

# Neighbor to Neighbor

Published by Anne M. Paquin Since 1983

64 Hardy St., Dunstable, MA 01827

(978) 419-1914

E-mail: [anne@neighbortoneighbornewsletter.com](mailto:anne@neighbortoneighbornewsletter.com)

[www.neighbortoneighbornewsletter.com](http://www.neighbortoneighbornewsletter.com)

*Celebrating 37 Years of Service!*

**Issue # 400 • January 2021**

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## DUNSTABLE TOWN CLERK

The annual street listing for 2020 is being mailed early this month and we respectfully request that you verify your form for accuracy, noting any corrections, and return it to the Office of the Town Clerk no later than January 31, 2021. If you have recently moved to Massachusetts, you may not be familiar with this document. This a legal document required annually by the Commonwealth to ensure that your name remains on the active voting list; failure to respond will result in your name being placed on the inactive voting list and may result in removal from the voter registration rolls.

**Dog license applications are enclosed with the annual street listing,** we request the transactions be done by mail to lower the number of people coming into Town Hall. Remember to enclose a self-addressed stamp envelope. Please call or email me if you're not sure your dog's rabies certificate is current.

**Town Clerk Office Hours** - Once I return from medical leave on or about January 19<sup>th</sup>, I will have appointments available on Mondays and Thursdays (sometimes this will change) and working remotely on Tuesday and Wednesday as the Town Hall has to stagger employees to comply with Governor Baker's orders. Please call or email to schedule appointments. Town Hall has reopened partially to the public, but it will continue to be staggered hours by departments until further notice.

It is highly recommended you contact the office you want before coming in to be sure they are here to help you. Please see the notice from the Board of Selectmen/Town Administrator under News and Announcements on the home page of the town website.

[www.dunstable-ma.gov](http://www.dunstable-ma.gov)

**Carol A. Skerrett, Town Clerk CMMC 978-649-4514 x222**

[CSkerrett@dunstable-ma.gov](mailto:CSkerrett@dunstable-ma.gov)

## COMMISSIONERS OF TRUST FUNDS Dunstable, MA

**Are you a Dunstable resident who is experiencing financial hardship?** We may be able to help. A century ago, various residents of Dunstable willed funds to the town to help those in need. Dunstable's Commissioners of Trust Funds are responsible for disbursing funds from the interest on these accounts each year. If you, or someone you know, is a resident of Dunstable and could use some one-time help with medical, pharmacy, grocery, or fuel bills, let us know.

Requests can be submitted to the Commissioners of Trust Funds at [www.dunstable-ma.gov/user/53/contact](http://www.dunstable-ma.gov/user/53/contact). **All inquiries are confidential.**

## MEALS ON WHEELS NEEDS VOLUNTEERS LIKE YOU!

A Meals on Wheels volunteer driver may be the only person a homebound senior sees in a day, or sometimes a week. Volunteers offer a daily dose of human connection and a nutritious meal that helps keep senior happy and healthy. Become a volunteer driver today. **Contact Elder Services of the Merrimack Valley and North Shore at [nutrition@esmv.org](mailto:nutrition@esmv.org) or call 978-686-1422.**

## IN MEMORY OF

Ann M. Meserve Gordon

Cecile I. Couillard Lamoureux

Constance Margaret O'Neil Dadoly

Robert (Bob) P. Palmer Sr.

Norman (Norm) K. Ulibarri

## THE RUSSELL G. AND SHIRLEY L. TOBEY MEMORIAL SCHOLARSHIP

A scholarship is available to a graduating Dunstable student through the generosity of Russell G. and Shirley L. Tobey. A one-time award of \$1000.00 may be applied to expenses incurred in the pursuit of advanced education at either a two, or four, year institution of higher learning.

The Tobey Scholarship will be administered by the Babcock Committee using the same guidelines as the Babcock scholarship. Applications will be available at the town hall, library, your school guidance office or by emailing [babcockscholarshipfund@gmail.com](mailto:babcockscholarshipfund@gmail.com)

We hope you take advantage of this added opportunity.

## UPDATED NOTICE REGARDING SPECIAL TOWN MEETING, THURSDAY, JANUARY 28, 2021

The Board of Selectmen has called a Special Town Meeting for **Thursday, January 28, 2021 at 7 pm at Swallow Union School Gymnasium**. The meeting is necessary to address a vote required to allow the Route 113 Road Improvements project to proceed on schedule with state and federal funding, there will also be an article authorizing the Board of Selectmen to negotiate a lease for cell antenna equipment on the water tank. There will be no bylaw changes or matters that may affect the tax rate.

The Selectmen will be working closely with the Board of Health and other stakeholders to ensure that the meeting is conducted as safely as possible. Based on the COVID19 infection rates, the Selectmen in consultation with the Board of Health has voted to lower the quorum requirement to 10 registered voters for this meeting based emergency legislation issued by the State of Massachusetts (more than 10 registered voters may attend).

**Planned safety protocols include:** • Space will be pre-cleaned prior to use • Outer doors will remain open during the meeting • Participant seat will be arranged in excess of the 6' social distancing requirement • N95 safety masks will be available for all participants (pick yours up at Voter Check-In), masks are to be worn throughout the meeting • Plexi glass shields and sanitizers will be available in appropriate areas

The Board of Selectmen are keeping the meeting warrant as short as possible to aid the speed of the meeting and focus on non-controversial topics. If you are vulnerable or sick, we encourage you not to attend this Special Town Meeting.

**In the event of inclement weather for January 28, 2021, it is anticipated the Moderator will reschedule the Special Town Meeting to Thursday, February 4, 2021 at the same time and location.**

### EXTRA HANDS AND PAWS

Pet care-both day and overnight. Dog walking.  
Cat care in your home. Vacation home checks, plant watering. Please call Diane Nilsen at 978-649-8786 or email [dianeinilsen@gmail.com](mailto:dianeinilsen@gmail.com).

8-5  
Mon-Fri

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### DUNSTABLE VETERAN SERVICES OFFICE

2020 is now over and we hopefully will soon be able to get our lives back to normal sometime this year. I know that this past year has been hard on so many families and especially the senior population.

With that I am happy to note that the VA Bedford healthcare System was selected as one of 37 VA sites to receive initial doses of the COVID-19 vaccine. The VA was selected for its ability to vaccinate large numbers of people and store the vaccines at extremely cold temperatures.

