



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 # 383 • July-August 2020

POSTAL PATRON
TYNGSBOROUGH, MA 01879

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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 CENSUS** form that you recently received is for the Federal Census that is done every ten years. It is not related to the Annual Town Census. You must respond to it.
- **TOWN MEETING** date has not been decided but could be mid-July. When the new dates are determined, they will be posted on the Town website.

Please contact the office at 978-649-2300 extension 129 or email to jshifres@tyngsboroughma.gov with any questions.

TOWN OF TYNGSBOROUGH UPDATES

The Town of Tyngsborough continues to work closely with our partners on the State level to monitor and respond to the current COVID-19 pandemic. We are continuously providing new information to our residents via social media and our website at www.tyngsboroughma.gov. Here are a few updates:

- As of June 8, 2020, the Board of Selectmen have implemented a rapid review and approval process to allow restaurants to commence outdoor seating where they had not previously had such seating. To date, nearly a dozen restaurants have taken advantage of this no-cost review process and are open for outdoor seating.
- Town Offices reopened to the public on June 10. The traffic flow has been modified to provide for one way traffic, hand sanitizer units have been installed throughout the building, and sneeze shields were installed at every transaction point to protect the health and safety of our employees and residents. Additionally, per order of the Governor, all members of the public are required to wear a mask upon entering the building as are employees. Employees are not required to wear a mask if alone in their office.
- The Tyngsborough Public Library has reopened for curbside pickup only. More information about this service and other service updates can be found by calling 978-649-7361 or on the web at tynglib.org
- On June 22, 2020, Phase 2.2 commenced allowing indoor dining with certain restrictions. Our Health Agent, Building Commissioner, Fire Department, and Board of Selectmen have worked collaboratively to help restaurants open their indoor seating areas as quickly as possible while ensuring compliance with state and local mandates.
- Public meetings continue to be held remotely and details for remote participation can be found by visiting www.tyngsboroughma.gov/calendar or by calling 978-649-2300 x155.

As of June 26, 2020 the Annual Town Meeting date has not yet been set. An announcement will be posted at www.tyngsboroughma.gov when the date is set.

IN MEMORY OF

Alice M. Brodeur Lemay	Robert Anthony "Tony" Dempsey
Harold E. "Hal" Wheatley Jr.	John T. Golden
Robert R. Wagner	Elaine Z. Laliberte Nichols
Leo T. Daly	Maureen V. Courtois Pelland
James J. "Jim" Vigna	Daniel R. Vaillancourt

TYNGSBOROUGH BOARD OF HEALTH

With the arrival of summer weather, and as COVID-19 related restrictions on daily activities begin to lift, Tyngsborough Board of Health and the Massachusetts Department of Public Health (DPH) reminds residents of the recommended precautions to keep families safe this summer.

PREVENT TICK BITES

- Ticks can make you sick when they bite you. They are most commonly found in grassy, brushy, or wooded areas. They only attach when you come into direct contact with them - they cannot jump or fly. Follow these steps if you live, work, or spend time in areas where ticks are present:
- Check yourself for ticks once a day - it's the single most important thing you can do.
- Use repellents that contain DEET on your exposed skin and those that contain permethrin on your clothes.
- When walking or hiking, stick to main pathways and the center of trails if you can. Brushing against tall grass and bushes will increase your exposure to ticks.
- Weather permitting, wear long-sleeved, light-colored shirts and long pants tucked into socks. This will help keep ticks away from your skin and make it easier to spot ticks on your clothing.
- Because dogs and horses are particularly susceptible, talk to your veterinarian about the best ways to protect your animals from tick-borne disease.

PREVENT MOSQUITO BITES

The 2019 mosquito season was an active season for Eastern Equine Encephalitis (EEE) in Massachusetts. This mosquito-borne illness appears generally in 2-3 year cycles, traditionally peaking during August. While the risk for human infection of EEE or West Nile Virus won't happen until later this summer, people have an important role to play in protecting themselves from these illnesses which can be very serious. To prepare for mosquito season:

- Drain standing water in and around your house or yard to prevent mosquito breeding.
- Repair window and door screens to keep mosquitoes out of your home.
- Use a mosquito repellent with an EPA-registered ingredient according to the directions on the label.
- Wear clothing to reduce exposed skin when weather permits.

For more information about preventing mosquito and tickborne illness, visit www.mass.gov/mosquitoesandticks.

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.



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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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**You can read issues and see announcements and
articles on line at**

www.neighbortoneighbornewsletter.com

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



TYNGSBOROUGH PUBLIC LIBRARY

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

• **TPL is now circulating materials from our collection via curbside pickup:**

- **Mon., Tues. & Thurs. 9 a.m.-5 p.m. and Wed. 9 a.m.-7 p.m.**
- Holds may be placed on Tyngsborough items via the online catalog or by calling the library.
- Call 978-649-7361 or email circdesk@tynglib.org for guidelines.
- **The library is also accepting returns via the outdoor dropbox.**
- **Check the TPL website for updates on reopening, interlibrary loan, hours and other service information.**
- **SUMMER READING PROGRAM:** Adults, teens and kids – relax, read and participate in our summer reading program, with events and prizes for readers of all ages. **NEW** this year: Participate online using **READSquared**. Get started by registering at <http://tynglib-reads.readsquared.com/>. You can still sign up and participate in person at the Library, but maybe this is the year to try something new! *The summer reading program is funded by The Friends of the Library and through other generous donations.*
- **Weekly Summer Stories, Mondays, 1:00 p.m. View on the TPL Facebook & Instagram pages.**
- **For more fun, check out our Facebook & Instagram for craft videos posted occasionally!**
- **Register for TPL programs by calling the Library or using the contact form on the website.**
- **Register for the TPL virtual Summer Reading Program at <http://tynglibreads.readsquared.com/>.**
- **Like us on Facebook. Follow us on Instagram and Twitter!**

