



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

Issue # 381 • May 2020

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TYNGSBOROUGH TOWN CLERK NEWS

- **2020 DOG LICENSES** are available at the Town Clerk's office or by mail. Male/female licenses are \$11.00 and spayed/neutered licenses are \$7.00. Current rabies vaccination is required. If renewing by mail, please enclose a stamped envelope for the license. Remember that there is a \$25.00 late fee for any registration after March 1!
- **2020 TOWN CENSUS** forms were mailed early in January. Please check the information on the form for accuracy, make necessary corrections, and return promptly to the Town Clerk's office. If you do not receive a census form, please call the office and we will send one. **Completing and returning the census keeps your voter status current and there will be no need to fill out a proof of residency form at the polls.**
- **TOWN ELECTION** is June 30, 2020. Voting will be at the Elementary School and the Middle School from 7:00 am to 8:00 pm. Voter registration deadline is June 20, 2020
- **ANNUAL TOWN MEETING** has been delayed until a date to be determined in July.

Watch for updates on town website.

Please contact the office at 978-649-2300 extension 129 or email to jshifres@tyngsboroughma.gov with any questions, or other paperwork you may need.

NOTICE TO TYNGSBOROUGH WATER DISTRICT USERS

The Tyngsborough Water District will be flushing water mains beginning May 18, 2020. The flushing program will be in effect for approximately 6 weeks. Flushing will be conducted between the hours of 8am and 3pm, Monday through Friday. During these times, water pressure may be low and the water discolored. Let the water run awhile and it should clear up quickly.

We regret any inconvenience this may cause you.
Thank you for your assistance! *Tyngsborough Water District*

TYNGSBOROUGH MEMORIAL DAY PARADE

Due to the ongoing and changing circumstances regarding COVID-19 the **Memorial Day Parade announcement will be posted on the Town website**. No final decision has been made regarding having a parade however, it has become difficult to plan and coordinate as Memorial Day draws closer.

We as a community may have to adjust how we honor our fallen on Memorial Day, but be assured they will be honored.

TYNGSBOROUGH VETERAN'S OFFICE

If you have questions or need help please contact Chris Dery at the Tyngsborough Town Hall at (978) 649-2300 ext 131 or email him at veteransagent@tyngsboroughma.gov

IN MEMORY OF

Pauline R. Papillon Marchand	Helen Deighan McGuigan Wilder
James Edward Miranda Sr.	Frank A. Bunker
Violet R. Deschenes Weed	Thomas Meredith
Brian P. Dillon	Noreen Monty McManus Judd
Edmond Alfred Gendron	Maria T. DoVale
Shirley Helen Lambert Jones	Jacqueline Goins Ferguson
Mary Trearchis	Alfred R. Marchand
Albert L. Boisvert	Joanne M. Lukas Lehan
Dolores Plourde McGillicuddy	Jeffrey P. Lehan
Donald E. Delorme	Isabella M. Charters
Ramona J. Gendron	Suzanne A. Dion
Patricia A. Sheedy Martel	Elizabeth A. Fadden Campbell
Margaret J. Morin	Theresa M. Normandin Maille
Barbara Ann Dowling Hodge	16 th Anniversary
	Catherine C. McGonagle Gaynor

TYNGSBOROUGH BOARD OF HEALTH

REPUBLIC SERVICES

has been working closely with our office to reinstate some of the suspended collection services in town including overflow trash bag sticker sales/collection & spring yard waste collection. Effective Monday, April 27, 2020, overflow bagged trash affixed with a pink sticker will be collected along with regular trash toter collection. These stickers are available for purchase from the Board of Health office for \$5 each. If you need stickers to dispose of excess trash, please contact our office at boardofhealth@tyngsboroughma.gov or 978-649-2300 x118

NEW SPRING 2020 YARD WASTE COLLECTION DAYS:

May 22nd & June 12th Happy Spring!!!

BULKY item collection/sticker sales are still suspended at this time. Thank you for your patience.

HAZARDOUS WASTE DAY

In the past this program has been 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.



