE. This program can provide at home care as well as medical care and day programs. It is administered by a couple of private agencies and is often enough to allow a senior to stay at home rather than go to a nursing home. The eligibility rules are somewhat different for at-home programs, so it is worthwhile to look into them to see if you qualify.

• If my spouse needs care won't we lose everything before Medicaid kicks in?

There are specific rules for married couples under Medicaid. There are protections for the spouse still at home that allow him or her to keep the home and a significant portion of the assets and there are tools that Elder Law Attorneys utilize to protect other assets even within the five-year look-back period.

• I've heard about the five-year look-back rule. Does that mean there is nothing that can be done if I need nursing home care in the near future?

The look-back is a rule for eligibility purposes. If you have given away any money or assets in the five-years prior to your application for Medicaid, that gift or transfer might make you ineligible for Medicaid benefits. But there are several exceptions to the rule. You might be able to give your house to a child who has lived there with you and cared for you for several years thus keeping you out of a nursing home. You can give assets to a disabled child or to a trust for any person with a disability. You can transfer assets to your spouse at any time. And, the rule only applies to gifts or transfers without consideration. Purchases do not count as a disqualifying transfer as long as they were for your own benefit.

The Medicaid laws are complex with exceptions and particular rules for odd situations. If you may need long-term-care anytime in the near future, then you should consult with an Elder Law Attorney who can advise you on how the rules will work with your unique situation.

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FROM THE BOARD OF SELECTMEN

On 4/29/20 the Board of Selectmen moved to close the Town Hall until 5/18/20. This is in conformance with Governor Bakers latest orders. Town Hall employees will continue to work remotely and remain available via email and by phone where possible. Contact information for officials and departments may be found on the appropriate corresponding pages of the town website www.dunstable-ma.gov. The Board has also determined to postpone the Annual Town Meeting and the Annual Town Elections. On 4/13/20 the Board formally set a new date for the Annual Town Election. The election has been called for 6/16/2020. However, per State guidelines, nomination papers for local office were still due by 3/31/2020. No date has yet been determined for the Annual Town Meeting. We appreciate your patience during this time.

The Board of Selectmen, Board of Health, and Emergency Management Team continue to meet on a weekly basis, remotely, to continue to respond to the COVID-19 situation and guidance issued by the Governor and public health agencies. They are responding using the most recent and frequently updated guidance issued by the Massachusetts Department of Public Health (MDPH), the Center for Disease Control (CDC) and Board of Health (BOH). Meeting agendas will continue to be posted on the town website. This updated notice is being provided based on the latest information. Dunstable Fire, Police, and Highway Departments also remain operational and prepared to address issues that may arise regarding the COVID-19 threat. The Dunstable Police Department is available to conduct welfare checks and address imminent needs for local residents, please contact them at 978-649-7445 if needed. Our public health nurses are on the front line of this situation as they monitor the State's communicable disease surveillance system – MAVEN for our community. There are 9 individual(s) in town who have laboratory confirmed positive tests for COVID-19. Residents are reminded of the following preventative measures recommended by the state that they should take: Practice social distancing – There is currently no vaccine to prevent COVID-19. Another way to prevent the illness is to avoid being exposed to the virus. The virus is thought to spread mainly from person to person: 1. Between people who are in close contact with one another (within 6') 2. Through respiratory droplets produced when an infected person sneezes or coughs. 3. Wash your hands often or use hand sanitizer 4. Avoid touching your eyes, nose, and mouth 5. Cover your mouth with a tissue when you cough or sneeze 6. Stay at home if you are sick 7. Keep children off public playgrounds and away from congregating with other groups of children

This is advice is especially true for older adults and those with health issues are urged to avoid large crowds and events. Individuals who live in households with vulnerable people, like elderly parents, should also consider avoiding crowds.

Please take notice: our park land is open for solo exercise only. Playgrounds are closed. Team sports and gatherings on public land are prohibited. Without your cooperation the parks will be closed! Additional information regarding closures or other changes will be released as it becomes available.

For more information about COVID – 19 from the Massachusetts Department of Public Health, please click here: <https://www.mass.gov/resource/information-on-the-outbreak-of-coronavirus-disease-2019-covid-19> and the Centers for Disease Control, please click here: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>



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DUNSTABLE FREE PUBLIC LIBRARY

588 Main St. 978-649-7830

The Library is CLOSED. At this time there are no plans to reopen before May 4th. Watch for updates on website.

For more library information go to

www.dunstable-ma.gov click on library

Mary Beth Pallis – Director – mpallis@mvlc.org

Karen Debrececi – Children's Librarian – kdebrececi@mvlc.org

Like us on FACEBOOK to receive program updates!

www.facebook.com/pages/Dunstable-Public-Library/219991908117595

- Do not return your borrowed books and don't worry about fines which will be forgiven when the books are returned.

Make sure to have your library card number ready before signing in to the MVLC website.

- The online catalog is available, but there is no inter-library loan available. Requests will be kept to be filled when the libraries do open.
- Online databases are listed on the [MVLC.ORG](http://www.MVLC.ORG) website and can be searched by library patrons.
- Audiobooks can be accessed through Overdrive. But demand is high so expect delays.
- Summer programs are suspended currently when we determine how to adapt to the current situation.
- Go to the Dunstable Free Public Library's Facebook page for updates on our return to public access to the Library.