- **Peter Muise (Folklorist), Wed., July 15 at 6-7:00 pm. Registration required. Live on Zoom!** Join author Peter Muise and discover the North Shore's uncanny legends and tales of the paranormal. Mr. Muise will discuss Massachusetts witchcraft legends from the 17th - 21st centuries.
- **Hank Phillippi Ryan (Author and Reporter), Wed., Aug. 19 at 6:30-8:00 pm. Registration required. Live on Zoom!** Join bestselling and award winning author and reporter, Hank Phillippi Ryan, for a virtual event. Ms. Ryan will discuss her numerous novels, including her newest released thriller, *The First to Lie*.
- **Hands on Nature: Fireflies!, Wed., July 1, 2-3:00 p.m. Ages 4-12. Registration required. Live on Zoom!** Learn about fireflies & the ways in which they have been used around the world as sources of light.
- **Virtual Mario Kart 8 Deluxe Tournament, Wed., July 15, 1-3:00 p.m. Grades 6-12. Registration required.** Race in a Mario Kart tournament. All participants **MUST** own their own Nintendo Switch system and the Mario Kart 8 Deluxe switch game. Don't own the game? Reserve a copy through the Tyngsborough Public Library. Presented by One Up Games.
- **Read to Enzo the Dog, Mon., July 13 & Mon., Aug. 24, 2-3:00 p.m. Grades K-6. Registration required. Live on Zoom!** Sign up for a one-on-one 15 min. session with therapy dog Enzo on Zoom!
- **Harry Potter B-day Celebration Magic Show, Tues., July 28, 10-11:00 a.m. All ages. View on the TPL Facebook page.** Celebrate Harry Potter's birthday, and experience some Wizard magic! Presented by Ed the Wizard. *Funded in part by a grant from the Tyngsborough Cultural Council, which is supported by the MA Cultural Council, a state agency.*



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DUNSTABLE SUMMER CONCERTS 2020

The bands were all scheduled, and we were looking forward to another great Summer Concert season. However due to the circumstances created by COVID-19 and the uncertainty surrounding the reopening of the state, the concert planning committee canceled the Summer Concerts for 2020.

If you are missing the concerts, we encourage you to check out the Pepperell Community Media website, where they have a large collection of past summer concerts. Go to www.pepperell-channel.org then go to video on demand then click on Dunstable concerts and that will bring you to a listing of past concerts.

We will be back next summer with another great line-up of bands. Enjoy the summer and stay safe.

TYNGSBOROUGH SCHOLARSHIP TRUST

P.O. Box 547, Tyngsborough, MA 01879



www.TyngsboroughScholarshipTrust.org
1963 * Celebrating 57 Years * 2020

The Tyngsborough Scholarship Trust is committed to providing scholarships for the Class of 2020. 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. **For more info. visit website listed above.**

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.

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Have a wonderful summer!



PLANNING FOR A CHILD WITH A DISABILITY

By Edward H. Adamsky

As a parent of a child with a disability you may be anxious when thinking about your passing. It requires careful thought and planning. The choices available may impact not only your child with a disability but your other children and grandchildren. The needs of the child with a disability must be considered but the needs and desires of the other family members cannot be overlooked.

You will want to consider the government benefits available for your child and ensure that your planning will allow those to continue. Benefits like SSI and Medicaid are asset-based, so you won't want your child to inherit unrestricted assets. You may need a Supplemental Needs Trust (often called a Special Needs Trust or SNT) for your child.

Depending on the size of your estate, you may need to consider how to divide your assets among your children. The child with a disability may need more, but you may not want to take some away from the other children. You might want to purchase life insurance (with the SNT named as beneficiary) to provide more assets for your child.

You may not want to burden your other children with care duties, but they may want to take on that responsibility. You need to review the future care-giving options and discuss them with all concerned. You don't want to leave your other children with a burden that they are not willing or able to handle. There are organizations that can help you, so you should seek out that assistance while you still have time to plan and choose what is right for your child.

If you think that your other children may want to be caregivers for your child with a disability, then you should discuss this thoroughly. Think about the possible affects on their lives, such as family dynamics, spouses, grandchildren, living arrangements and the like. A sibling may want to provide care but may not have thought out the full ramifications of being a full-time caregiver.

Beyond possible living and care arrangements for your child, you will need to consider who should have legal and financial authority to handle your child's affairs. Do you want one or more of your other children to be Trustees of the SNT? Do you want them to handle the medical-decision-making for your child? Will a guardian need to be appointed (now or in the future) or can your child with a disability make decisions without need for a guardian, and if so, are a Power of Attorney and Health Care Proxy the right tools to use?

You should seek out whatever help you may need to figure out your plan. An Elder Law Attorney can help with legal planning, but you may need a social worker or care manager to help with personal living and care choices. Your local Agency for disabilities may have resources for you so do not fail to find out how to contact that organization.

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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
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BE SUMMER-SAVVY

Summer brings a lot of fun and a lot of health and safety challenges. Take a few minutes to be safe and healthy.

- Use U.S. Coast Guard-approved life jackets on the water.
- Put on sunscreen and a wide-brimmed hat to protect your skin from the sun.
- Drink plenty of water even if you don't feel thirsty.
- Put on insect repellent.
- Wash your hands often.

Beat the Heat and Sun

Heat-related illness happens when the body's temperature control system is overloaded. Infants and children up to 4 years of age are at greatest risk. Even young and healthy people can get sick from the heat if they participate in strenuous physical activities during hot weather. For heat-related illness, the best defense is prevention.

- Never leave infants, children, or pets in a parked car, even if the windows are cracked open.
- Dress infants and children in loose, lightweight, light-colored clothing.
- Schedule outdoor activities carefully, for morning and evening hours.
- Stay cool with cool showers or baths.
- Seek medical care immediate if your child has symptoms of heat-related illness.

Just a few serious sunburns can increase you and your child's risk of skin cancer later in life. Their skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they're outdoors.

- Cover up. Clothing that covers your and your child's skin helps protect against UV rays.
- Use sunscreen with at least SPF (sun protection factor) 15 and UVA (ultraviolet A) and UVB (ultraviolet B) protection every time you and your child go outside.

Make Summer Safe for Kids

Summer is a great time for kids to enjoy different indoor and outdoor activities. Whether they are young children or teens, learn ways to keep your kids safe and healthy while they enjoy the summer fun.