The VA has already began vaccinating health care personnel and veterans in the VA long term health care facilities. The COVID-19 vaccination implementation will include an initial limited supply phase followed by a general implementation phase when large supplies of the vaccine will be available to those veterans who wish to receive one.

For additional information please visit the VA website at <https://www.Bedford.va.gov>.

As always if you know of any veteran, widow or family member in need of assistance of any kind, even if it is just information, please send me an email at [VSO@Dunstable-ma.gov](mailto:VSO@Dunstable-ma.gov). I am here to help you.

**Joe Dean (Former USMC Sgt, Retired USAF Capt.)**  
**Dunstable Veteran Services Officer**  
**Proudly serving those who have served**

### TOWN OF DUNSTABLE TRASH AND RECYCLING PICKUP PROGRAM

New subscribers can pay on line on the town webpage [www.dunstable-ma.gov](http://www.dunstable-ma.gov) but will have to come to the Town Hall to pick up their containers. You can mail a \$300.00 check made payable to the Town of Dunstable to P.O. Box 268, Dunstable, MA 01827, or you can drop off a check or cash at the Town Hall Monday-Friday 9:00-4:00p.m. in the mail slot in the door.

We also sell overflow bags for those times you may have extra trash that will not fit into the trash container. The cost is \$3.00 each sold in rolls of 5 for \$15.00. Those can be purchased on line. **You will be contacted to make arrangements for pick up of containers or overflow bags at Town Hall.**

### DO YOU NEED HELP KEEPING WARM THIS WINTER?

Would you like a discount on your monthly National Grid utility bill? If your household meets the income guidelines for 2019-2020, you may be eligible for heating assistance benefits.

Number of Household Members and Maximum Income: 1 person \$37,360; 2 people \$48,855; 3 people \$60,351; 4 people \$71,846; 5 people \$83,341; and 6 people \$94,837.

If you qualify for Heating Assistance, you may also be eligible to receive: Free Energy Audit, Free LED Light Bulbs, Free Replacement Refrigerator, Free Replacement Air Conditioner, Free Air Sealing and Insulation and Free Replacement Heating System.

Call 978-459-6161 for an application. **Applications are accepted through April 30.** Sponsored thru Community Team Work. 45 Kirk St. 2nd Floor, Lowell, MA. You may also schedule an appointment online: <https://tinyurl.com/CTIHeat>. **If you received your 2019-2020 Heating Assistance application in the mail, please complete and return to CTI today. Have you received Heating Assistance before? Call CTI to have an application mailed to you.**

### 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](mailto:anne@neighbortoneighbornewsletter.com)

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Total Circulation is now 6,481 which includes Dunstable and Tyngsborough.



### VIRTUAL PIANO LESSONS

*Given by Catherine O'Malley*

Don't let Covid-19 derail your ambition to play piano.

Sessions \$20 per half-hour.

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### DOWN TO EARTH HOUSE CLEANING

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### SALON AT HOME

For all your hair needs in the comfort of your home. Reasonable prices. **Call Vivienne at 978-328-2871** to make an appointment. Tyngsboro resident. Licensed Cosmetologist. Certified for Covid-19 by State of MA.

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

**Well Adult Clinics** In response to the Governor's guidance, Nashoba Nursing is cancelling all Well Adult clinics. You can visit their website [www.nashoba.org](http://www.nashoba.org) or call: 978-772-3335 ext. 340 for more info. or if you are in need of their services.

### DUNSTABLE FREE PUBLIC LIBRARY

**588 Main St. 978-649-7830**

For more library information go to

**[www.dunstable-ma.gov](http://www.dunstable-ma.gov) click on library**

Mary Beth Pallis – Director – [mpallis@mvlc.org](mailto:mpallis@mvlc.org)

Karen Debrececi – Children's Librarian – [kdebrececi@mvlc.org](mailto:kdebrececi@mvlc.org)

Like us on FACEBOOK to receive program updates!

[www.facebook.com/pages/Dunstable-Public-Library/219991908117595](https://www.facebook.com/pages/Dunstable-Public-Library/219991908117595)

**The Library is open for curbside pickup on Tuesday 3-8pm,  
Wednesday and Thursday 10-3pm.**

**We are open for Curbside Service Saturdays 10am-2pm.**

**You are now able to put your books on hold through the MVLC catalog.** Go to [www.mvlc.org](http://www.mvlc.org) to order books from the entire consortium. You can also request by phone or email. Call 978-649-7830 or email [dunstablerequest@dunstablepl.org](mailto:dunstablerequest@dunstablepl.org).

**When you receive the email that your material is ready,** please call the library to let us know when you want to pick it up. We also offer home delivery for seniors on Thursdays.

We quarantine all returned books and then spray and wipe each one down.

**Every Tuesday night at 6:00pm,** Mrs. D will read from a chapter book for school aged children on the library facebook page. Please join her for this fun read-out-loud!

**Craft times:** Please check the facebook page because some weeks we have guided craft times on facebook live and other times we offer take and make craft bags to be picked up curbside!

**Virtual story time is every Thursday at 10:30am** on DPL facebook live. We have stories, puppets, songs and fingerplays for young children! Join in on the fun!!

**What's new for materials?** We are posting on DPL facebook page new titles and materials.

For all updates on these programs and other library news, please go to the Dunstable-Public-Library facebook page! Stay well!!!

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**Open Following CDC and State Guidelines!**

## DUNSTABLE SENIORS

Program Coordinator Susan Tully 978-649-6750

or Email at [sjt0213@verizon.net](mailto:sjt0213@verizon.net)

Dunstable Seniors .....we are a peer group for those over 60.

## DUNSTABLE COUNCIL ON AGING

DIRECTOR OF THE COUNCIL ON AGING

Anne Fenochetti Email: [afenochetti@dunstable-ma.gov](mailto:afenochetti@dunstable-ma.gov)

978-649-4514 ext. 223 Hours: Tuesday 8am to 12:30pm

**DUNSTABLE COUNCIL ON AGING** Barbara Martin, chairman; Mary Dow, secretary; Donald Pottle, James McManus, Joan Simmons.

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

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

.... There will be **NO MEETINGS** at the Dunstable Library until further notice ....

**WELCOME 2021**

**Happy Birthday to all who are celebrating this month!**

### Senior Services

**Bone Builders Program** A balance and strength training exercise program can be viewed thru a video on you tube provided by the Tyngsboro Senior Center. Jean Jacoppi will lead the class. Search **Crystal Lake Rv Bone Builders**

**Sand Delivery** We want all our seniors to stay safe. The Dunstable Highway Dept. will once again deliver a bucket of sand to any senior so they can keep their sidewalk & steps safe. Just let Anne or Sue know.