Our librarians miss seeing everyone in these tough days, but we will survive and return to enjoy when it is safe.

Be careful, wash your hands, stay healthy.

SHEPHERD OF THE VALLEY LUTHERAN CHURCH

(978) 540-0768 <http://www.sov-lc.org>

Pastor Rev. Susan Gaeta

Shepherd of the Valley Lutheran will be meeting remotely until it is deemed safe to meet at our building space, 21 Washington St., Ayer, MA. **Please join in our service via online.** If you visit our FaceBook page and website you will be able to see how you can join in on our service. We hope to 'see' you there!

LOAVES & FISHES FOOD PANTRY, INC.

All Dunstable families are invited to visit the Pantry and receive nutritious food and personal care products. There are no income requirements – only a proof of residency (a utility bill or a rental receipt, for example, with your name, current address and date) is required. **Open** Second Tuesday of each month from 6p.m.- 8p.m. • Every Wednesday and Friday from 9:45 a.m.-12:30 p.m. • First & third Saturday of every month from 9a.m.-11a.m. To learn more about what to expect when you visit the Pantry for groceries, take a virtual tour at <https://loavesfishespantry.org/need-services/> or call us at (978)772-4627 x312. If you are interested in volunteering please email us at volunteer@loavesfishespantry.org or call us at (978)772-4627 x317. The gift of food and personal care items as well as monetary support is always welcome. Visit our website to learn more about how you can help.



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DUNSTABLE TOWN HALL DIRECTORY

Town Hall (978) 649-4514. The departmental extensions are as follows:

- 221** Town Accountant **222** Town Clerk **223** Council on Aging
224 Selectmen (handles many depts.) Also for Animal Control Officer. After hours call Police at 978-649-8891. If emergency call 911
226 Building Inspector **227** Road Commission
228 Tax Collector/Treasurer **229** Board of Health
230 Conservation/Planning Board **249** Assessors, Water Dept
Please dial 0 if you need assistance.

Veteran's Officer 978-649-3919

POLICE NON-EMERGENCY 978-649-7445 **POLICE & EMT** 911

FIRE DEPT. TELEPHONE NUMBERS TO REPORT A FIRE CALL 911

Business Line.....978-649-6661 FAX.....978-649-6072

Alarm System* 978-448-6666* can be used to call in a fire from cell phone

More information on the town website www.dunstable-ma.gov

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MORGAN BABCOCK MEMORIAL TRUST AWARDS SCHOLARSHIPS

The Trustees of the Helene Morgan Babcock and Alfred Babcock Memorial Scholarship Trust are pleased to announce the five graduating seniors from the town of Dunstable who have been chosen to receive this year's awards.

As a community, we are fortunate to have this trust that has been financially awarding Dunstable seniors since 2005. The benefactor of this scholarship, Helene Morgan Babcock, was one of seventeen children raised in Dunstable. Her family's home was destroyed by a fire in 1923, four years before she was born. Residents of Dunstable welcomed the family into their homes while the Morgan home was rebuilt. The gesture of community kindness was never forgotten by Helene's mother; she reminded her children "to please remember the kindness of the people of Dunstable." Remembering her mother's words, Helene, upon her death, bestowed her entire estate to the Town of Dunstable for scholarships to selected graduating seniors.

We are proud to announce the 2020 Babcock Scholar is Joshua Booth. Joshua Booth, a graduate of Groton Dunstable Regional High School will receive \$16,000 over the course of four years to help with the cost of his college education. Joshua will be majoring in Biology at the University of Texas at Austin. At this university, he will gain a strong foundation in the Natural Sciences to help him continue onto medical school where he hopes to pursue trauma surgery.

In addition, the trust is pleased to present four, one-time scholarships of \$2000 to the following graduates: Lauren Hill, Abigail Eisenklam, Amelia Drislane and Claire Putanananda.

Lauren Hill, a graduate of Groton-Dunstable High School, will be attending Elon University as an Engineering Scholar. She will be studying Engineering along with Environmental & Sustainability Studies.

Abigail Eisenklam a graduate of Groton-Dunstable High School, is excited to pursue Material Science and Engineering. She is planning on attending Tufts University in the fall.

Amelia Drislane, a graduate of Groton-Dunstable High School, will be attending Savannah College of Art and Design where she will focus on Graphic Design.

Claire Puranananda, also a graduate of Groton-Dunstable High School, will be studying Chemistry at Tufts University.

Each one of these recipients demonstrated a strong work ethic, the personal and academic skills necessary to succeed in educational endeavors, and most importantly, a sense of social responsibility with demonstrated effort toward helping people and their community. **Congratulations to these deserving recipients!**

RUSSELL G. & SHIRLEY L. TOBEY SCHOLARSHIP

The Trustees of Russell G. and Shirley L. Tobey Scholarship are extremely pleased to announce that Lauren Hill has been selected to be the recipient of the first Tobey Scholarship. This scholarship is awarded to a graduating Dunstable student through the generosity of Russell G. and Shirley L. Tobey. The scholarship, in the amount of \$1000 is to be used for Lauren's continued education at college. Lauren plans to further her education, studying engineering and computer science. **Susan Tully, Alan Chaney**

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Hi Neighbors!

Be sure to keep those germs away with Lysol wipes and Nestle Pure Life water!