Master water safety

- Water-related activities are popular for getting physical activity and have many health benefits. Here are some tips to stay safe while having fun.
 - Learn how to prevent recreational water illnesses and help protect yourself and your kids.
 - Help kids get H2O Smartz about water safety.
 - Drownings are the leading cause of injury/death for young children ages 1-4, and three children die every day as a result of drowning.
 - Always supervise children when in or around water. A responsible adult should constantly watch young children.
 - Teach kids to swim. Formal swimming lessons can protect young children from drowning.
 - Learn cardiopulmonary resuscitation (CPR). Your CPR skills could save someone's life.
 - Install a four-sided fence around home pools.
- Recreational boating can be a wonderful way to spend time with family and friends. Make boating safety a priority. Wear a properly fitted life jacket every time you and your loved ones are on the water.

Deadline for the September issue is August 10th.

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 at **978-419-1914**.

Tyngsborough printed issues circulation is 5211 and Dunstable printed issues circulation is 1270.

More articles posted on the website.

www.neighbortoneighbornewsletter.com



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ARE YOU THINKING OF BUYING OR SELLING A HOME?

Brought to you by Carrie Best Cyr

Summer is usually the perfect time to buy or sell a home. And for some people, it still is. After all, there are few things more welcoming than warm weather and fresh flowers blooming in the front yard. But maybe you're waiting to enter the market. That's okay too. There are plenty of ways you can use this time to your advantage.

If you're considering buying or selling later this year or next, here are five things you can do in the meantime.

Get your finances in order. Take stock of your accounts, assets and debts, and pull your free credit report. Make sure you're in good standing to qualify for a loan and make a down payment.

Watch the market. Keep an eye on local home sales where you're considering buying. This can give you an idea of what you might spend on a home — or how you should price yours when you list it.

Save up for moving expenses. Moving isn't cheap — especially if you're going a far distance. Start saving for your movers, trucks, packing supplies and more.

Talk to a mortgage lender. Start zeroing in on which lender you might want to go with, and make sure you understand the requirements you'll need to meet to get a loan. You may also want to get preapproved before beginning your home search.

Prioritize your needs. If spending more time at home has made you reconsider your living space, take the time to figure out exactly what you're looking for in a new home. Then we can discuss your options together.

Lowell General Hospital
TeamWalk
FOR CANCERCARE

CELEBRATE TEAMWALK FOR CANCERCARE IN A DIFFERENT WAY THIS YEAR

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.

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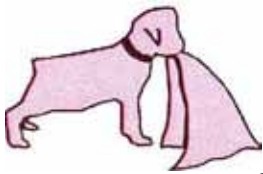
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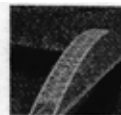
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TYNGSBOROUGH HIGH SCHOOL

... is proud to announce Nia Bergeron, Tirth Bhagat, Madison Bovill, and Abigail Hurley as the June Students of the Month.

Nia, daughter of Mary Anne and Michael Bergeron, is a recipient of the Principal's Award, the Commitment to Learning Award, and the Outstanding Achievement in Computer Science Award. She is a member of the robotics club, and she has played soccer for THS for four years. Nia volunteers her time at Lowell National Parks, with the Lowell Wish Project, and with Toys for Tots. She enjoys hiking, walking her dog, and hanging out with her friends. Her favorite subjects are math and gym, and she looks forward to graduating college and to living a long, happy life with a job she loves. "I have gained great friends that support me all the time, and I will never forget Friday night football games."

Tirth Bhagat, son of Nayana and Bharat Bhagat, is a member of the National Honor Society and is a recipient of the Commitment to Learning Award and the Academic Excellence Award. He is a member of the robotics club and the THS tennis team. He volunteers his time at Lowell General Hospital and at National Honor Society events. He enjoys doing origami and his favorite subject is math. Tirth looks forward to going to college for computer science. "Looking back on THS, I learned a lot about myself. I made a bunch of new friends and found my voice. I will take the memories of me laughing with my friends." Tirth will be continuing his education at the University of Massachusetts Amherst.

Madison, daughter of Caren and William Bovill, is a member of the National Honor Society and is a recipient of the Principal's Award. Madison plays both field hockey and softball for THS. She is a captain of both teams, and in field hockey she is a three-time league all-star, an Irmin L. Pierce Award winner, and a team MVP. She volunteers her time at Tyngsborough Youth Softball events, at Grad Night, with Give Kids the World, and at various school and NHS events. She enjoys running, going to the beach, and hanging out with her friends. Her favorite subjects are history and math, and Madison looks forward to graduating from Roger Williams University, getting a job, and having a family that she is able to support. "THS has given me some of my closest friends. It has also showed me what a great town we live in because everyone is so kind. I will take away memories, like homecoming, night games on Pierce Field, and having a cafe cookie everyday."

Abigail, daughter of Susan and Joseph Hurley, is a recipient of the Outstanding Achievement in Visual Arts Award and the Academic Excellence All-Star Cheerleading Award. She is a member of the PALS program, and she has been a member of the unified track team. Abigail is a member of the cheerleading team for THS, and she earned the team MVP award during her senior year. She volunteers her time for both youth cheer and track & field events, as well as with Give Kids the World. Abigail enjoys painting, swimming, eating, cheering, and traveling. Her favorite subject is art, and she looks forward to becoming a movie editor or producer and working in Hollywood. "I have made great friendships with my peers and teachers and amazing memories. My favorites are going to Spain and senior year homecoming."

Congratulations to all four of these students.

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TYNGSBORO GARDEN CLUB



The Tyngsborough Garden Club wishes everyone a safe and happy summer .

The garden club continues to tend the plantings around town at the Fire Station, Brinley Terrace, Sherburne House, and Coburn St triangle. Please enjoy these areas as you drive around town.

As with many organizations, we are hoping that we will be able to resume meetings in September. Happy Gardening everyone !!!

The Garden Club meets the **first Tuesday of the month** September-November and February- April at the Evangelical Congregational Church at 6:45PM. 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 🌸



CONGRATULATIONS TO ACADEMY OF NOTRE DAME GRADUATES

Rachel Deshaies, Tyngsborough, will attend Norwich University, declared major: Computer Science and Aeronautical Engineering
Annie Zhang, Tyngsborough, will attend UMass - Amherst, undeclared
Joy Tu, Dunstable, will attend Suffolk University, declared major: Art and Design

CONGRATULATIONS STUDENTS

*If you are starting first grade; moving up a grade; moving to Middle School; graduated with the High School Class of 2020; graduated from a College or University, **Congratulations!** It was a challenge for all to get through a different type of "school" during this pandemic. I wish you all the best of luck in your upcoming school year. For those of you who are now venturing into the working world, I hope you find that job that you are looking for.*



FRIENDS OF THE TYNGSBOROUGH PUBLIC LIBRARY

The Friends continue to be an active volunteer organization even though there was no used book sale in the spring. We plan to have another book sale when it can be safe for everyone. All are still **welcome to join and be active in this group. Watch the library website, Friends tab, for updates on a future book sale. If you have been home cleaning out your stuff, keep the books you would like to donate for a sale in a clean, dry place so you can bring them to the library when we request donations.