**PLEASE REMEMBER
MEMORIAL DAY
MAY 25TH**

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

FROM THE TYNGSBOROUGH BOARD OF SELECTMEN

At its meeting on Monday, May 11, 2020, the Tyngsborough Board of Selectmen voted to delay the Annual Town Meeting until a date to be determined in July. This decision was made in consultation with public health experts and in the interest of adhering to existing rules limiting large gatherings. The Board will continue to monitor existing public health guidance and orders from the Governor until such a point where they can confidently schedule the Annual Town Meeting.

The Board of Selectmen also voted to set the **Annual Town Election for June 30, 2020** at the recommendation of Town Clerk Joanne Shifres. This is the latest date possible under existing laws which authorized municipalities to delay previously scheduled elections. **The deadline to register to vote is June 20, 2020.** While early **in-person** voting will not be allowed in the upcoming municipal election, the Secretary of State has provided the following **form to allow early mail-in voting for municipal elections.**

2020-Municipal Early Ballot Application

We have been advised by the Secretary of State that you must physically sign and return your ballot application. They can be mailed to: Town Clerk, Town of Tyngsborough, 25 Bryants Ln, Tyngsborough, MA 01879. Alternatively, you can drop them off in the drop-box in the vestibule between the main entrance doors of Town Hall (25 Bryants Ln). Finally, please keep in mind that applications must be received in time to allow for us to send you a ballot to complete, and for you to send the completed ballot back to us **before** election day. You can learn more about how to vote by calling the Town Clerk's Office at 978-649-2300 x129 or emailing clerk@tyngsboroughma.gov.

GRACE LUTHERAN CHURCH

130 Spit Brook Rd, Nashua, NH

1-603-888-7579 www.GraceLutheranNashua.org

Pastors: George Ruwisch and Rev. Bryan Stecker.

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 then Tyngsborough, or call (800) 251-2352. Their email is info@greatamericanrainbarrel.com. The order deadline has been extended, because of the Coronavirus. No delivery date has been set at this time. Anyone who orders a rain barrel(s) will be kept informed about the delivery date by The Great American Rain Barrel Company. The cost is \$69 per barrel 40% off retail. The pick-up will be at Tyngsborough Town Hall, 25 Bryants Lane, Tyngsborough.

In Tyngsborough questions can be directed to Danielle Mucciarone, Conservation Director at 978-649-2300 x119 or dmucciarone@tyngsboroughma.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.

The Tyngsborough Sustainability Committee will be working with **Fresh Start Food Gardens** to reschedule the "Introduction to Raised Bed Vegetable Gardening" once we know when the Tyngsborough Library is allowing programs again.

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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VOTE PAPPAS

BOARD OF SELECTMEN

Dear neighbors,

You and I want the same thing; To make Tyngsboro an even greater place to live for us and our children.

As a resident of Tyngsboro for nearly 40 years, I have served as a Firefighter, Chairman of the Finance Committee, Member of the Capital Planning Committee and Library Board of Trustees for you. As your Selectman, I will apply my 35 years of management and planning expertise back to the town and work towards your best interests.

I look forward to working for YOU on the Board of Selectmen.

Ken Pappas



Paid for by Ken Pappas for Selectmen

TYNGSBOROUGH HIGH SCHOOL

is proud to announce Joshua Ducharme, Madison Hickey, Katherine Hurynowicz, and Lindsey Panneton as the March Students of the Month.

Josh, son of Toby and Nancy Ducharme, is a member of the PALS program and the Senior Sidekicks program. He has been a member of the baseball, football, and wrestling teams for THS. He is a captain and Mid-Wach All-Star for both football and wrestling, and he is a Lowell Sun All-Star for wrestling. Josh enjoys playing spikeball, sleeping, exercising, hanging out with his friends, going to Lake Prestige, and going to the beach. His favorite classes are anatomy and Biology of Cancer. He plans on going to Norwich University, joining the Army ROTC and studying nursing. Next year after Norwich, he plans on enlisting into the Army as a nurse. From THS, "I'll remember the bus rides to sporting events with all my friends, the interactive activities of the classroom like the projects, and all of the friendly faces I see everyday throughout the school".