If you haven't **downloaded the new Box Top for Education app** yet, you'll be pleasantly surprised how truly easy it is. You just scan your receipt and the app does all the work for you! This is a direct, simple way to help Swallow Union and we really appreciate all your continued efforts. We hope to remain at the top during the 2019-2020 school year after finishing #2 in the state last year!

While traditional Box Tops are being phased out of production, **YOU CAN STILL CLIP AND TURN IN BOX TOPS!** You'll continue to find them on many products throughout the store for the next few years, including Hefty, Green Giant, Reynolds, Scott, Ziploc, Kleenex, and Finish (look for old logo). The program is even allowing double dipping – meaning, you can purchase items with the old Box Top logo, clip and turn those in, and then scan your receipt within 2 weeks on the app for double the points!

Once the Pandemic is under control and it is deemed safe by the Town Hall you can turn in your carefully clipped Box Tops to any of these Dunstable drop-off locations: Maple Village Preschool, the Library, post office, and West Auto Repair. Thanks again for your support!

Chrissy McLane (mclane.chrissy@gmail.com) & Amy Wilson (amywilson825@gmail.com) Box Tops for Education co-chairs for Swallow Union Elementary School
swallowunionapt.org aptsallowunion@gmail.com
facebook.com/APTSwallowUnion

DUNSTABLE GRANGE #31

For now the Grange meetings have been cancelled.

Of course, if all is well in May, we are hoping to do the **Roadside Cleanup**.

By the time you receive this issue, it is possible that the Roadside Cleanup will be permitted. Please check for **more info. on the Town of Dunstable website www.dunstable-ma.gov and www.neighbortoneighbornewsletter.com**




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CELEBRATE TEAMWALK FOR CANCERCARE IN A DIFFERENT WAY THIS YEAR

As we continue to navigate the world as a result of COVID-19, Lowell General Hospital **will not** be holding TeamWalk for CancerCare on May 31st at LeLacheur Park, as originally scheduled. However, supporting local cancer patients in need is more critical than ever so this year we are hosting TeamWalk on Your Terms!

TeamWalk on Your Terms allows you to hold TeamWalk on *your* turf and on *your* time! When it is safe and you feel comfortable, simply choose when and where you want to walk.

There's so much we can't do right now – like gathering together as a large group to walk - because of the COVID-19 pandemic, but you CAN walk and you CAN fundraise to help support people who are undergoing cancer treatment.

The fundraising deadline has been extended to September 1, 2020 so you have more time to support TeamWalk for CancerCare and the people that count on you to pay for medications, nutritional supplements, wigs and prostheses, support groups, skilled nursing visits, mini-grants, supportive services to patients of all cancer types, and much more.

Follow TeamWalk on Facebook at www.facebook.com/lowellgeneralhospitalteamwalk to see videos from special guests, fundraising tips, profiles of walkers, teams, and sponsors, and contests to win fun prizes. To learn more, register, or make a donation, go to www.TeamWalk.org.

TYNGSBOROUGH DUNSTABLE HISTORICAL SOCIETY



The Little Red Schoolhouse is located at 64 Main St., Dunstable, MA (Route 113) not far from the town line near Rte 3 Meetings are FREE and OPEN TO THE PUBLIC

Unfortunately there will be no events during May 2020 at the Little Red Schoolhouse.

Usually plans are being made for the Annual Strawberry Festival that is held in June.

At this time I have no news about this.

- For program updates, please check the TDHS website:

www.tdhistoricalsociety.org

Email address: tyngsboroughdunstablehs@gmail.com



Neighbor to Neighbor

Published by Anne M. Paquin Since 1983

64 Hardy St., Dunstable, MA 01827

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E-mail: anne@neighbortoneighbornewsletter.com

Well I hope you are adapting to the new way of doing things. At first it was like waiting for the other shoe to drop. Nothing wrong just out of sync. Now I've been playing some LPs, explain that to someone under 20, planted some seeds, and took some cuttings (rooting new plants from old ones). Now onto watching the birds, who knew so many of them liked fruit, even oranges. Will have to find my old camera to zoom in on these little creatures. Never saw so many different birds in such a short time. The cell phone doesn't quite capture them well. I hope you can find something to do that will bring you some joy. Yes we have to work, but we need a little renewal too.

Hopefully I will be able to get the June issue out a little earlier in the month. After that there will be one more issue for the summer, the July/August issue. That should be out after the 4th of July.

The advertisers in the issue, are considered essential. *They have to be available to serve when needed. Do not hesitate to call if you need their services. They can let you know what procedures they do to keep everyone safe.* If you are at home and have the time to contact a business for repairs or upgrades, now may be a good time to get in touch. Many outdoor projects can be done as well. I am sure they would work with you, giving you estimates and would appreciate your business. Where much communication is done by phone, email and through websites I am sure arrangements can be made without coming in contact.

If you belong to an organization who needs volunteers for a project, or a non-profit who is in need of supplies or donations of food, please send me the info. News can be sent in a word file or in the body of an email. If you have a business that is looking for employees, or offers a service that you want everyone to know about, email me and I will forward the detailed rate sheet to you. If you call, please leave a message as it goes to voicemail and I will get back to you as soon as possible.

Printed circulation each month for Dunstable & Tyngsborough is 6,312 issues. Current/past issues available by clicking on "Neighbor to Neighbor Newsletter issues" in the heading at www.neighbortoneighbornewsletter.com.

I look forward to hearing from you.