Every year the Friends **fund library programs and items such as Art in Bloom, children's books, summer reading prizes, performers, the spring tea party, BookPage, and the holiday reception. Your membership and participation keeps up this good work in support of our community.

Featured pass - Check the library website for the **pass program to see what might be open. Each pass has a link to the destination so you can see the latest information on openings and safety protocols. Hopefully we will all be out to enjoy the summer!

****Fall scheduled meetings** – Mondays, September 14 (after Labor Day), October 5, and November 2, at 6:30pm.

Are you still avoiding crowds and making more on-line purchases? If so, you can **benefit the Friends while you are shopping on Amazon. Do your shopping at smile.amazon.com/ch/22-2986749 and Amazon will donate a percentage of eligible Amazon Smile purchases to Friends of the Tyngsborough Public Library. Since our spring book sale was cancelled, these funds will help!

****Join the Friends**, if the library is open, stop by for an application. New members are always welcome, and we appreciate your support. There is also an application at <http://www.tynglib.org/index.php/friends-of-library>

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

TYNGSBOROUGH COUNCIL ON AGING



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Email: Broche@tyngsboroughma.gov

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

A NOTE FROM Barbara Roche

As I come upon my 9th Anniversary as Director of Elder Services for the Town of Tyngsborough, I reflect on the many changes that have occurred over the years. This PANDEMIC has sure put a wrench in everyone's plans!!!

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 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.

• **According to the Governor's Phased Reopening Plan**, and if (and only if) there are no setbacks in the progress made in the state during Phase 4, we would be 'open' to the public with RESTRICTIONS. Phase 4 has a date of July 20, 2020. Like I said, depends on the current situation if this will happen at that time.

So, as we 'slowly' reopen and try to get back to a new 'normal', **we will not be holding any special events or activities in July.** Stay tuned for the reopening plan and the timing of when we start classes in the exercise room and games.

• **Don't toss that junk mail in the recycling bin just yet — it might contain your stimulus check in the form of a prepaid debit card.** Some 4 million Americans are getting government-issued economic-impact cards in plain white envelopes, which some people have thrown away by mistake. Don't throw away that junk mail — or you might throw away your stimulus payment. The U.S. Treasury Department and the Internal Revenue Service began sending out Economic Impact Payments as prepaid debit cards last week. So almost 4 million Americans still waiting for their cut of the \$2.2 trillion CARES Act can expect to get their stimulus money in the form of an EIP Card, as opposed to a paper check. Problem is, these Visa cards are being issued by MetaBank (the Treasury's financial agent) and delivered in plain envelopes from Money Network Cardholder Services — neither of which is a familiar name for most of us. So reports of people mistaking these for preapproved credit-card junk mail, or even a scam, have been popping up across the country. And, in some cases, people have even thrown away the debit cards containing their long-awaited stimulus money before they realized their mistake.

• **OUTREACH -Home Visits** Charlene's hours are Monday and Thursday 10:00-1:00 **Hours are subject to change. Please call the center to verify. 978-649-9211.** There are situations that prevent Tyngsborough senior residents from coming to the Center, we are more than happy to make a visit to provide information for services. Call if you or someone you know would like a visit to discuss senior referrals such as, Fuel Assistance, Transportation, Housing Assistance, File of Life, Meals on Wheels, Brown Bag, Podiatrist, Faith Works, Notary Public, Health Care Proxy, Referrals, Medical Equip (loan), and Food Stamp (snap).

• **Bus will be running offsite errands**, medical, food shopping on regular business hours. Bus capacity, Lg Bus 6 / Sm Bus 4. Mask must be worn to enter the bus, the driver will take your temperature, 99 and over will not be able to enter the bus. If you have any questions please call the center. To speak with Tracy 978-649-9211.

• **MAKING APPOINTMENTS FOR THE BUS** When calling into the center to set up a bus appointment if no one answers the phone please **DON'T** leave your bus appointment on the answering machine. Please call back we could be away from the desk or on another line. Thanks for understanding.

• **CARE RIDE Non-Emergency Medical Transportation** 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.**

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RECYCLING IQ

CURBSIDE EDUCATION CAMPAIGN

The Town of Tyngsborough was recently awarded the MassDEP Recycling IQ grant. This grant funds education efforts to help residents understand what can and cannot be recycled in our curbside program. Our goal is to keep contamination out of the Recycling stream - particularly plastic bags, which should NEVER be placed in your recycling cart.

Why does it matter what you throw in the Recycling cart? Single stream recycling has lulled many people into believing that "someone" at the sorting facility will happily accept whatever materials are placed in the magic blue bin and find some way to turn them into new things. This is called **wish-cycling** and it does more harm than good. When we wish-cycle, we slow things down at the processing facility, drive up costs and potentially endanger workers at the facility.

Residents have told us they are confused about what should and should not be placed in the recycling carts. Starting in early July, residents will receive information about Recycling IQ and new learning tools - a magnet for the fridge and an updated weather-proof sticker for the top of the recycling cart. We will also begin auditing recycling carts for contamination. **Carts that are found to be contaminated will be tagged with an explanation of the problem and rejected at the curb. Once the issue is corrected, the cart will be emptied during the following recycling pick-up.** We know it will be difficult for you if we reject your cart. We also know that recycling has become increasingly complex in recent years and we are now strengthening our education efforts to keep up with this growing complexity.

Please visit the Town website or RecycleSmartMA.org for information about what types of items are accepted in our curbside recycling program. We believe deeply in diverting waste whenever possible. But, unless you are certain that something is recyclable, please put it in the trash instead. **Think: "When in doubt, throw it out!"** Please contact the Sustainability Committee if you have any questions about this new initiative. Thank you for doing your part to Recycle Smart.