Madison, daughter of Kristel and John Hickey, is a member of the National Honor Society and is a recipient of the Academic Excellence Award. She is a member of the PALS program, the Senior Sidekick program, and the Yearbook Club. Madison has played basketball and soccer for THS, and she is a recipient of the Mid-Wach All-Academic Award and the Mid-Wach Second Team All-Star Award. She volunteers her time at Nabnasset Elementary School, at the Lighthouse School, and other NHS events. She has also just completed a service project for the American Heart Association. Madison enjoys playing soccer, skiing, enjoying the lake, and being with family and friends. Her favorite subjects are math and anatomy, and she looks forward to majoring in Behavioral Neuroscience or Communication Science and Disorders in order to become a speech pathologist. "THS has allowed me to gain life-long friends that I'll never forget as well as great teachers who have supported me and taught me life lessons. I will leave THS feeling prepared for my future, along with great memories from Homecoming, soccer (on and off the field), and Friday night football games."

Katherine, daughter of Melissa and Bill Hurynowicz, is a recipient of the Core Values Award, the Principal's Award, and the Outstanding Achievement in English Award. She is a member of the PALS program and the Senior Sidekicks program, and she was also the class vice-president for three years. Katie has played softball and basketball for THS. She is the captain of the basketball team - she has earned Coaches' Awards, Mid-Wach All-Star Awards (basketball and softball), a Co-MVP award and an MVP Award for her league in basketball, two MVP Awards for her team in basketball and this year she hit the 1,000 point threshold. She volunteers her time at various basketball clubs and clinics, and she enjoys playing sports and spending time with her family and friends. Katie's favorite subject is anatomy, and she looks forward to going to college, to playing basketball, and to becoming a nurse. "At THS, I gained a sense of community. Students and staff at THS look out for each other. I'll always remember being a part of my forever family on the basketball court at THS."

Lindsey, daughter of Ed and Sherri Panneton, is a recipient of the Principal's Award, and she has made either Honor Roll or High Honor Roll for each of the last four years. She is a member of the PALS program, and she has been a member of both the lacrosse and cross-country teams for THS. She is a captain for both teams, and is a recipient of the Most Improved Athlete Award, the Coaches' Award, the MVP Award, and the Mid-Wach League All-Star Award for cross-country. Lindsey volunteers her time on mission trips with her church, and she enjoys playing lacrosse, running, skiing, and swimming. Her favorite subjects are psychology and math, and she looks forward to furthering her education at Westfield State University, to studying Elementary or Special Education with a minor in Psychology, and to playing lacrosse for Westfield State. "Looking back on my years at THS, I have gained a strong support system consisting of my two lacrosse coaches Angie Sutherland and Lindsay Albert. Many teachers have helped me succeed, in addition to my friends throughout my time. The school has given me the opportunity to be as successful as I can be. Looking back I will fondly remember every memory made on Pierce Field, every walk from class to class laughing with my friends, and all the little memories in between." **Congratulations students!**



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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.

TYNGSBOROUGH HIGH SCHOOL

is proud to announce Jenna DeFronzo, Jake Gauthier, Sarah Hammerstone, and Aastha Soni as the April Students of the Month.

Jenna, daughter of Teresa and Richard DeFronzo, is a member of the National Honor Society and is a recipient of the Academic Excellence Award. She is a member of the winter track club, and she is also a four-year member of the THS soccer and track teams. She has been named a Mid-Wach All-Star in both sports, earned the Most Dedicated Award in soccer, and earned the MVP Award in track. Jenna volunteers her time at various NHS events and with Habitat For Humanity. She enjoys playing soccer, running track, and skiing. Her favorite subject is biology, and she looks forward to attending college, becoming a pharmacist, and traveling the world. "I've gained life long friends and a strong academic basis for the future. I'll never forget Homecoming and soccer/track events with my best friends."

Jake, son of Kim and Daniel Gauthier, is a recipient of the Principal's Award and the Outstanding Achievement in Business Award. Jake enjoys swimming, playing video games, and playing with remote-control vehicles. His favorite subjects are English and history. "What I have gained in these last four years were great memories created with my friends. I also gained time management because on top of going to school, I also worked a lot at my job, so I had to plan how I would get my work done to maintain good grades."