**Book Group Saturday, January 16th** will be held in the community room of the Dunstable Church at 10:30. **Educated by Tara Westover, Summary:** A searing, unforgettable memoir about a young girl who, raised by Mormon survivalists in the mountains of Idaho and forbidden to go to school, defies her family and earns a PhD from Cambridge University. Everyone is responsible for getting their own copy of this book. there are many copies available thru MVLC/Dunstable Library.

**Book Delivery** is available through the Dunstable Library on Thursdays. Just let Anne know if you or someone you know needs books or audio material. Call 978-649-7830.

**Van Service** is available for medical appointments and grocery shopping. Cost is \$5.00 for local trips, Lowell, Chelmsford, Nashua, Tyngsboro, Westford, Ayer, Groton & Pepperell. \$10.00 for any other. Check with Anne Fenochetti as soon as you know when your appointment is to make sure a ride is available.

**Meals on Wheels** Do you or someone you know need the services of Meals on Wheels? This service is now being merged with Tyngsboro's MOW. For more information contact Merrimack Valley Elder Services 1-800-892-0890

**Senior Meal Delivery** We are been fortunate to have Alana Acquaviva and her catering company, Dinner Made Simple providing 2 delicious meals to many of our seniors on Wednesdays. This service will continue through the end of the year.

**Medicare** Remember if you are turning 65 you should contact Social Security to enroll in Medicare. Medicare has no connection to your eligibility for social security benefits. If you have questions call Elder Services at 1-800-892-0890.

... **We now have the application for RMV Handicap placards...**

**Durable Medical Equipment** Try us **FREE** before you buy. Check out the COA's inventory. We have a variety of good, gently used walkers, wheelchairs, transport chairs, canes, commodes and much more that people have generously donated. These are on loan and need to be returned to Town Hall when not in use. PLEASE call first before you drop off items. Accepted items should be brought to the Town Hall only.

**Elder Hotline** Finding the answer to questions about issues can sometimes be confusing. The Attorney General's Office has a state-wide, toll-free telephone hotline to assist individuals on a wide range of elder issues. The number is 1-888-243-5337 (TTY: 617-727-4765) Monday thru Friday 10:00 am- 4:00 pm This elderly hotline provides a valuable service to Massachusetts' senior citizens, their families, and other information about elder related issues and programs throughout the commonwealth.

**Message from the Fire Department** A volunteer from the Dunstable Fire Dept. is available to check your smoke detectors or help to install new ones, you just need to set up an appointment. They also have night lights available to give away to keep you safe as you move around in the dark.

**Files of Life** Why everyone should have their own **File of Life**. Medical emergencies happen any time. When they do there is panic, urgency, and confusion. A File of Life puts needed answers in the hands of EMTs. It allows first responders to immediately begin the best possible treatment. Completed File of Life have a magnetic strip on the back and should be place on your refrigerator.

**Living Alone Safely in Your Own Home** The Dunstable COA is working with the Fire Dept and the Police to keep those seniors living alone safe in their home. They can secure a lock box with a key on to your door at your home so that in an emergency help would be able to get to you quickly. Information is available through the Fire Dept. If you need the assistance of the fire department for a non-emergency situation and you've called the fire station, and no one was there. **Please call 978-448-6666 (Fire/Police/ems Dispatch)** they will notify the proper person or service to assist you. **Office # 978-649-6661.**

### THOUGHTS FOR THE NEW YEAR

- Recognize your uniqueness
- Offer your support to those in need
- Take a deep breath and keep going
- Focus on love, forgiveness, and hope
- Strive to be happy
- Look forward
- Live for today

**Things will get better!**



### COVID VACCINE

\*\*\*\* From what I understand most of our seniors fit into this group **Phase 2** (February-March 2021) could be April

Listed in order of priority:

**Individuals with 2+ co-morbid conditions**  
(high risk for COVID-19 complications)

**Other workers** Including: early education, K-12, transit, grocery, utility, food and agriculture, restaurant and cafe workers; employees across the food, beverages, agriculture, consumer goods, retail, and foodservice sectors; meatpackers; sanitation, public works and public health workers, vaccine development workers, food pantry workers, Uber/Lyft/ride share services/pharmacy delivery drivers (under transit/transportation workers), workers in the passenger ground transportation industry (e.g. paratransit for people with disabilities, food delivery, non-urgent medical transport; convenience store workers (under grocery workers); water and wastewater utility staff

**Adults 65+ Individuals with one co-morbid condition**

**For the most current up-dates go to:**

<https://www.dunstable-ma.gov/home/news/dunstable-covid-19-case-count-123020>

**Covid masks are now available, let us know if you are in need**

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## SHEPHERD OF THE VALLEY LUTHERAN CHURCH

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To contact Pastor Rev. Susan Gaeta (978) 540-0768  
or email her at [pastorgaetasov@gmail.com](mailto:pastorgaetasov@gmail.com)

*Shepherd of the Valley Lutheran will continue to meet remotely until it is deemed safe to meet at our building space in Ayer, MA.*

**Please join in our service via online ZOOM.** Sunday worship at 10am and Wednesday prayer service at 7pm. If you **visit our FaceBook page or website** you will be able to see how you can join in on our service. We hope to 'see' you there!

### GROTON NEIGHBORHOOD FOOD PROJECT

The Groton Neighborhood Food Project (GNFP) is a non-profit organization that helps families in our community by organizing neighborhoods to collect food and other grocery items.

Please join our growing network of neighborhood volunteers – it is fun & rewarding for the whole family! On Facebook: <https://www.facebook.com/GrotonFoodProject/>

If you would like to learn more about the GNFP, and how you can help, please go to <https://grotonfoodproject.com>

**The next food collection is on Saturday, February 13th.**



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## ATTENTION

### 2021 HIGH SCHOOL GRADUATES RESIDING IN DUNSTABLE

*Congratulations on your pending graduation!*

We are delighted to announce the availability of the Helene Morgan Babcock and Alfred Babcock Memorial Scholarship, and invite you to apply for these generous funds as you continue your education.