SUSTAINABLE TYNGSBOROUGH

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).

FRIENDS OF THE TYNGSBORO ELDERLY, INC.

The Friends of the Tyngsborough Elderly, Inc is a non profit group 501C(3) Tax Exempt Corporation. Money from dues and fundraisers is used to benefit Seniors of Tyngsboro and to supplement the cost of projects and activities at the Senior Center.

The new fiscal year begins on July1, 2020 with Membership Dues of \$10 for the year. Please send your dues to Friends of the Tyngsborough Elderly, Inc., P.O. Box 415, Tyngsboro, MA 01879. Include your name, address, phone, and email.

If you are a Senior in need of assistance, contact Friends of the Tyngsboro Elderly, Inc. - Joe Jacoppi (978-649-9076).

STITCHERS

The Stitchers Group continue to knit and crochet for various agencies in the Greater Lowell area.

We are currently working on hats, mittens, and scarfs in sizes from toddler to adult. There has also been a request from Hospice for twin size afghans, size 4' x 6'.

If you are interested in these projects and need supplies, please call coordinator, Jean Jacoppi (978-649-9076).

Our collection time and place as well as the time of Stitchers at the Senior Center, will be announced in the Fall.

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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. (Info above)**

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!"

NDA PLANNING TO FULLY OPEN FOR ALL GRADES IN SEPTEMBER

Tyngsboro, MA – The Academy of Notre Dame (NDA) announced today that based on current federal, state and local agency directives, the Academy is preparing to start the new school year on campus for all grades without the need for a blended schedule. The first day for school for all grades will be September 2, 2020.

"Small class size has always been part of NDA's model for academic excellence and accelerated growth," said NDA Head of School Dr. Vittoria Pacifico. "We are blessed to have generously sized classrooms that allow for social distancing. Our large campus coupled with our small class sizes helps reduce health risks to students and faculty alike."

Dr. Pacifico also noted that the Academy is looking to leverage its 220+ acre campus to create outdoor learning spaces so that faculty may take instruction outside, weather permitting, to help further reduce the risk of spreading the coronavirus.

Over the summer, the Academy is convening a reentry task force of NDA staff and outside professionals and community leaders to review and implement the reentry policies and procedures.

"As a school community we want to be well prepared to safely welcome students back on to campus. As a leadership team we will be addressing the logistical issues such as required signage on social distancing, hand washing and ensuring that all members of our community wear masks if they are physically able. Of greater concern is the social and emotional impact this period of isolation has had on our students," said Dr. Pacifico. "Over the summer, we will be collaborating with Kristin Hallett, MSW, LICSW who is serving on our reentry task force and will be providing guidance on addressing the social and emotional needs of students, and helping our faculty recognize signs of trauma and the need for additional student supports."

The school has invested in an electrostatic fogger to quickly sanitize and disinfect restrooms, classrooms and equipment on campus. "Should the pandemic cause another school closure, we'll be ready to transfer our academic excellence to our distance learning program as we did this spring. Thankfully, we didn't miss one day of learning at NDA and will be prepared to provide the same service again if necessary," noted Dr. Pacifico. "Either way, we'll be ready to learn and excel!" **For more information about the Academy, visit www.ndatyngsboro.org.**

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"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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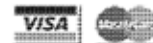
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CATIE'S CLOSET

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**

10TH ANNIVERSARY VIRTUAL GALA WAS A HUGE SUCCESS!

While we weren't together in person, we felt your overwhelming love and support. Your bidding, raffle purchases and donations helped us raise over **\$170,000**, and that number is still growing!
From the bottom of our hearts, THANK YOU. Together, we open new doors of opportunity for students who are living in poverty or are in the midst of a difficult transition. It's amazing how that opportunity comes in the form of a new comfortable sweatshirt, a brand new school uniform or a sparkly mermaid shirt.
With new clothes and toiletries to keep clean, the children we serve understand what it's like to have hope for a brighter future. They feel good about themselves, work toward achieving their dreams and have fun with their friends. Our inspiration for the work we do each day comes from Catie's compassion for other people's difficult circumstances and from her belief that everyone deserves a good education. **We would not be able to achieve this work in her honor without your support, compassion and generosity.**
As we prepare for the second half of 2020 and get ready to begin a new school year, we look back with pride on how far we've come over the last 10 years and look ahead to continuing our services to combat the growing need. We are eternally grateful to continue our mission with you by our side. *With gratitude, Mickey*

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**Northeast
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As of June 1st, 2020, flavored tobacco, including menthol cigarettes like Kools and Newports, will no longer be sold in Massachusetts stores. Last fall, the Fight All Flavors campaign and supporting partners worked to build grassroots understanding of a proposed flavored tobacco restriction that called out the tobacco and nicotine industries' targeting of menthol in communities of color.

The tobacco and vaping industries have targeted youth, LGBTQ populations and communities of color with their deadly products, causing many health consequences for these populations. Flavors, like mint and menthol, are a leading reason that young people start vaping and using tobacco.

The law, which goes into effect on June 1, 2020, means that: Menthol cigarettes and all other flavored tobacco products like flavored cigars, flavored chewing tobacco, and flavored e-cigarettes and nicotine vaping products will no longer be widely available in Massachusetts.

E-cigarettes and nicotine vaping products will increase in price. I'm excited to see that **No Menthol Know Why** builds on that work. I work with community-based organizations, youth advocates, public health and health care partners, churches, and more to support the communities most impacted by the new law. We all want to build awareness about the law and provide information about the resources available to help people quit smoking.

You can spread the word in your community. Visit NoMentholKnowWhy.org to learn more and find tools and resource to share.

Contact me at ashley.hall@glfnc.org or (978) 799-8643 to learn more about the law and how you can support people in quitting. Ashley Hall, MS Northeast Tobacco-Free Community Partnership, Program Manager Greater Lawrence Family Health Center



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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• Prayer Line – *Do you know of someone needing prayers?* Call Helen (978) 649-7927 or Carol (978) 649-6717. (Submit only first name of one to be prayed for)

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.

YOU CAN HELP BY DONATING THE FOLLOWING:

- **Used Eyeglasses** are collected for refurbishment and distribution to less advantaged individuals around the world.
- **Used Hearing Aids** are collected refurbished or repaired and distributed to those individuals in need with limited ability to pay.
- **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 Lakeview Ave, and Dunstable Town Hall, Post Office and Library.