Sarah, daughter of Richard and Karen Hammerstone, is a member of the National Honor Society and the Spanish Honor Society. She is a recipient of the Principal's Award and the Commitment to Learning Award. Sarah is a member of the robotics club, the PALS program, student council, and Senior Sidekicks. She is also the class secretary. She has participated on both the cross country and lacrosse teams at THS. She earned the WOMBA Award for Sportsmanship during the 2017 cross country season. In lacrosse, she is a captain of the team, and is the two-time recipient of the Mid-Wach League All-Star Award. Sarah volunteers her time with Give Kids The World, at the Tyngsborough Public Library, as a coach for Tyngsborough Youth Lacrosse, and at the Special Olympics. She enjoys running, reading, and snowboarding. Her favorite subjects are science and English, and she looks forward to attending Boston College, to pursuing a degree in nursing, to moving to the city, and to working in Boston hospitals. "THS has taught me to embrace the small community that we are surrounded in, as it is something that I will probably never experience again. When graduating high school, I will take with me the memories of Homecoming, my teammates on the lacrosse field, and my favorite class, AP Biology."

Aastha, daughter of Jagat and Arti Soni, is a member of the National Honor Society and is a recipient of the Commitment to Learning Award and the Principal's Award. Aastha has been a member of Girl Scouts, student council, the PALS program, and she is a member of Senior Sidekicks and the yearbook club. She plays tennis for THS and was named Most Dedicated Player in 2019. Aastha volunteers her time with Give Kids The World, at the Tyngsborough Health and Safety Fair, at the Lighthouse School, and at various NHS events. She enjoys painting, taking photographs, and playing tennis. Her favorite subjects are math and Spanish, and she looks forward to attending a good college, having a stable career, and helping people. "THS has provided me with a supportive environment to try new things. My teachers and coaches have always motivated me to do my best and helped me learn valuable lessons. I will always remember the smiles at Give Kids The World, the moments spent at the TES courts, and the friendships I have gained along the way." **Congratulations students!**

JEREMY BALDWIN

TYNGSBOROUGH PLANNING BOARD



Vision

- Strengthen our community
- Respect our neighbors
- Preserve our history
- Protect the safety and wellbeing of our community

Come together to make a difference.

Vote Tuesday, May 12

Paid for by the Candidate

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.

RON KEOHANE SELECTMAN

It has been my honor to serve as your selectman.

I learned a lot in my first three years and want to continue working on your behalf to make our town even better, even more responsive to you.

My Priorities for the Next 3 Years:

- Fix the Damn Roads!
- Strategic Planning and Fiscal Responsibility
- Commercial Development to Reduce Residential Tax Burden
- Town Manager for More Transparency and Accountability

I would appreciate your vote! Election date TBD

Cell: (508)517-3895; Facebook: RonKeohane4Selectman

Paid for by Candidate

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1963 * Celebrating 57 Years * 2020

As we all adjust to the realities of the current difficult situation, the Tyngsborough Scholarship Trust is committed to providing scholarships for the Class of 2020. Although we have canceled the Door to Door drive to keep our students safe, we are continuing to accept donations, which will go toward scholarships for our graduating seniors.

Donations should be made out to the Tyngsborough Scholarship Trust and can be mailed to P.O. Box 547 Tyngsborough MA 01879. These are challenging times for our community both emotionally and financially, however; we do invite those who are able to consider making a donation. Through the generosity of this community, the Tyngsborough Scholarship Trust has been awarding scholarships to graduating seniors from our town for 57 years. We would like to extend our continued gratitude and may everyone stay safe and healthy. **Best of Luck to the Class of 2020!**

ANNUAL TOWNWIDE SPRING CLEANUP

Sustainable Tyngsborough

Tyngsborough's annual Townwide Spring Cleanup has been on hold since Governor Baker issued a State of Emergency. Cleanup kits will be available at Town Hall and the Highway Department when Town Hall opens, but it does not seem that this will happen anytime soon. **In the meantime, if you can safely pick up the litter around your home that would be helpful.** Thank you to all the residents who have already picked up some litter out there. You have already made a difference! **Sustainable Tyngsborough** is a subcommittee of the Board of Selectmen. We meet the third Tuesday of every month, beginning at 6:30pm, in Meeting Room #1 if Town Hall is open, or via Zoom if Town Hall is closed. You are always welcome to join us and share your sustainability ideas and concerns (Zoom access can be found on the online town calendar).