*Thank you to those who are helping us stay well.
Let us do our part. Keep Your Distance. Be Safe.*

Sincerely, Anne Paquin



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If you want to be on the church email list, for an invite to
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Kitty Angels is An All-Volunteer, Non-Profit Shelter for Needy Cats

DUNSTABLE TYNGSBOROUGH LIONS CLUB



"We Serve" The Lions Club is a non-profit organization of men and
women dedicated to serving communities locally and globally giving
hope and impacting lives through humanitarian service projects
and raising donations to support areas of need. **We are currently
looking for community minded members to join, please contact
membership chair Joe Ward his contact information is below.**
Officers for the 2019-2020 Lions Year

President: Mark Alexander, 1st Vice President/Membership Chair:
Joseph Ward, Treasurer: Bob Reich, Secretary: Laura Ward, Tail
Twister: Meghan DeMonico.

Because of COVID-19 meetings are canceled at this time.
Anyone interested in joining the lions is asked to contact Joseph
Ward at 978-930-1153. *By the time you receive this, we may have a
project that you would like to get involved with.* Once we can meet
again, we will let you know where, and when meetings will take
place.

These activities were scheduled but are postponed for now.
**If you are interested, please make note of telephone numbers
to keep in touch with the Lions Club**

.... Pickleball Social Event **Postponed** Tyngsboro Sports Cen-
ter, 500 Potash Rd, Tyngsboro. We will have 50/50 raffle, t-shirts,
food, drinks, & more. *For more information and tickets contact Bob
Reich at (978)697-2260.*

.... Senior Luncheon Postponed This will be a joint effort be-
tween the Dracut lions and Dunstable – Tyngsborough. To be held
at the Dracut Senior Center. For more information please contact
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- **Can tabs** please place into bags before putting in the boxes.

Lion's collection boxes for eyeglasses and hearing aids and can
tabs are located at the Tyngsborough Post Office, American Legion
Post 247 at 90 Pawtucket Blvd., Multi-Service Center at 180 Lakev-
iew Ave, and Dunstable Town Hall, Post Office and Library.

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Helen Keller



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50 LEGS CHARITY- BOSTON MARATHON SEPTEMBER 14TH

HELLO TYNGSBORO AND DUNSTABLE NEIGHBORS,

My name is Nick Coughlin and on **September, 14th** I will be running my first **BOSTON MARATHON FOR THE 50 LEGS CHARITY**. This great organization raises money for amputees who are in need of assistance obtaining prosthetics. I am a Junior ROTC student at UMass Lowell and I am in the Army National Guard. As a lifelong Tyngsboro resident, I am proud to represent our community for this cause and I would greatly appreciate your support. Below is a link to my Go Fund Me page, no donation is too small. **Thank you in advance!** <https://charity.gofundme.com/en/campaign/50-legs-in-50-days/nickcoughlin1>

Evangelical Congregational Church of Tyngsboro Est. 1868



Route 113, 23 Kendall Rd. Tyngsboro, MA 01879

For questions or more information,
please call our office 978-649-2262
Pastor Denis Frediani 1-603-579-0904
www.tyngsborocongregational.org
E-mail ecctsect@yahoo.com

- **At this time all activities and church services are cancelled at this time. Please check our facebook page site for updates.**
- **THRIFT STORE is closed until further notice. We would appreciate if you would hold your donations until we re-open.**
- **Please pray for the world and that the CORONA Virus is able to be controlled soon.**

• **SERMONS ON-LINE:** Weekly sermons by Pastor Frediani: 1. Log onto the church website <http://www.tyngsborocongregational.org> 2. On home page you will see a photo of the church. Hover the cursor over the word "SERVING" 3. Click once on the word "SERMONS" 4. Scroll down to see "Listen to our sermons for free on SoundCloud.com" 5. Click once on the link/word "SoundCloud.com" 6. Below the Church logo sermons listed by date, passage, sermon title 7. Click orange circle to listen to the sermon you desire.

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We are open to accept your gently used clothing and new toiletry donations at our Dracut distribution site, weekdays ONLY from 10am to 4pm. This is located at 19 School Street, Dracut, MA 01826. We are not open weekends at this time. Please bring your donations in household size bags or smaller for the safety of our staff and volunteers. If you have 5 bags or more, please call 978-957-2200 for an appointment so we can best accommodate you. Find out more about our needs. Check out our website www.catiescloset.org/5-ways-to-help Contact us directly and we will be happy to share more detailed information about our immediate needs for the months ahead. Connections to large scale clothing and toiletry resources are appreciated! **Want to know more about our work, who we help go to www.catiescloset.org/help-the-kids**

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Pastor Bobby Ross pastorbobby@dunstablechurch.org

DECC is a welcoming church at the heart of the Dunstable community. "We gather to glorify God, to grow in Christ and to live the gospel in the world."

For pandemic reasons, all services at the Dunstable Evangelical Congregational Church have been moved on-line to a streaming format. If you would like to join us, please either email Pastor Bobby, or leave a message on the office phone to receive details on how to connect.

We "meet" at 10:30 Sunday mornings for worship and at 8:00 on Wednesday evenings for prayer. Pastor Bobby is also available to meet with you individually on a Zoom conference call if desired.

For updates to our schedules and to learn where to access our recorded services, please see our website at www.dunstablechurch.org. God protect and bless you!"