Pennies for Sight: "Your change- changes people's lives" See a Lion canister around please consider donating. Every Penny Counts!



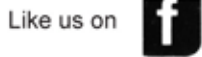
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SUMMER FUN FOR EVERYONE AT NDA BEGAN JULY 6

Tyngsboro, MA – The Academy of Notre Dame announced that it will provide free, virtual programs for area children grades PreK – Grade 8 to help ensure that all children have fun enriching activities over the summer. *A full spectrum of 17 classes ranging from juggling to chess to playwriting began on July 6.*

"With so many summer programs and vacations cancelled, we want to ensure that our students and our neighboring children have the opportunity to socialize, learn new skills and have fun," said NDA Head of School Dr. Vittoria Pacifico.

Students must pre-register for each session through the Academy's website. Each session lists the target audience age, days and times the session will be offered and a list of supplies needed to participate in the class. Instructor qualifications are also listed on the website.

For safety and security purposes, each session will be recorded. All instructors underwent a background check in order to be a presenter for the program.

"We know that the last few months have been very difficult, especially for children. Summer Fun at NDA is one way we can help to ensure that all students have the opportunity to be engaged, socializing and learning new skills," noted Dr. Pacifico.

To learn more, families should go to www.ndatyngsboro.org/summerfun/ and register to participate. The program is free for all; however, participants must register in advance to take part in an activity. **Some sessions have participant limits and will close when full.**

Located in Tyngsboro, MA, the Academy of Notre Dame is a private, Catholic co-educational Pre-K through Grade 8 lower school and college-preparatory upper school sponsored by the Sisters of Notre Dame de Namur. The Academy welcomes students of all faiths. It has a culturally diverse population comprised of students from approximately forty cities and towns throughout Massachusetts and New Hampshire, as well as international students. For more information about the Academy, visit www.ndatyngsboro.org.



AMERICAN LEGION AUXILIARY UNIT 247

90 Pawtucket Blvd. Tyngsborough, MA 01879

Meetings NOW held the 2nd Thursday of each month at 6pm.

Auxiliary Unit 247 Officers for 2019-2021:

President: Josephine Beauregard; Jr. Vice: Sarah O'Callaghan;
Secretary: Patricia Modrich; Treasurer: Diane Dileo;
Chaplain: Debbie Dion; Unit Sgt-At-Arms: Debra St. Peters.
Executive Committee: Kathleen Oljey.

For information on the Auxiliary Unit meetings, or functions contact Unit President Josephine Beauregard at 978-458-7015.

We also would Welcome New Auxiliary Members 18 and older. Contact Unit President or Treasurer.

- The Unit Jr. Auxiliary is accepting new Jr. members. Contact 978-649-7540 if interested in joining.

AMVETS POST #247 ROBERT D. PELLETIER



90 Pawtucket Blvd. Tyngsborough, MA
We hold our meetings on the 1st Tuesday of the month at 7 p.m. all veterans are welcome with 180 days or more of active duty. Come down and join us for a meeting.
God Bless America.

OFFICERS: Commander: William A. Beaton; 1st Vice: Jan Dombrowski; 2nd Vice: Steve Harhs; Adjutant: John Cogan; Finance: David Coles; Judge Advocate: Roland Milliard; Provos Marshal: Roland Russell; Chalplain: Rod Woods. E-Board: John McDermott, Marty Bloomgren and Claire Beaton.

"ALWAYS READY TO SERVE OUR VETERANS"
AMVETS National Website: <http://www.amvets.org/>

UPDATE FOR AMERICAN LEGION

• American Legion Post 247 Inc. of Tyngsboro IS OPEN

The Post is pleased to welcome back all Post 247 Members, Family, & Guest. **No meetings scheduled at this time. They will probably start in September. If you are interest in joining, please get in touch with the person noted or contact the Post.**

• Much renovating, sanitizing, and improvements have been conducted while the Post has been closed. We look forward to welcoming every one back.

FOOD IS ONCE AGAIN BEING SERVED. As of now **hours are Sun., Tues, Wed, Thurs Noon to 7PM and Friday and Saturday noon to 11PM. Closed Monday.** The menu includes Appetizers, Subs, Hamburgers, Pizza and more. Stop in we'd love to see you. Please be well and STAY SAFE.

ROBERT D. PELLETIER AMERICAN LEGION POST #247, INC.



90 Pawtucket Blvd. Tyngsborough, MA 01879

Active duty military and veterans always welcome to join. First Year FREE for new Legion members. For further information call 978-649-7540. Remember to attend the committee meetings on the first Thursday with your input and ideas.

The public is invited to get involved in all events of the post. The veterans monthly dinners will continue on the first Wednesday of the month. We are always looking for help to serve the veterans. Keno and Scratch Tickets are available at the Post. There is an ATM in the Post for your convenience.

Elected Post 247 Officers serving for 2019-2021
Commander: Raymond Hamelin; Sr. Vice Commander: Pete St. Peters; Jr. Vice Commander: Larry Monaco; Finance Officer: John Burke; Adjutant: Don Pierce; Judge Advocate: Roland Milliard; Executive Board: Joe Conlin, Robin Dion, and Fred Carroll.

Visit our website, www.AmericanLegionPost247.org
This website contains a wealth of information about the Post.

Please remember to be safe & keep our troops in your prayers.



Neighbor to Neighbor

Published by Anne M. Paquin Since 1983

64 Hardy St., Dunstable, MA 01827

Please call or email now for the September issue.

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

E-mail: anne@neighbortoneighbornewsletter.com

www.neighbortoneighbornewsletter.com

The Pandemic of the past four months has been surreal. Seeing life as we knew it change so much in such a short time was unsettling to say the least. Many of us have unfortunately lost people we knew during this time. Others have "recovered" and are still adjusting to their new normal. Thank you to all those in the "essential" businesses who have been working so very hard to keep others safe while providing necessary health care services, food, all types of supplies for home and office, and a range of other types of services.