POLICE & FIRE EMERGENCY 911

Fire Dept. 978 649-7671 Police Dept. 978 649-7504

TOWN OF TYNGSBOROUGH

TOWN HALL, 25 BRYANTS LANE

OFFICES OPEN

Monday, Tuesday, Wednesday & Thursday 8:30 a.m. to 4 p.m.

Friday 8:30 a.m. to 12:30 p.m.

Meeting schedules are posted at the front entrance of the Town Hall

Town Hall Directory Main Number 978-649-2300

Town Accountant	Ext. 124	Media Dept.	Ext. 140
Assessor's Office	Ext. 121	Planning Board	Ext. 115
Board of Appeals	Ext. 112	Town Treasurer	Ext. 126
Board of Health	Ext. 118	Veteran's Agent	Ext. 131
Building Office	Ext. 112	Sewer Dept.	Ext. 134
Town Clerk	Ext. 129	Board of Selectmen	Ext. 100
Town Collector	Ext. 128	Town Administrator	Ext. 100
Conservation Office	Ext. 116	Recreation & Parks	Ext. 150
Capital Asset Mgmt Com	Ext. 124		

Highway Dept. 978-649-2310



BONE BUILDERS

COMMUNITY TEAMWORK INCORPORATED

Jean Jacoppi, a Leader of Bone Builders at the Tyngsboro Senior Center, has created a video for all to access through YouTube. 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.

TYNGSBOROUGH COUNCIL ON AGING



169 Westford Rd, Tyngsborough, MA

978-649-9211

Mailing Address: 25 Bryants Lane, Tyngsborough, MA 01879

Email: Broche@tyngsboroughma.gov

Hours of Operation are Monday thru Friday 8-4. Bus 8:15-3.

- **The Center is looking for Meals on Wheels Volunteer drivers.** You will be compensated for your gas with a stipend. Doesn't need to be claimed on taxes. Call 978-649-9211
- **CARE RIDE Non-Emergency Medical Transportation Elder Services is launching a new pilot transportation program.** It will provide non-emergency medical \$4.00 each way to Lowell and suburban areas. \$10.00 each way to Boston, Lahey Call: Alexandra Luciano 978-651-3118. **Lowell Senior Center 978-674-1172**
- **MAKING APPOINTMENTS FOR THE BUS** When calling into the center to set up a bus appointment if there is no staff available to answer the phone please **DON'T** leave your bus appointment on the answering machine call back we could be away from the desk or on another line. Thanks for your understanding.

I want to say thank you to all the hard working first responders, medical professionals, essential business employees and of course, our volunteers. These have been trying times for all of us.

The Senior Center has not been open to the public since March 13th. **We are still providing Meals on Wheels** for about 35 home bound seniors. Our volunteers follow safety protocols during the deliveries. **Our outreach coordinator, Charlene Muscato**, is still available for help with applications, questions regarding care, and the growing needs of our elder population. **Our van service is operational.** Again, safety protocols are in place when the van is in use. **When we are back open, there will be strict safety guidelines put in place regarding social distancing. Please stay tuned. As soon as things get back to normal, we will be holding our events and activities. SO, if we are open June, here's what we will be doing:**

REOPENING GUIDELINES: SUBJECT TO CHANGE

Date To Be Determined When We Open to the public—limited and restricted; number of staff, volunteers and visitors will be limited to TBD people. • All visitors to the center will be redirected to the main entrance. • Temperature will be taken by the greeter and must be under 99F. • Masks must be worn (available at the greeter desk). • Social distancing of 6 feet at all times. No more than (3) people at each table in the dining room. • Hand sanitizer is available at the greeter desk, kitchen, exercise room and dining room.

THIS IS WHAT HAS BEEN

TENTATIVELY PLANNED IF WE DO OPEN.