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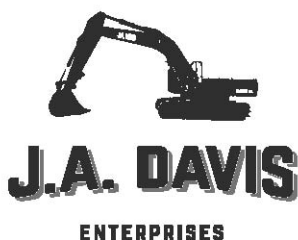
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THE WISH PROJECT

166 Middlesex St., North Chelmsford, MA 01863

This is behind Hertz Car Rental

NOTE: Hours to drop off emergency donations by appointment (email info@thewishproject.org or call 866-947-4360 x2 or contact us on our Facebook page

With your Donation, we will be able to help more families in crisis and more families in need in Merrimack Valley. www.thewishproject.org



Babies born during the pandemic

So much has changed in the past 7 weeks since the Governor asked us all to stay home to stop the spread of the coronavirus and help to save lives. In order to accommodate the request for social distancing we closed the warehouse to volunteers and clients. We stopped accepting used goods and only give out new emergency items for everyone's health and safety. We continue to follow closely the Governors recommendations and are planning how we will be able to serve our clients best under the new safety measures we will need to put in place.

In spite of all of this uncertainty we are still serving our struggling clients. Since the pandemic 19 babies have been born to single moms needing our help. They all received newborn baskets, diapers and formula but we have run out of infant car seats with strollers that were in the warehouse before this started. Now that we have stopped accepting used goods because of health and safety reasons we no longer have these car seats and strollers to give to these moms and their newborns.

We have added these very essential items to our Amazon wish list. If you could help us to provide these newborns with a new infant car seat/stroller our clients would be very grateful. If you shop online from our emergency wish list on Amazon you can follow the link and ship the item direct to us. [Amazon Emergency Assistance Wish list](#). If you would like to drop off a new infant car seat/stroller or newborn diapers at the warehouse email Jill at info@thewishproject.org to arrange a time.

If you prefer to make a monetary donation you can follow the link and [Donate Now](#) to help us fill our clients needs. So far we have successfully helped 327 families with emergency needs during these difficult times. Thank you for helping us to support our clients and community during these challenging times. Note: Obviously the links only work if you are reading this on. Otherwise go to the www.TheWishProject.org website to make a donation or to shop for the items on the Amazon Emergency Assistance Wish List. There is also The Wish Project's Covid-19 Relief Fund.

As our daily operations drastically change, we continue to work hard to support those in our community most in need. It couldn't be done without the help and continued support from all of our donors. Thank you for the many generous monetary donations and donations of new goods to support our emergency relief and Mother's Day Projects – Thank you to those asking for donations via Facebook fundraisers in honor of their birthday!

WISH LIST

Dish Soap, Hand Soap, Face Masks, 4T/5T Pull ups, Newborn & Size 6 Diapers,
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.... PLEASE NOTE: Hours to drop off emergency donations: by appointment (email info@thewishproject.org or call 866-947-4360 x2 or contact us on our Facebook page

About Us The Mission of The Wish Project is to help families in need in Merrimack Valley. www.TheWishProject.org or call us at (866) 947-4360. Mailing address is: The Wish Project, PO Box 8693, Lowell, MA 01853

If you would like more information please contact Lori at Lori@thewishproject.org and let her know how you would like to help. You may also make a donation on our website.

EDITORS NOTE: If you are reading this in the printed version, and do not have access to a computer, please call the Wish Project at (866) 947-4360 for more information.



- **Memorial Day**, Monday, May 25th
- **Full Strawberry Moon**, Friday, June 5th
- **Flag Day**, Sunday, June 14th
- **First Day of Summer**, Saturday, June 20th
- **Father's Day**, Sunday, June 21st

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Parochial Vicar: Rev. Corey Bassett-Tirrell

Staff Offices: 115 Middlesex Street, North Chelmsford

Office Hours: Mon, Tue, Thur: 9 am – 5 pm; Wed: 9:30 am – 5 pm;
Friday: 9 am – 3 pm; Sunday: 8 am – 12 noon

Our LIVESTREAM and OPEN CHURCH schedule has changed profoundly. Please go to our website
WWW.CHELMSFORDCATHOLIC.ORG

please visit the website as there is so much going on.

- Daily and Weekend Masses are LIVESTREAMED
 - Saturday, 4 pm and Sunday, 11 am at St. Mary
 - Sunday, 8:30 am at St. John the Evangelist Church
- AGAIN, WE ARE LIVESTREAMING MANY DEVOTIONS
There are too many to list here, so please refer to our website.

Parking Lot Confessions

4:00 – 6:00 pm (weather permitting) until ban is lifted

- Mondays at St. John Parking Lot
- Wednesdays at St. Mary Parking Lot

As we are still required to practice social distancing, we ask that you please remain IN YOUR CAR. Our priests will be close enough hear your confession, yet remain at a safe distance to avoid spread of illness. And other cars will be kept at a distance so that your confession will be heard by only the priest. If there are multiple people in the car, arrangements will be made.

STE JEANNE D'ARC SCHOOL

ELISABETH BRUYÈRE AWARD DINNER

This year we are honoring James F. Linnehan Jr., Esq.
The dinner had to be postponed, and will now be held on **Thursday, June 18th, 2020**, 6:00 PM at Lenzi's in Dracut, \$100 per ticket.
For more information or to register please visit www.sjdarc.org/gala.

Any sponsorships or tickets you have purchased will be honored for the June 18th date. We are also extending the timeframe to purchase tickets until June 1st, 2020.