Many summer plans have changed. Of course there are many outdoor things you can do as long as you keep a safe distance or wear a face mask. Some have taken up gardening, hiking, and fishing among other things, because if alone no mask is necessary. There are also some outdoor programs available that have been scheduled to keep everyone safe while exploring the outdoors in a very small group. If you have some ideas I might post them on my website. What you discover, might just be helpful to someone else. **Updates will be posted on the website during July and August.** So continue to send in your info.

As always, I am grateful to the advertisers who help make this publication possible. I hope you do give them a call if you are in need of services that they provide. Also I would like to thank those who submit their organization's news and those who send in articles covering a range of topics. It has been a tough time for many non-profit organizations. They have had huge set backs with all of their major fund-raising events canceled, although some have managed to do things virtually. Hopefully in the next couple of months, the many who have had to cancel, can make arrangements to reschedule their events. I am looking forward to getting that news.

Please make note for the printed version of Neighbor to Neighbor, the next deadline will be August 10th, for the September issue. I look forward to receiving more good news to share. So keep that in mind, and when you have the info, please let me know. Total printed circulation including Dunstable and Tyngsborough is 6,481 issues. More news is posted on the pages of the website. Current and past issues are available by clicking on "Neighbor to Neighbor Newsletter issues" in the heading on the website.

I hope all of you have a good summer. Stay safe, wear a mask, keep your distance, and wash your hands. How many times have I heard that in the past months? Anyway it seems to be keeping us going in the right direction. Maybe some of you remember years ago there was a saying many used: "I need my space". Who knew we would all be thinking that while out and about?

Wishing you all a healthy and happy summer. Sincerely, Anne Paquin Neighbor to Neighbor

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Changes coming in July

We will continue to schedule all donations by email. Email donategoods@thewishproject.org and let Grace know what you would like to donate and a potential day and time for drop off and she will get back to you to schedule a date and time. At that time we will start accepting used goods including furniture, housewares and clothing. We will not be able to accept decorative items for the Thrift Store since we have had to repurpose it to accommodate our emergency supplies. The new donation drop off procedure will be explained in the email you receive back scheduling your donation. Donations will be dropped off at the furthest dock in our parking lot, located by the dumpsters. **Please do not leave donations when we are not open.**

The front dock will be used for client pick ups. New signage has been added to the warehouse and at the street to make it easier for you to find us. Additional signs will go up on the building to help direct you. We understand this will be a change and we will do our best to help make it a smooth transition. All the changes we are implementing are for the health and safety of the public. We have been hard at work behind the scenes as well preparing the warehouse for the new process of accepting used donations, giving out furniture and household items during a pandemic. The inside of the warehouse may look different but our mission and commitment to our clients remains the same. Thank you for your patience in allowing us to get everything in place to expand our services safely for everyone.

Thank you for your ongoing support of our Covid-19 Relief Fund. Your generosity will help us to begin the process of reopening in July so we can continue to serve the most vulnerable in our community. We are all in this together and cannot do this without the support of our donors and volunteers. Our community will get through this crisis and, with your help, so will The Wish Project. David C. Fitzgerald, CEO

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 to all who have made generous monetary donations and donations of new goods to support our emergency relief. As always, we are continuing to receive donations shipped anonymously to the warehouse. We are so very grateful for all of these donations.

If you would like to help by dropping off an emergency item at the warehouse email Jill at info@thewishproject.org to arrange a time and day for drop off. Hours to drop off emergency donations: by appointment or call 866-947-4360 x2 or contact us on our [Facebook page](#). If you prefer to shop online from our emergency wish list on Amazon you can have the items shipped directly to us. If you prefer to make a monetary donation this will help us fill our clients' needs. So far we have successfully helped 397 families with emergency needs during these difficult times. Thank you for helping us to support our clients and community during these challenging times. You can go to the Wish Project website www.TheWishProject.org 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.

WISH LIST

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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.

**SMALL GROUP OUTDOOR NATURE EXPLORATIONS
AT BEAVER BROOK NATURE CENTER**

Maple Hill Farm 117 Ridge Road Hollis NH.

All participants in BBA program must abide by these guidelines:

1. Everyone must meet with a face mask. his will be worn when meeting in a circle but may be removed during hiking. We have extras for you if you need one.
2. Space yourself 6' from others. Walk single file.
3. Small group (~10 people).
4. Leader will have handwipes and sanitizer.

• **Nature Storytime, Tues., July 14, 9:30am-10:30 am.** Meet in the gardens. Children and their grown-up can enjoy nature-inspired picture books, songs and guided movement activities on our beautiful Maple Hill Farm campus. Led by Callie McMaster. For children age 3-7 and their grown up. \$10 per child and grownup/\$8 Members \$8 for extra siblings. Register online www.beaverbrook.org

• **Family Guided Hikes Tues, July 14, 10:00; noon, 2 pm and 5 pm** Maple Hill Farm 117 Ridge Road & Other trailheads Join BBA Instructor Tara Happy on a guided exploration of Beaver Brook trails, ponds, streams, labyrinth, fitness trails and more. You will definitely discover things and places you haven't seen before! Recommended for children who can hike on their own feet for 2 hours. Register online at www.beaverbrook.org \$10 per person. All participants in BBA program must abide by these guidelines.

• **Hike, Picnic, and Explore Jeff Smith Trail Wed, July 15, 9am - 12pm** Beaver Brook Wildlife Pond Trailhead Rte 130 (1.7 miles west of Rt 122 toward Brookline) Hike along Jeff Smith trail with Angela Craggy and explore the stream. Bring your own bag lunch in a backpack and your water bottle. We will picnic along the way. Families. Children should be able to hike for a sustained time with periodic breaks. \$15/\$12 members. Register www.beaverbrook.org

• **Family Guided Explorations, Thu, July 16, 9am - 11am** Various Beaver Brook Trails and properties. Join a Naturalist on an exploration of special places at Beaver Brook such as the porcupine den at Rocky Ridge, the Otter Pond, and the Potanipo Rail Trail and more. You will learn about wildlife and their required habitats as you go. \$15/\$12 Members of BBA. Register online at www.beaverbrook.org

• **Easy Fitness Walks, Fridays July 17-Sept 4 9-11 am** Join Beaver Brook naturalist Katrine Dickau and her colleagues for some easy paced fitness walks around Beaver Brook and other local trails. Enjoy a guided walk covering ~ 3 miles each day. Learn new trails, meet new hiking companions and see what nature has to offer. Participants need be able to walk 2 mph pace. The outdoors is the safest place to be right now. We will incorporate "Forest Bathing" relaxation activities in these hikes which can help promote relaxation. \$45/\$40 Members for 8 weeks. Register at www.beaverbrook.org