During the winter of 1923, the home of the Morgan family here in town caught fire and was largely destroyed. The citizens of our community responded to the crisis by taking in the children (all 17 of them!), keeping the family together and aiding in the reconstruction of their home. One of the children, Helene Morgan Babcock, remembered the words of her mother, "Never forget the kindness of the people of Dunstable," and so established a scholarship fund to be made available to the graduating students of Dunstable as they continue their education.

The amounts of these grants are substantial, with one of the Babcock Scholars receiving \$4,000 each year for up to four years. A number of additional \$2,000 scholarships are granted to other students on a one-time basis.

Scholarships may be applied to expenses incurred in the pursuit of advanced education beyond the secondary level in two or four year institutions, vocational education institutions, or formalized apprenticeship programs (the main scholarship for 4 year full time only).

**Starting February 2, 2021**, applications will be available at the town hall, library, your school guidance office, or by emailing [babcockscholarshipfund@gmail.com](mailto:babcockscholarshipfund@gmail.com).

Completed applications can be submitted electronically to the above email, or to the PO Box listed below no later than **March 18, 2021**.

Questions regarding the application process can be sent to [babcockscholarshipfund@gmail.com](mailto:babcockscholarshipfund@gmail.com). We hope you take advantage of this wonderful opportunity.

*Babcock Scholarship Trustees, P.O. Box 24, Dunstable, MA 01827*



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## TYNGSBOROUGH/DUNSTABLE ROTARY CLUB

Rotary  Rotary Motto Service Above Self

**SafetyNet**  
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The Rotary Club of Tyngsboro/Dunstable is teaming up with the Tyngsboro Police Department to help families caring for loved ones with a cognitive impairment

Caring for a loved one who wanders is a considerable responsibility. Nothing is more frightening than the thought of a loved one with autism, Alzheimer's, or other cognitive impairment becoming lost.

We are reaching out for donations to purchase a **SafetyNet System for the Tyngsboro Police Department**. This system would be installed in a police vehicle, which would then be able to locate individuals wearing a transponder. Transponders will be available to families in need of this service, providing them with additional protection and peace of mind to keep their loved one safe.

**OUR GOAL IS TO RAISE \$5,000**

**Please mail your donation to:** TD Rotary Club, 440 Middlesex Rd, PMB 111, Tyngsboro, MA 01879 **Make checks payable to:** Rotary District 7910 Charity Fund Inc.

**Contact info:** Chris Dias (603) 505-2549



**Groton Dunstable Education Foundation**  
 ...helping our students "Reach for the Stars!"

For more information about what we have done thus far this year visit our website [www.gdefinc.org](http://www.gdefinc.org). See what wonderful programs and equipment have been funded.

If you shop on amazon, Amazon Smile will donate 0.5% of your purchases, at no cost to you, to the Groton Dunstable Education Foundation (GDEFinc), when you designate us as your charity of choice and make all of your purchases through [smile.amazon.com](http://smile.amazon.com) (same products and prices as the regular amazon.com) While the shopping experience is the same, you MUST shop via [smile.amazon.com](http://smile.amazon.com) in order for GDEFinc to receive a donation.

Like us on Facebook [Groton Dunstable Education Foundation] and follow us on Twitter [@GDEFinc]. Thank you for your ongoing support.

## THE DUNSTABLE RURAL LAND TRUST 2021 CALENDAR IS HERE!

**This year's calendar is devoted to wonderful photos of the McLoon Barn and Property.** The Calendar is available for \$12 a piece at: The Dunstable General Store, Rose of Sharon at Blossom Hill, The Farmhouse Café, Tully Farm Dairy Store, West Auto and from any of the Directors of the Dunstable Rural Land Trust.

All proceeds from the sale of the calendars go directly to the Dunstable Rural land Trust to help preserve the rural character of our town. **Call Elaine at 978-649-9236 for more information.**

Due to Covid-19 there are no scheduled events for the DRLT at this time. [www.drft.org](http://www.drft.org)

## Hi Neighbors, HAPPY NEW YEAR!




If you haven't downloaded the new **Box Top for Education app** yet, you'll be pleasantly surprised how truly easy it is. You just scan your receipt and the app does all the work for you! You can even send your receipt from certain stores. Many are in our area. This is a direct, simple way to help Swallow Union and we really appreciate all your continued efforts. We hope to remain at the top.

While traditional Box Tops are being phased out of production, **YOU CAN STILL CLIP AND TURN IN BOX TOPS!** You'll continue to find them on many products throughout the store for the next few years, including Hefty, Green Giant, Reynolds, Scott, Ziploc, Kleenex, and Finish (look for old logo). Just check the expiration date on them before you turn them in. Thanks again for your support! **Chrissy McLane** ([mclane.chrissy@gmail.com](mailto:mclane.chrissy@gmail.com)) & **Amy Wilson** ([amywilson825@gmail.com](mailto:amywilson825@gmail.com)) Box Tops for Education co-chairs for Swallow Union Elementary School [swallowunionapt.org](http://swallowunionapt.org) [aptsallowunion@gmail.com](mailto:aptsallowunion@gmail.com) [facebook.com/APTSwallowUnion](https://www.facebook.com/APTSwallowUnion)

## FACE COVERINGS MANDATORY

Everyone is required to wear a face covering, whether indoors or outdoors, in all public places, even when able to maintain 6 feet distance from others. Exceptions for children under 5, and people who are unable to wear a mask due to a medical condition. (documentation maybe required to verify the condition) **To read all the details about this, visit [www.mass.gov](http://www.mass.gov) and search "face coverings" or for the order, [mass.gov/doc/covid-19-order-55/download](http://mass.gov/doc/covid-19-order-55/download).**



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## TOYS FOR TOTS THANK YOU

Yet again, the West Family has been overwhelmed by the outpouring of support from you, our neighbors. Over these past two months we have participated in what we believe is our biggest collection year EVER for Toys for Tots at West Auto Repair. As this article is being written with still a few more days to collect before Christmas we have collected over 850 toys at our drop site in Dunstable. We shattered last years collection number which was only a few hundred toys. We cannot thank you enough for coming out and giving so generously and we also owe a huge shout out to our partner in this campaign, Maureen Amaral from Coldwell Banker Realty.

While we just supply the location for the box to sit at, Maureen has done the brunt of the work picking up all of the toys and then delivering them to their next stop to get into the hands of many excited children. There were many days where she had to make multiple stops to pick up the toys because the collection box was overfilled.

As we begin a new year our hearts were warmed with all of the good we were able to experience as we ended what was certainly a trying 2020 on so many fronts. From our family to yours, again we say THANK YOU and we wish you and yours a happy and healthy 2021!