Contact Jacqueline Schnackertz at 978-454-7038 or jschnackertz@sjdarc.org for more information.



46 Coburn Road
Tyngsboro

SHERBURNE NATURE CENTER & TRAILS

For more information on this and future events, please visit the website <http://www.naturewalkscs.org/events-schedule>

Sherburne Nature Center trails are open daily, dawn to dusk, for the residents of Tyngsboro and neighboring towns. Traverse several woodland streams, go bird-watching, try to catch a glimpse of a beaver, and observe meadow wildflowers and butterflies. It's a great place for outdoor exercise and to enjoy nature close to home. Sherburne Nature Center and Trails activities are open to all who are interested. Activities go rain or shine. In extreme weather conditions, activities are cancelled. *No reservations or fees required. Children under 16 must be accompanied by an adult.*

Please note: The tennis court behind the Sherburne Nature Center is not part of the PUBLIC Nature Center property.

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ONE-DAY RETREAT FOR

GRIEVING PARENTS

This was to be held in April.

We are hoping to be able to reschedule this in the fall.

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Spiritual Support For Grieving Parents Who Have Experienced
the Death of a Child No Matter The Age or Reason.

Information will be posted on

www.neighbortoneighbornewsletter.com

and in the printed issue as soon a date is set.

DOWNLOAD YOUR FREE BOOK

"LIVING WITH OUR WILD NEIGHBORS"

I wanted to pass on this information to you. The Humane Society of the United States (HSUS) is offering a copy of the book "Living with our Wild Neighbors" as a free download. It is very informative and covers all wildlife from A-Z. Since we have so many animals that we share our yards with, I thought it might be helpful to you.

<https://www.animalsheltering.org/page/wild-neighbors-book>

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BARUCH'S ATTITUDE ADJUSTMENT

By Nathan Combs

The prophet Jeremiah had a helper named Baruch the son of Neriah. Baruch took part in important prophetic acts, like conserving a sealed land deed of purchase in an earthenware vessel as a sign that God's people would return to their land after Babylonian exile (Jeremiah 32.14-15). He diligently copied Jeremiah's prophecies onto a scroll and read them in the temple (a place from which Jeremiah himself was banned), facing the abuse of his stubborn countrymen. After his scroll was burned by the king, Baruch went into hiding and painstakingly copied it out again (Jer. 36.32). Eventually, he was taken to Egypt with the band of rebellious Israelites who refused to listen to God's instructions to stay in their land (Jer. 43.6).

Just as Jeremiah did not enjoy the job of prophet (Jer. 20.7), Baruch apparently did not enjoy his job as Jeremiah's helper! Note the personal message he received from God through the mouth of his mentor: "Thus says the Lord, the God of Israel, to you, O Baruch: You said, 'Woe is me! For the Lord has added sorrow to my pain. I am weary with my groaning, and I find no rest.' Thus shall you say to him, Thus says the Lord: Behold, what I have built I am breaking down, and what I have planted I am plucking up - that is, the whole land. And do you seek great things for yourself? Seek them not, for behold, I am bringing disaster upon all flesh, declares the Lord. But I will give you your life as a prize of war in all places to which you may go" (Jer. 45.2-5).

It is evident from the Lord's message that Baruch had big plans for himself. Since he was a scribe, an upper-class occupation, he was evidently intelligent and highly-educated. Under normal circumstances he could have claimed important positions in Jewish society, perhaps even in the royal court. His country was crumbling, however, and his fate was tied to an extremely unpopular prophet. He required an attitude adjustment, to focus more on what the Lord was doing in the world than his own personal plans. The security of his life was assured, but his ideas about the future were not.

How we need this message in our lives! Have you made plans for your life that can no longer be fulfilled in the way you envisioned? Like Baruch, do you "seek great things for yourself" in this world? We can look for strength in our economy, the stock market, our healthcare system, and governmental leadership, but none of these things have proven worthy of our unshakable trust. We are tempted to focus on carving out our own niche in our culture and forget that every country crumbles into ash and a new one rises to take its place. May we look to Jesus, who rules an unshakable kingdom (Hebrews 12.28) and will give His followers indestructible spiritual life.

When you call a business listed here,
please tell them you've seen their ad in
Neighbor to Neighbor.

They would like to know. Thank you, Anne

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This website contains a wealth of information about the Post.



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**NOW IS AN IMPORTANT TIME
TO CONSIDER QUITTING
SMOKING AND VAPING**

We all know that smoking is harmful to one's lungs. As our lives are disrupted by the coronavirus, this fact raises concerns about the damaging impact the coronavirus (COVID-19) may have on those who smoke or vape. Dr. Nora Volkow, director of the National Institute on Drug Abuse, says, *"Because it attacks the lungs, the coronavirus that causes COVID-19 could be an especially serious threat to those who smoke tobacco or marijuana or who vape."* While the long-term impact of vaping is not clear, there is evidence coming out that vaping, like smoking, harms the ability of the lungs to fight infection.

Despite the stressful times we're living in, people who smoke or vape may want to quit to improve their ability to fight the coronavirus. The stress may have led others to relapse and start smoking or vaping again. It's never too late to try to quit. People who smoke and vape know how hard it is to quit because nicotine, the drug in tobacco and vaping products, is highly addictive. Repeated tobacco and nicotine use is not a habit, it's an addiction and quitting can take several tries before one can quit for good. Many tobacco users say quitting is the hardest thing they've ever done; however, with planning, support, and dedication, many people quit for good.