• **Friday, June 5th / June 19th 8:30-12:00 Serving Health Insurance Needs of Everyone.** Our Counselor Patty Sasso will be holding office hours at the Center. Call 978-649-9211 to schedule an appointment. **Please bring the names of your prescription with you.**

VOLUNTEER APPRECIATION DAY June 10th, 11:00-2:00 All Volunteers will be sent a complimentary invitation. If you are not a volunteer, would like to help us recognize our wonderful volunteers and join us for lunch, it will cost \$20.00 for non-volunteers.

• **COA BOARD MEETING June 16th, 3:30** COA Board will be going on summer break from Wednesday July 1st - back Tuesday September 15th **"Have a great summer"**

BOOK CLUB (Monthly) Thursday, June 18th, 12:00 The 3rd Thursday of each month.

• **Project Linus Program** The Center is in need of some yarn for our Project Linus Program, volunteers are making blankets for children who have experienced some kind of trauma.

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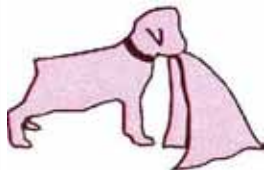
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HOW TECH HELPS YOU BUY OR SELL A HOME

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 for 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.



TYNGSBORO GARDEN CLUB



The Tyngsborough Garden Club hopes that you and your families are staying safe and healthy in these difficult times. As spring begins to warm the Earth, buds begin to poke through the ground, and the sun shines longer we are reminded of new beginnings and hope and joy for the future. Stay safe, stay healthy, stay home as long as is needed. Together we can get through this pandemic.

In April, in keeping with the social distancing recommendations our meeting as well as Saris in Bloom was cancelled.

Please note that May's spring plant sale that is usually held along with the Book Sale at the Library has been canceled.

Please check our website for details about June's meeting, as we are currently unsure of the status of these events. Our last planned meeting is scheduled for June 2nd. We hope to meet at Mahoneys Garden Center in Chelmsford to learn about container ideas and new plant varieties.

The Garden Club meets the the first Tuesday of the month September-November and February- April at the Evangelical Congregational Church at 6:45. New members are always welcome. Please come join us for one of our meetings, enjoy the presentation, and meet some new friends.

For more information find us on Facebook at Tyngsborough Garden Club or call Debbie at 978-649-6362.

🌸🌸 Making Tyngsboro beautiful with flowers 🌸🌸

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).

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PLEASE MAKE NOTE

Town Offices, the Library, Senior Center and Highway Department remain closed, but all are staffed. Please visit <http://www.tyngsboroughma.gov> for details about how to conduct business at this time as many items can be done online or via email/phone. Frequently asked questions (FAQS) COVID-19 Town Operations. 8 pages and very thorough.

Please continue to be vigilant about good hygiene and social distancing. Visit the [CDC](#) for the latest on the Coronavirus and heed the [Governor's](#) and [President's](#) recommendations to help curb the spread of this disease.



TYNGSBOROUGH PUBLIC LIBRARY

25 Bryant Lane, Tyngsborough, MA 978-649-7361 www.tynglib.org

Library Hours: Mon. & Wed. 10:30 a.m. – 8 p.m.

Tues. & Thurs., 9 a.m. – 5 p.m. Sat., 9 a.m. – 2 p.m., closed Saturdays in summer. Fri. & Sun. Closed

CLOSED Monday, May 25 in observance of Memorial Day

Due to the uncertainty of the reopening of Town buildings, including the Library, at the time of publication of Neighbor to Neighbor, the scheduling of May programs was tentative. Check the Library's website, www.tynglib.org, regularly for updates. **We look forward to seeing all of our Library friends soon!**

DON'T FORGET THE ONLINE RESOURCES AVAILABLE

TO YOU* 24/7 THROUGH THE WEBSITE:

- **Overdrive** for e-books, audiobooks, magazines and videos
- **Freegal** for music to download or stream
- **Safari** full text technical & professional e-books
- The **e-Resources & Databases**, in the REFERENCE tab above, for online newspapers, databases for research, homework help and enrichment
- The **Boston Public Library** also offers e-Cards to all state residents, see www.bpl.org.