• **Wonderful Worms, Sat, July 18, 9am - 11am,** Meet in the Gardens. Did you know that worms have five hearts - and no ears? Learn these and other fun facts about worms. Observe worms up close and personal and do some interesting experiments to find out what they like. We may even visit our compost area and dig in the dirt to see what else lives there! All ages welcome. Families \$15.00/\$12 members Register at www.beaverbrook.org

• **Contemplative Forest Walk, Sat., July 18, 10:00am - 12:00pm** Meet at Information kiosk at Cow Lane Trailhead., **Shinrin-Yoku**, also known as Forest Bathing or Forest Immersion, is gaining popularity in the US after being practiced in Japan for decades. It is especially valuable during this stressful time of a global pandemic. Through outdoor meditation, deep breathing, and quiet multi-sensory observations, it will help you catch your breath, slow down and find solace in nature. A gentle ramble on the trails at Beaver Brook will wake up your senses. BBA Instructor Kap Siddall. Gentle rain we carry on. Torrential rain will cancel. Wear insect repellent and sun screen. \$15 pp /\$12 BBA Members. Register online www.beaverbrook.org

Many more interesting programs are available. Please go to the website and register now if you are interested.

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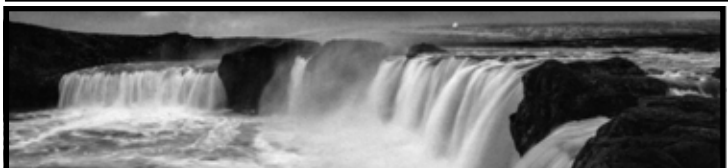


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Friday: 9 am – 3 pm; Sunday: 8 am – 12 noon

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

CHURCHES ARE OPEN WITH RESTRICTIONS **WEEKEND MASS SCHEDULE**

St. Mary: 4 pm on Saturday/ 7 am and 11 am on Sunday
St. John: 4 pm on Saturday/ 9:30 am and 6 pm on Sunday
RESERVATIONS ARE ONLY OPEN FROM Monday 9 am - Thursday 3 pm for the upcoming weekend! If you have access to a computer, please do **NOT** phone in your reservation, but rather use the link and access code provided via previous flocknotes. We highly recommend that you thoroughly read the guidelines—set forth by both Governor Baker and the Archdiocese—that need to be strictly followed for both registering for and attending Mass. (**Go to our website for details.**) Being well-versed in what is expected, you can make better make a decision as to whether or not Mass attendance at this time is right for you.

Phone-In Reservations we ask only those who DO NOT HAVE ACCESS TO THE WEBSITE use this option.

Call the parish offices between the hours of 9 am - 12 noon, Monday and Wednesday, and between the hours of 2 - 5 pm on Tuesdays and Thursdays. phones will NOT be answered outside of these times; we remain lightly staffed. Reservations will NOT be accepted via voicemail or email messages.

Don't Make Reservations Those in vulnerable populations are highly encouraged to remain at home and join via livestream. We would love to see you but value your health and safely first and foremost. **DISPENSATION FROM THE OBLIGATION TO ATTEND SUNDAY MASS HAS BEEN EXTENDED INDEFINITELY BY CARDINAL SEÁN.**



On June 1, another Altrusa year of service in the Merrimack Valley began. Because of the Covid 19 restrictions, new President Jackie Maciejewski of Nashua, NH and other club officers will be installed and new members initiated, when it is safe and feasible.

Currently, the Altrusa Club is meeting the 2nd Tuesday of the month via teleconference calls. For more information about Altrusa, please email: altrusamv@gmail.com or visit us at www.altrusa.org or <https://districtone.altrusa.org/>



Ready to Care for You

As we begin to reopen services we want to stress that we are here ready to care for you and that you are **Safe with Us**. You may see some changes when it is time for your next appointment or visit to protect patients and staff. Some of these measures include:

- Screening guidelines and hospital entry protocols
- Patient and staff masking policies
- COVID-19 testing for all admitted patients and prior to all procedures
- Continued visitor restrictions
- Increased facility cleaning with close attention to high touch services
- Waiting room reconfigurations to support social distancing
- Expanded appointment schedules to facilitate frequent cleaning and other infection prevention measures
- All employees are required to check temperature and self-monitor for symptoms

We are constantly reviewing guidance from public health experts and updating our practices and protocols accordingly based on the most current information. We are blessed to have a team of incredible infectious disease specialists – physicians and nurses who are advising us every step of the way as we respond to this pandemic and begin shifting to our new normal operations.

For more information visit www.lowellgeneral.org/safewithus.
For the latest updates and COVID-19 resources visit www.lowellgeneral.org/COVID-19.



Evangelical Congregational Church of Tyngsboro

Est. 1868

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www.tyngsborocongregational.org
E-mail ecctsect@yahoo.com

• **Church Services are now open at 10:00 a.m. Sunday mornings.** Masks are required. We will implement and honor all suggested safeguards.

If you prefer to stay home, Sermons are still available on line.

• **SERMONS ON-LINE:** Weekly sermons by Pastor Frediani: 1. Log onto the church website <http://www.tyngsborocongregational.org> 2. Click once on the word "SERMONS" 3. Sermons listed by date, passage, sermon title Click on date to listen to the sermon you desire.

PLEASE PARK BEHIND THE CHURCH

THRIFT STORE - NOW OPEN!

OUTSIDE SALES ONLY (weather permitting)
MASKS REQUIRED

Hours are 10:00 am to 3:00 p.m. - Thursday and Saturday

DONATIONS: Limited donations at this time.

PLEASE ONLY ITEMS IN GOOD CONDITION!!!

SALE ITEMS will include a little of everything!!!!

WE HAVE MISSED YOU ALL! HAVE A SAFE SUMMER!!

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. *(This will now be a virtual event. I will actually be running the 26.2 miles, but not on the usual route.*

Below is a link to my Go Fund Me page, no donation is too small. *Thank you in advance!* <https://charity.gofundme.com/open/campaign/50-legs-in-50-days/nickcoughlin1>

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