Now may be a good time for those who smoke or vape to call the Massachusetts Smokers' Helpline at 1-800-QUIT NOW (1-800-784-8669) for free coaching and support 24 hours each day, seven days a week. Enroll online, access quit planning tools, peer support and motivational text messages at KeepTryingMA.org.

Up to eight weeks of FREE nicotine replacement help from patches, gum or lozenges are available through the Helpline (with medical eligibility). With coaching and quit medication people can be twice as likely to quit for good compared to those who try to quit on their own.

Quitting improves one's health right away; lungs start to heal, and the body starts to repair its ability to fight infection. For more information, call 1-800-QUIT-NOW or visit KeepTryingMA.org.

For more information, contact me, Ashley Hall at the Northeast Tobacco-Free Community Partnership at (978) 722-2864 or ashley.hall@glfhc.org

ST MARY MAGDALEN PARISH

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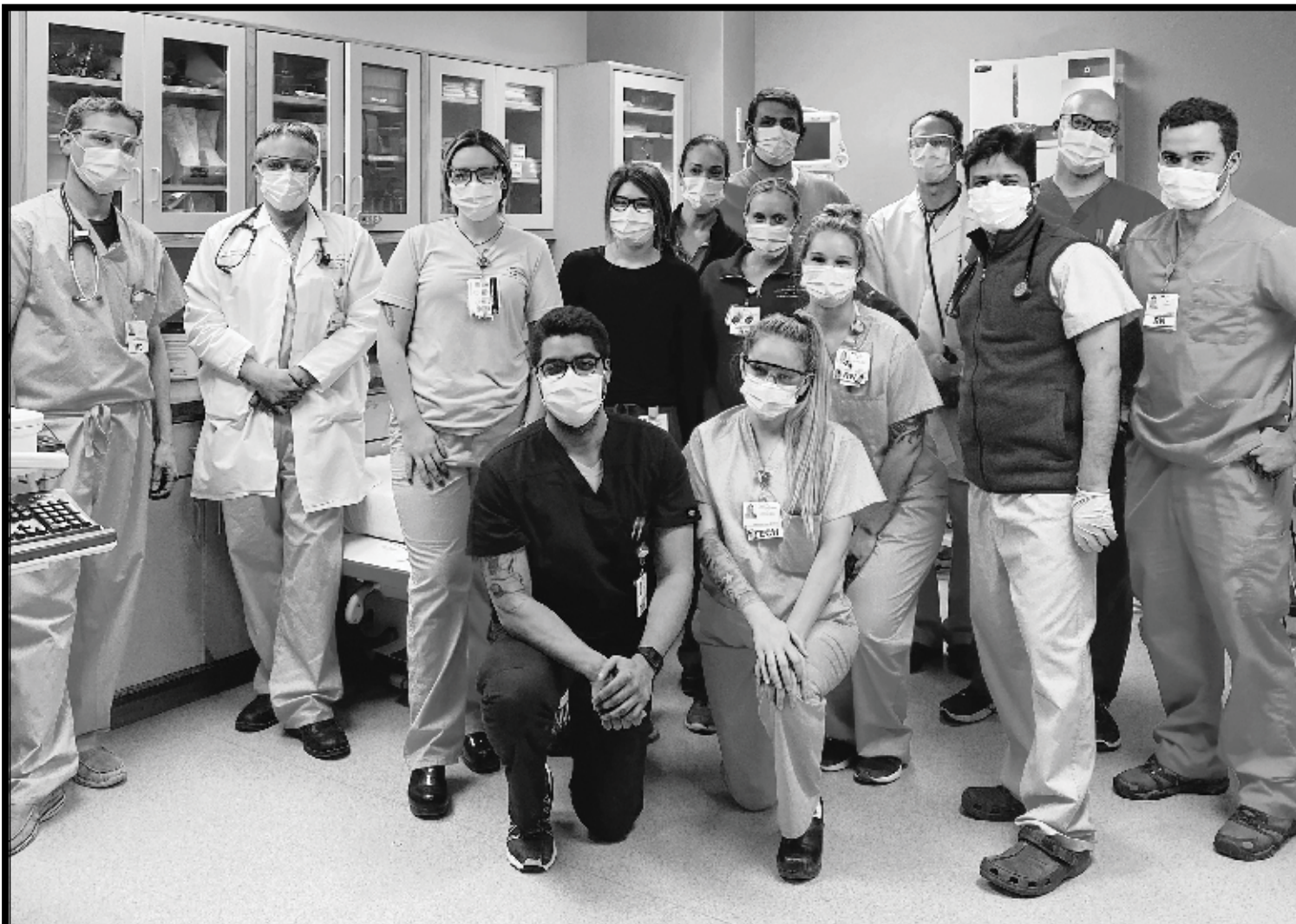
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**If you have any news or updates, for the June issue,
please send in your information now.**
**Obviously due to COVID-19 the
issues are being delayed. The June issue will more than
likely come out later in the month as well.**

In the mean time please check for updates on line

www.neighbortoneighbornewsletter.com

Contact anne@NeighborToNeighborNewsletter.com or
Neighbor to Neighbor, 64 Hardy St., Dunstable, MA 01827.
You may leave a message for me at 978-419-1914.