## WILL A SIMPLE WILL MEET YOUR NEEDS?

*By Edward H. Adamsky*

For many people, a simple Will is all they need for Estate Planning purposes (a Power of Attorney and Health Care Proxy is still needed for lifetime planning). But is a simple Will enough for you? That is the key question. Many people think a Will avoids probate. That's a common misconception. If you have assets in your own name when you die, then Probate may be necessary whether or not you have a Will.

Assets that are solely in the name of a person who has died must be handled through the Probate process. This isn't as bad as some people say, and won't cost a fortune, but you do have to file the appropriate forms with the court, pay the required filing fees, and probably pay a lawyer to assist you in doing all this. It takes some time and has some delays. For simple situations, it may be fine to go through probate. Not everyone has to avoid probate.

There are many ways to avoid probate. You can have accounts with named beneficiaries, so they pass outside of probate. You can have joint accounts, or other jointly owned assets, and you can have assets that pass by beneficiary designation like life insurance and retirement funds. All of those methods avoid probate and are fairly easy. If most or all of your assets will pass outside of Probate then having a simple Will as a catch-all in case there is something you missed, may be all you need.

If you have a more complex situation, then a Trust or other Estate Planning tool might be right for you. If you own property in more than one state or have several parcels of real estate, or if you have a complex family with issues, then a Trust might be right for you. In that case, we would still write a Will for you, just in case, but it would not be the main planning tool.

A Trust is a complex tool that can be used to protect assets (if the trust is Irrevocable) or avoid probate (for the assets the trust holds) and hold assets for a person who should not directly get those assets (such as a person getting means-tested government benefits). The operation of a trust is private and stays out of the courts and public record, so many people want that privacy. Folks also enjoy the efficiency that a Trust can provide.

If you are not sure if a simple Will is enough for you, or if you should have a Trust or other planning tools, then you should consult with an attorney who can go over your situation and determine which is right for you. You may not need a Trust, but you won't know until a competent advisor reviews your situation and gives you the best advice on what is right for you.



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## THE STITCHERS

The Stitchers had been preparing for the Christmas Season in the spirit of giving. Afghans, shawls, lap robes, and hats were given to the Hospice Distribution Center in Southern New Hampshire. Baby Layettes, mittens, hats, and scarfs were given to The Pregnancy Care Center in Lowell to service the Lowell and Lawrence areas. Sister Robin McCarthy of the ministry Able to Serve, providing for the homeless in the Lowell area, was presented with knitwear and afghans to be distributed. Hats, mittens, and scarfs were given to the nurse at the Tyngsboro Elementary School for students in need. Many thanks and gratitude given to stitchers: Joanne Jean, Brenda McCarthy, Yolanda Carmona, Elaine Rivard, Lily Boudreau, Carol Sides, Ritva Ojanen, Sally Stavolta, Gloria Lacapo, Terry McEnaney, Jean Ledoux, Kristena Arnold, and Mary Nelson.

Mary Nelson has been an avid stitcher for many years. She has kept the homeless in warm knitwear and afghans. A special SHOUT OUT to her for her selfless acts to benefit others.

The Stitchers have been working from home. Questions or comments, please contact Jean Jacoppi, Coordinator (978-649-9076).

## PACH PEPPERELL FOOD PANTRY

66 Hollis St., Pepperell, MA Tues 5-7pm, Thurs 2-4 & 5-7pm. PACH provides food, paper goods and personal care items to residents in need of assistance. If interested in this service, or you want to help by making a donation of food or supplies, call 978-925-9770 or visit their web site at [www.pachoutreach.org](http://www.pachoutreach.org). Until further notice ALL Clients & Donors are to call 978-925-9770 upon arrival.

**NOTE: West Auto Repair, 30 Pleasant St, in Dunstable, MA is again accepting donations for PACH.** There is a blue plastic tote outside the office for donations. Donations will be brought inside until they are delivered to the Pepperell food pantry on Tuesday & Thursday. *Jen West was told that in addition to food, personal care items, and pet food donations, they also accept Gift Card Donations to local grocery stores. They are then given to neighbors in need or used by pantry volunteers to purchase items to stock the shelves. Gift cards in the amount of \$25 would be helpful.*

## GRACE LUTHERAN CHURCH

130 Spit Brook Rd, Nashua, NH  
1-603-888-7579 [www.GraceLutheranNashua.org](http://www.GraceLutheranNashua.org)

Pastors George Ruwisch and Rev. Bryan Stecker

### THE CHURCH IS OPEN FOR SERVICES. MASKS REQUIRED.

Please go to the website to watch our reopening video for instructions prior to selecting your seats. Online Videos: Weekly on-line 9:30 am Sunday Live stream Services, Morning Minutes of Grace, Evening Prayers, Afternoon Bible Study & Grace Kids. **Visit our channel [GraceLutheran.TV](https://www.youtube.com/channel/UCqGKqKqKqKqKqKqKqKqKqKq) on (youtube.com)**

### DRIVE-UP FOOD PANTRY AVAILABLE AT THE CHURCH

**We have a free, drive-up, food pantry** for any of our neighbors who may be in need of food during this difficult time. It is our sincere prayer that we can be a blessing to our community as we get through this pandemic together.

*We do require that you make an appointment by calling the church at 603-888-7579 and ask for our Secretary, Dianna, who manages the schedule.* We do have to space out our client visits. If you do not need help but know someone who does, please pass on this information. *The church is located between World Academy and the Fire Station at 130 Spit Brook Rd., Nashua, NH.*

## DUNSTABLE TOWN HALL DIRECTORY

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

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

**Veteran's Officer** 978-649-3919

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

**FIRE DEPT. TELEPHONE NUMBERS TO REPORT A FIRE CALL 911**

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

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

**Visit [www.dunstable-ma.gov](http://www.dunstable-ma.gov) for contact info, news & updates**



## Tyler's Timely Technical Tips

By Tyler Denommee

New year resolutions often involve finding ways to take better care of, or to improve our health and wellness. Consider enlisting HVAC system upgrades this year for help.

People spend about 90% of their time indoors, where air can be 2-to-5 times—and up-to 100 times—more polluted than outdoors. Contaminants—from off-gassing building materials; excess humidity; cooking and cleaning fumes; mold, germs, dust and dander; CO2 and CO gases—are present in most homes. HVAC solutions to the rescue!