***No library card? One can be issued virtually and used for e-resources. Email a request to circdesk@tynglib.org to request one.**



DO IT FROM HOME

The Library website now includes a NEW list of educational and entertainment e-resources that includes many of the "free-for-now" products that publishers are providing during the COVID-19 pandemic. Games, educational videos, virtual museum and zoo tours, lectures, teacher resources, books, music, etc. You name it...there's something for everyone!

TPL Virtual Activities for Kids! Enjoy some daily fun activities posted on TPL Facebook and Instagram, including *Spring Book Bingo*, *Artsy April*, and *Parade of Tales* diorama challenges. Daily schedule: Monday Book Bites, Tuesday Building Challenge, Wednesday At-Home Challenge, Thursday Fun Project and Share Your Fun Fridays. Join in the fun and share your pic, comment or video with us! Tag us [@tyngsboroughpubliclibrary](#).

• **Board of Library Trustees Monthly 3rd Thursday. No meeting in August.** Check TPL website for schedule changes.

Like us on Facebook. Follow us on Instagram
[tyngsboroughpubliclibrary](#) and Twitter [@tyngsboroughlib](#)



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FRIENDS OF THE TYNGSBOROUGH PUBLIC LIBRARY

****Due to the current restrictions on our lives resulting from the coronavirus, the Spring Used Book Sale is cancelled. We hope all our members and town residents stay safe and healthy during this time. Even when the Library reopens, we are asking that you wait until prior to the fall sale to donate books due to the limited space available for storing them. Jewelry donations will always be accepted. Thank you for your continued support.**

****While the Library is still closed, it is offering many online resources through "Do It From Home" on the Library webpage. With the increased demand while people are staying at home, the Friends is donating \$1000 for the purchase of additional electronic resources. Your membership and support is the source of these funds!**

**** While at home, can you give some time to the Friends? We have a special need for someone to help with social media so we can publicize this organization. If you have the skills to help develop and/or maintain a webpage, a Twitter account, the Facebook page, please let us know. You can call the Library at 978-649-7361 or email us at Tynglibfriends@gmail.com.**

****Are you making more on-line purchases from home? If so, you can benefit the Friends while you are shopping on Amazon. Do your shopping at smile.amazon.com/ch/22-2986749 and a percentage goes to Friends of the Tyngsborough Public Library. Without our spring book sale, these funds will help!**

****If you have not yet sent your membership application, be sure to complete it and mail it to the Library. If you need an application, there is one to download on the Library website. Click on the Friends tab. Renewals and new members are always welcome. Remember, your membership is with this nonprofit organization which benefits the Library and is not the same as having a Library card. <http://www.tynglib.org/index.php/friends-of-library>**

****Meetings are on Mondays at 6:30pm at the Library. The May 4 meeting was not held as scheduled. If you have ideas, comments, etc. that you would like to share, please email the friends at Tynglibfriends@gmail.com.**

**** In June we welcome the summer solstice. If the Library is open again to the public, come to our next meeting on Monday, June 8, 6:30pm in the Library. This is our last meeting before the summer break. We resume meetings on September 14 and can begin planning the fall Used Book Sale which should be a big event since the spring sale was cancelled. Something to look forward to! Other meetings will be on October 5 and November 9.**

****Like us on Facebook at <https://www.facebook.com/FOTPL> or visit <http://www.tynglib.org/> - Click on the "Friends of Library". You may email us at Tynglibfriends@gmail.com.**

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

Leave your name and message at (978) 419-1914

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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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istrative Assistant Roberta Stratton at office@wcumc.us.

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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
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Joe Ward 978-930-1153

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- **Can tabs** please place into bags before putting in the boxes.

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Post 247 at 90 Pawtucket Blvd., Multi-Service Center at 180 Lakev-
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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.

CATIE'S CLOSET

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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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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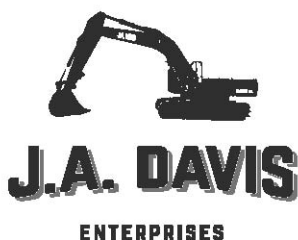
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THE WISH PROJECT

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

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This was to be held in April.