These Heroes Wear Scrubs

While many of you stayed home to do your part to protect our communities from COVID-19, Lowell General Hospital's team of caregivers and support staff left their families to do the important work of caring for those who need us most. Thank you to our nurses, doctors, technicians, housekeepers, facilities personnel, and the rest of the men and women who have risen to this challenge to care for and protect the people of the Merrimack Valley. You are true heroes.

For more information on the Covid-19 pandemic and how you can help, visit www.lowellgeneral.org/covid-19.





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PET HEALTH DUNSTABLE ANIMAL CLINIC

COVID-19 at DAC
Tara M. Sacramone, DVM



As I write this article the Dunstable Animal Clinic is open and we are all healthy. However things are not business as usual. We have adjusted our protocols based on the recommendations of the CDC and AVMA.

The biggest change is that staff only are allowed in the building. When you come for an appointment call the office (978)649-6513 and a staff member will come out to get your pet with a slip lead that will be disinfected between pets. If you do not have a cell phone, call before you leave your house with an ETA and what car to look out for.

For medication/food pick up we are asking that you call with requests and payments over the phone first. Again, call the clinic when you arrive and a staff member will bring it out to you.

We have been doing the new protocol for 6 weeks now and we have 2 recurring problems. One is that the phone is often busy, in addition to its usual uses we also need it before/after each appointment. If the usual number is busy you can also try 978-649-0222 (that might be busy too). Our second problem is that appointments are taking longer so we are falling behind in our schedule and we can't fit as many appointments as we usually do. We are trying our best.

We have also delayed doing elective surgeries at this time. We are doing our best to stay open to serve all of our clients. This is an evolving situation we will try to keep you updated as things change.

Thank you for your understanding and stay well.



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Sat 8:30 A.M. - 11:30 A.M.

Dr. Tara M. Sacramone
Dr. Ann Sidley

We ♥ Referrals!

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COMING HOME TO CATHOLICISM

The program had to be postponed and will be rescheduled as soon as we are able. When dates are set we will post on www.neighbortoneighbornewsletter.com and in the printed issue.

This program is offered by St Kathryn Parish, 4 Dracut Rd., Hudson, NH as a two Day Retreat on consecutive Saturdays. The program is for those who have left the Catholic Church, for any reason, and might be feeling the calling to return. All of the Team members have left the Church at one time and have returned, providing a comfortable and understanding atmosphere for others looking to return. The program is designed to answer most of the questions returning Catholics might have and some discussion to address any individual concerns (don't worry, participants can share as little or as much as they'd like). **Anyone interested can contact the parish office at 603-882-7793.**

For more information about COVID-19 from the Massachusetts Department of Public Health,
<https://www.mass.gov/resource/information-on-the-outbreak-of-coronavirus-disease-2019-covid-19>

Text COVIDMA to 888-777, Or you can call 2-1-1

For the Centers for Disease Control,
<https://cdc.gov/coronavirus/2019-ncov/index.html>

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- Autism/Aspergers Events • Camps for Special Needs
- Down Syndrome/Intellectual Events
- Family Mental Health & Behavioral Events
- Financial & Legal events • Learning Disability/ADHD Events
- Recreation for Special Needs

Transition-to-Adult events include Thinking About Housing, The Dating Game for ASD Young Adults, and a Workplace Prep Program for Young Adults with Down Syndrome.

THE JAMES JACOPPI

MEMORIAL SCHOLARSHIP FUNDRAISER

The Jacoppi Family, on behalf of the James Jacoppi Memorial Scholarship Fundraiser, wish to thank all for their generous donations.

Thanks to your support many high school seniors who are moving onto higher education, will be the recipients of The James Jacoppi Memorial Scholarship.

The winners of this year's raffle are: Emily Lipps, Mark and Julie Cooke, Kristen Blumetti, Bernie Mercier, and Ethel Reardon. We look forward to another successful year ahead.



Like many organizations, the Altrusa Club of Merrimack Valley has resorted to **virtual meetings** in order to continue our service in the community.

Newly elected officers

of Altrusa International of Merrimack Valley are:

President – Jackie Maciejewski, Nashua, NH
Vice President – Claire Behrle, Chelmsford, MA
Secretary – Cindy Bluestein, Nashua, NH
Treasurer – Ann Marie Snyder, Tyngsborough, MA
Director – Arlene Miele, Nashua NH
Director - Eleanor Zwicker, Lynnfield, MA
Immediate Past President - Charlene Muscato, Tyngsborough, MA

Once again, the Altrusa Club of Merrimack Valley is offering a \$500 scholarship to a qualified student currently enrolled in the Bachelor of Arts in Education with a certification in Elementary Education and Moderate Disabilities at UMASS Lowell.

This scholarship is offered in memory of Eleanor A. Durant, a deceased member of Altrusa, who earned her degree from Lowell State Teachers College and taught sixth grade for many years in the Chelmsford Public School System. Selection of the recipient is based on merit, financial need, and completion of the first year of the program with a minimum GPA of 3.0. Altrusa is grateful to Dean Abrams and her staff for their cooperation and support.

Altrusa's mission is to promote literacy and to make a difference in the lives of those in need in our communities. The Altrusa Club meets on the 2nd and 4th Tuesdays of the month.

To learn more about Altrusa, e-mail us at

altrusamv@gmail.com or visit us at

www.altrusa.org or <https://districtone.altrusa.org/>

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* Eligible to anyone who has not been an active NLCC golf member since 12/31/17