### The proven, 3-part remedy includes:

**Ventilation:** Dilution via Energy Recovery Ventilators mounted in HVAC systems help create a balanced, fresh air supply.

**Filtration:** Media Air Cleaners remove particulate matter, such as dust and pollen, while Ultraviolet Light and Cold Plasma purifiers neutralize germs and viruses.

**Humidity Control:** HVAC-mounted humidity controllers maintain ideal 35-60% relative humidity—levels that support health.

Until next month, stay comfortable!

**Got a question? Drop me a note!**

[tyler.d@denommeeplumbing.com](mailto:tyler.d@denommeeplumbing.com)

## Indoor Air Quality Matters: Improve Health and Wellness

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### DATES TO REMEMBER

- Monday, January 18<sup>th</sup> ~ Martin Luther King, Jr. Day
- Tuesday, February 2<sup>nd</sup> ~ Ground Hog Day
- Thursday, February 11<sup>th</sup> - Chinese New Year's Eve
- Sunday, February 14<sup>th</sup> ~ Valentine's Day
- Monday, February 15<sup>th</sup> ~ Presidents Day
- Wednesday, February 17<sup>th</sup> ~ Ash Wednesday
- Thursday, February 25<sup>th</sup> ~ Purim Begins at Sundown



### OPEN BURNING SEASON BEGINS JANUARY 15<sup>TH</sup>

Open Burning season will soon begin on January 15th. The fee is \$10 for the season and the fee is exempt for property owners 65 years of age and older. You can print a permit online, fill it out and visit the fire station for payment (\$10) and issuing. You can also visit the fire station during business hours and fill a permit out.

**You must follow all the rules and regulations that are listed below.**

#### Rules and Regulations

1. You can only burn brush and garden trimmings only.
2. Burning is allowed only between 10am and 4pm. No fire shall be started after 12 noon and all fires must be extinguished by 4pm.
3. The permit holder must call the Fire Department @ 978-649-6661 each day after 9am for permission to burn that day.
4. The fire must not be left unattended and must be at least 75 feet from any structure.
5. Have available water supply, rakes, shovels, etc. for controlling the fire.

#### **Under all Circumstances the following are prohibited**

1. The burning of Grass, Hay, Leaves, Stumps, tires and/or building materials.
2. Burning of brush, trees, cane and/or driftwood from commercial and/or institutional land clearing operations.
3. Burning at landfills or refuse disposal facilities other than approved incinerators.
4. Large piles that will not readily burn or are of such size that they will not be totally out by 4pm.

**If you have other questions regarding burning, please call the Dunstable fire station at 978-649-6661. [www.dunstablefire.com](http://www.dunstablefire.com)**

### LOAVES & FISHES FOOD PANTRY, INC.

Visit our website at <https://loavesfishespantry.org>

**All Dunstable families are invited to visit the Pantry and receive nutritious food and personal care products.** There are no income requirements – only a proof of residency (a utility bill or a rental receipt, for example, with your name, current address and date) is required. **Open** Second Tuesday of each month from 6p.m.- 8p.m. • Every Wednesday and Friday from 9:45 a.m.-12:30 p.m. • First & third Saturday of every month from 9a.m.-11a.m.

To learn more about what to expect when you visit the Pantry for groceries, take a virtual tour at <https://loavesfishespantry.org/need-services/> or call us at (978)772-4627 x312.

**If you are interested in volunteering please email us at [volunteer@loavesfishespantry.org](mailto:volunteer@loavesfishespantry.org) or call us at (978)772-4627 x317.** The gift of food and personal care items as well as monetary support is always welcome. <https://loavesfishespantry.org/donate-now>

**Please send in your news Jan. 16th for February issue.**

Need details about advertising your business?

Contact [anne@NeighborToNeighborNewsletter.com](mailto: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.*

**[www.neighbortoneighbornewsletter.com](http://www.neighbortoneighbornewsletter.com)**

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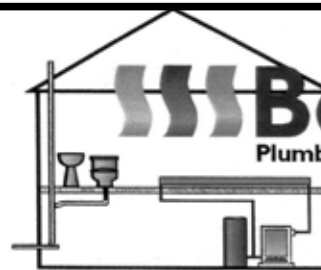
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## A MESSAGE FROM THE DUNSTABLE BOARD OF HEALTH

The following is a reminder that the area at the end of Main and Mill Street is not an area designated for free items to be placed in hopes that someone might take them. Please respect your neighbors who live there.

If you have a bulky item you want to get rid of please contact the Board of Health at [jferrari@dunstable-ma.gov](mailto:jferrari@dunstable-ma.gov) and I will be glad to give you information on how to dispose it properly. Thank you.

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- Autism/Aspergers Events • Down Syndrome/Intellectual Events
- Family Mental Health & Behavioral Events
- Financial & Legal events • Learning Disability/ADHD Events
- Recreation for Special Needs
- **Transition-to-Adult events include:** Thinking About Housing, The Dating Game for ASD Young Adults, and a Workplace Prep Program for Young Adults with Down Syndrome.

## AMERICAN LEGION POST 247 INC. 90 PAWTUCKET BLVD. TYNGSBOROUGH, MA IS OPEN

Much renovating, sanitizing, and improvements have been done.  
We look forward to seeing you.

**\*\*\* FOOD IS BEING SERVED ~ COME ENJOY! \*\*\***

As of now, **hours are Sun., Tues, Wed, Thurs 1pm to 8 PM and Friday and Saturday 1pm to 9PM. 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.

*No meetings are scheduled at this time. If you are interest in joining, or want more info about what is happening at the Post, please get in touch with the person noted for each organization or call the Post at 978-649-7540.*

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Visit our website, [www.AmericanLegionPost247.org](http://www.AmericanLegionPost247.org)

This website contains a wealth of information about the Post.

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



### AMERICAN LEGION AUXILIARY UNIT 247

90 Pawtucket Blvd. Tyngsborough, MA 01879

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 contact Unit President Josephine Beauregard at 978-458-7015.





# Ready to Care for You

At Lowell General Hospital and Circle Health, our teams of dedicated caregivers, providers and support staff have been on the front lines in caring for our community – both those fighting COVID-19 and those who have needed our help for a wide variety of other illnesses, injuries and health challenges.