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

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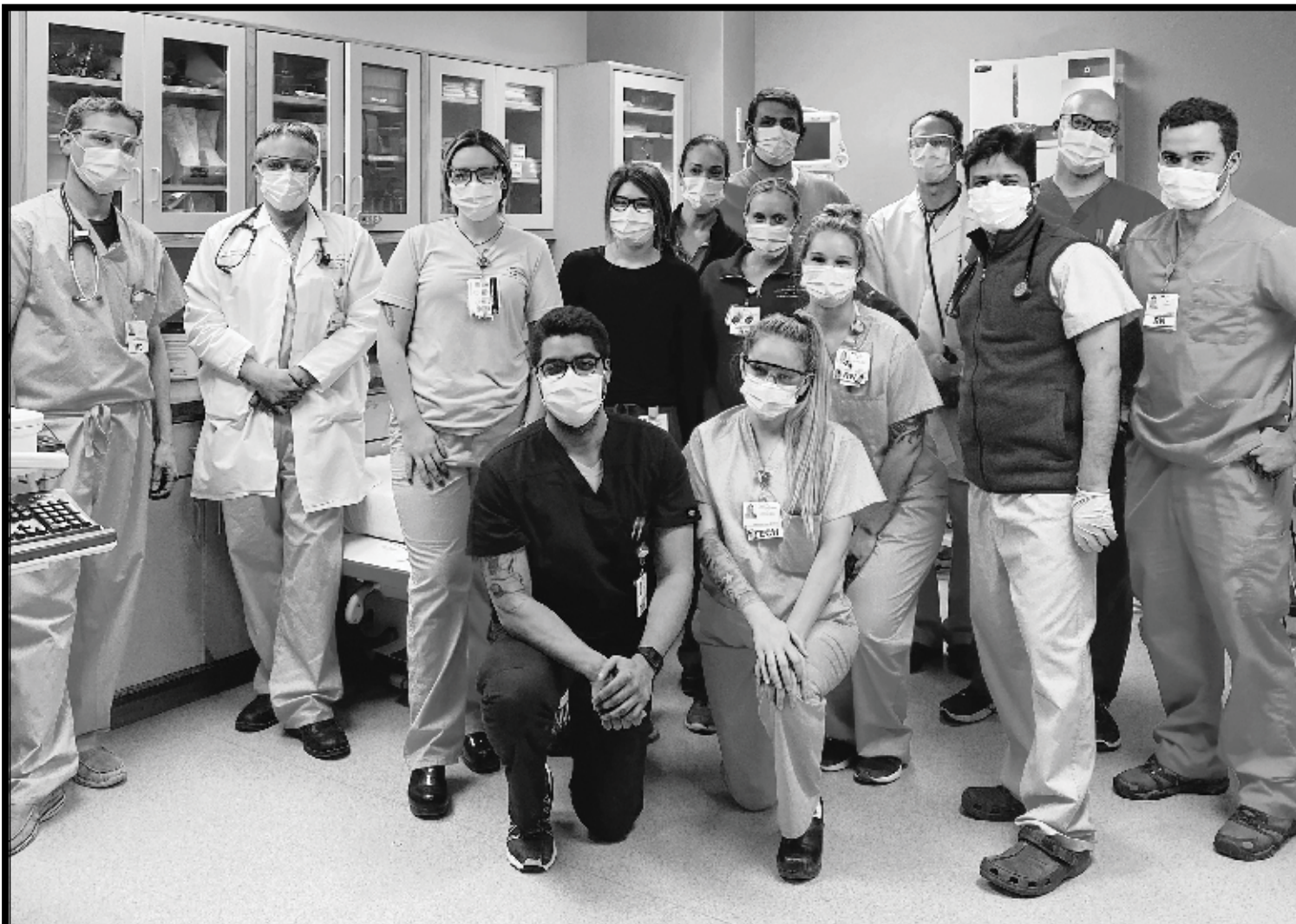
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**If you have any news or updates, for the June issue,
please send in your information now.**
**Obviously due to COVID-19 the
issues are being delayed. The June issue will more than
likely come out later in the month as well.**

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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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
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- 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