During these difficult times, we have a message you can count on. You are Safe with Us. Our team of infectious disease experts has instituted rigorous measures to ensure the safety of our patients from the moment you come in. We urge you and your family members to pay attention to the warning signs and symptoms of severe illness. Heart attack, stroke, severe infections, and other critical illnesses can only worsen or have life-threatening consequences if you or a loved one tries to wait it out at home.

**Don't delay care when you need it. Stay safe. Stay healthy. You are Safe with Us.**

Learn more at

**[www.lowellgeneral.org/safewithus](http://www.lowellgeneral.org/safewithus).**

For the latest COVID-19 information, visit

**[www.lowellgeneral.org/COVID-19](http://www.lowellgeneral.org/COVID-19).**



## CAT FOOD DONATIONS NEEDED

to feed a colony of feral and homeless kitties.

Please call Don Gaudette **978-799-9715** for the drop-off location on the Dunstable/Tyngsboro line.

Associated with Kitty Angels [www.kittyangels.org](http://www.kittyangels.org)

Kitty Angels is An All-Volunteer, Non-Profit Shelter for Needy Cats



## Neighbor to Neighbor

*Published by Anne M. Paquin*

*Since 1983*

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E-mail: [anne@neighbortoneighbornewsletter.com](mailto:anne@neighbortoneighbornewsletter.com)

[www.neighbortoneighbornewsletter.com](http://www.neighbortoneighbornewsletter.com)

If you have news or would like to advertise your business, the next deadline is January 16th for the February issue.

I look forward to hearing from you.

*When you contact a business, or organization, please tell them you've seen their ad or news in Neighbor to Neighbor. They would like to know.*

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**Our LIVESTREAM and OPEN CHURCH schedule has changed profoundly. Please go to our website**

**WWW.CHELMSFORDCATHOLIC.ORG**

• 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

• **Confessions now held indoors**

• Mondays at St. John from 4:00-5:00pm

• Wednesdays at St. Mary from 4:30-5:30pm

Park in rear parking lot, wear mask, enter through front entrance

**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. **No reservations needed for Daily Mass just weekend Mass.**

**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.



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For questions or more information  
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[www.tyngsborocongregational.org](http://www.tyngsborocongregational.org)

Pastor Denis Frediani

• **Church Services are now open to the public at 10:00 a.m.**

**Sunday mornings.** Masks are required, distancing being followed.

We will implement and honor all safeguards.

**We are adhering to CDC Safety Recommendations and Restrictions with social distancing, hand sanitizing and required masks.**

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

• **TO WATCH LIVE SERVICES,**

**Log on directly to facebook and go to ECCT Church.** You may also log in at any time and watch the recorded services.

• **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. You may click on "Jump to the Current Sermon." To find the most recent.

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or go to ECCT Church on facebook for updates.

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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.** 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 cannister around please consider donating. Every Penny Counts!

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If you have any news for the February issue,  
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Contact [anne@NeighborToNeighborNewsletter.com](mailto:anne@NeighborToNeighborNewsletter.com) or  
Neighbor to Neighbor, 64 Hardy St., Dunstable, MA 01827.

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

## KITTY ANGELS

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**We have no paid staff - every cent of every donation goes to caring for needy cats!** Because the cost of caring for our cats greatly exceeds our adoption fees, we depend on the generosity of individuals and businesses to make up the difference.

Please consider making a tax-deductible donation today and, please be sure to send us a Matching Gifts Form if your employer offers one. Visit our website <https://www.kittyangels.org/index.html>. If you wish to make a donation you can use the PayPal link, or you can send your donation to Kitty Angels, P.O. Box 638 Tyngsboro, MA 01879. We, and especially the cats, would very much appreciate it! Kitty Angels, Inc. is an all-volunteer, 501(c)3 non-profit organization. Your donation is fully tax-deductible.

## CATIE'S CLOSET

**We are open** to accept your gently used clothing and new toiletry donations at our **Dracut distribution site, Monday-Friday ONLY from 10am to 5pm**. 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.

**Please call 978-957-2200 prior to going to make sure the site is open.**

Catie's Closet Is Different. In-School Resource, Sensitive & Discreet, Clothing They are Proud Of, Serving Kids of All Ages, Clothing & Beyond (including New Toiletries, Shoes, Backpacks, Undergarments & even Bus Passes & Grocery Cards.

As we look forward to a new year with hope and new beginnings, we also recognize that so many students in poverty will continue to carry the impacts and burdens of 2020 on their shoulders.

Our team works every day filling thousands of special requests for urgently needed items, keeping our closets filled with essentials, and serving students learning both at home and in school. While we meet the growing need, we're also proudly expanding our services to help more students reach their greatest potential.

**We need your help as we continue to prepare, to serve 100,000 students, in 2021.**

Over the course of 2021, we plan to open 40 new closets, bringing the total number of children we serve to 100,000. This 60% increase in the number of students we serve requires an inventory of over 2.7 million items, including clothing, undergarments, socks, toiletries and shoes, all of which hold the immense power to change a student's life.

**We can't change students' homes, take away their past traumas, diminish their fear about the pandemic or replant their family trees, but your support can create a pathway to their brighter tomorrows and successful futures.**

**Your donation can help to provide relief to students living in poverty.** YOU can make 2021 a better year for a student in need.

Check out our website [www.catiescloset.org/5-ways-to-help](http://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](http://www.catiescloset.org/help-the-kids)**



## DUNSTABLE EVANGELICAL CONGREGATIONAL CHURCH

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978-649-6251

**Pastor Bobby Ross** [pastorbobby@dunstablechurch.org](mailto:pastorbobby@dunstablechurch.org)

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

We are grateful to be able to join in worship and learning with technology and well-spaced seating in our building, and we welcome all who wish to participate. **If you would like to join us in person, please RSVP on our website and we will have a socially distanced space for you and your family on Sunday morning.**

If you wish to stay home, simply click on the Facebook "f" on our home page on Sunday morning at 10:30 and we'll bring the service to you. **Please join us!**

The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace.

**Go to our website [www.dunstablechurch.org](http://www.dunstablechurch.org) to learn how to sign up!** In-person, on Zoom, or a combination.

### CLOTHING SHED AT DUNSTABLE CHURCH IS OPEN!

The clothing donation shed at the Dunstable Evangelical Congregational Church, **518 Main St, Dunstable MA**, which was temporarily closed due to global effects of the pandemic, is now open to the public.

If you're not familiar with the clothing donation shed, it's designed to give community members a uniquely clean, convenient, and well-cared-for option to donate their used clothing to. St. Pauly Textile Inc., the company that has provided the shed, partners with a network of businesses and various organizations to distribute donated items both here in the U.S. and worldwide, where they're ultimately re-worn by people who need them. The Dunstable Church additionally has the option to use donations to serve community needs.

With over 1,300 clothing drop-off sheds in place, St. Pauly Textile Inc. collects over 90,000 pounds of clothing every day and estimates that this clothing ends up in 44 different countries (including the U.S.) yearly. In 2019, the company was able to help keep over 20 million articles of clothing out of landfills, which clothed an estimated 2.5 million people worldwide. The company was founded in 1996 and is an A+ rated member of the Better Business Bureau. Accepted items: clothing, shoes, belts, purses, blankets, sheets, curtains, pillowcases, and stuffed animals.

**PLEASE tie your bags, and do not leave bags outside the box.**



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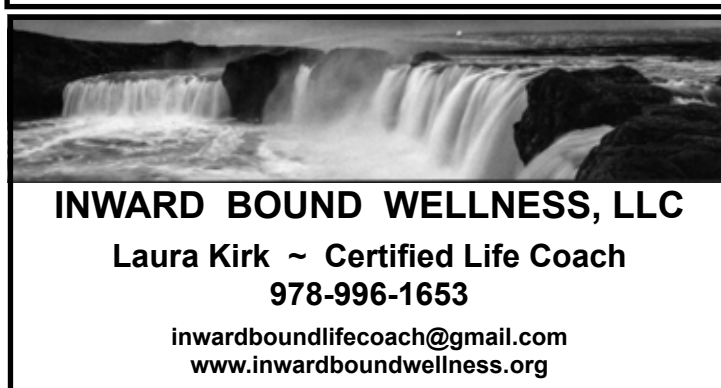
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## PREVENTING HEALTHCARE ERRORS, FRAUD AND ABUSE IS EVERYONE'S RESPONSIBILITY!

**The Massachusetts Senior Medicare Patrol (SMP) Program** is a statewide partnership between community based organizations and mainstream agencies. Our objective is to reach and educate Medicare and Medicaid beneficiaries, family members, caregivers, and professionals on the importance of being engaged healthcare consumers to prevent healthcare errors, fraud and abuse.

The MA SMP Program is designed to provide education and resources on how to address healthcare errors, fraud and abuse for Medicare and Medicaid beneficiaries, family members, caregivers, and professionals, with a focused effort on reaching limited English proficient, Native Americans and other hard-to-reach populations. Healthcare errors, fraud and abuse cost you, as an American taxpayer, billions of dollars annually and may cost you your life or the life of a loved one. We are all responsible for being involved participants in our own healthcare.

If you or someone you know has been subjected to questionable billing practices and/or deceptive marketing tactics related to healthcare, contact the MA SMP Program.

The MA SMP Program is one of 54 SMP programs across the country including Washington DC, Puerto Rico, Guam and U.S. Virgin Islands. The MA SMP Program is funded by the Administration For Community Living. For more information about other SMP programs visit [www.smpresource.org](http://www.smpresource.org).

### Latest Medicare Scams!

- Covid-19 Vaccination Scam alert
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Check out the website at [www.massmp.org](http://www.massmp.org) for:

- Educational Events Calendar
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### MEDICARE SENT OUT THIS NOTICE TO SUBSCRIBERS WATCH OUT FOR COVID-19 SCAMS

As the country begins to distribute COVID-19 vaccines, there is no doubt scammers are already scheming. **Medicare covers the COVID-19 vaccine, so there will be no cost to you.** If anyone asks you to share your Medicare Number or pay for access to the vaccine, you can bet it's a scam.

#### Here's what to know:

- You can't pay to put your name on a list to get the vaccine.
- You can't pay to get early access to a vaccine.
- Don't share your personal or financial information if someone calls, texts, or emails you promising access to the vaccine for a fee.
- If you come across a COVID-19 vaccine scam, **report it to the Federal Trade Commission** or call us at **1-800-MEDICARE**. And check out **CDC.gov** for trustworthy information on the COVID-19 vaccine. Sincerely, The Medicare Team

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## ACADEMY OF NOTRE DAME TYNGSBORO ANNOUNCES MILLION DOLLAR GIFT AND AMBITIOUS MILLION DOLLAR FUNDRAISING CAMPAIGN

The Academy of Notre Dame announced a generous \$1,000,000 pledge from an anonymous donor and the launch of We Are NDA: The Million Dollar Challenge to raise an additional \$1,000,000 this school year. It is the most significant fundraising goal in the history of the Academy.

Less than one month after the launch of the campaign, the Academy is more than halfway toward its goal, as a lead donor accepted the challenge with a \$250,000 commitment to capital improvement projects. This family has also pledged to match all gifts to NDA, up to \$250,000, through the end of the national Catholic Schools Week on February 6, 2021.

"We are truly blessed. Since the outbreak of the pandemic, I have been heartened by the generosity of our school community. Daily, I am asked by NDA community members how they can help," said Head of School Dr. Vittoria Pacifico. "While we are humbled by this beautiful demonstration of philanthropy, the support of our entire community is needed now perhaps more than ever before as the school and our families are faced with new and increased challenges. We believe that the campaign, We Are NDA, will inspire others as they reflect on the positive impact the Academy has had on so many lives."

In the last year, the Academy has experienced enrollment growth and increased philanthropy. Critical financial investments in facilities, academics, tuition assistance, and the fulfillment of the strategic plan will enhance the Academy's ability to serve students now and into the future. Dr. Pacifico commented, "Despite the pandemic, we are being blessed by God's good fortune. We are continuing to move our 5-year strategic plan forward and we are safely providing our students the opportunity for in-person learning."

The pledge behind the Million Dollar Challenge represents the second \$1,000,000 commitment the school has received since the NDA Board of Directors hired Dr. Pacifico as Head of School in June 2019. While the pandemic caused the Academy to shift its focus away from capital improvement projects, the initial \$1 million gift was vital to addressing new priorities and enabled NDA to upgrade facilities and technology, develop more professional development opportunities for faculty, increase tuition assistance, enhance academics and student services, and prepare the school to safely reopen in September 2020. To give to the appeal, go to [www.ndatyngsboro.org](http://www.ndatyngsboro.org).

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## LARGE NUMBER OF HOME FIRES HIGHLIGHT IMPORTANCE OF

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**MEDFORD, Mass., December 23, 2020** – The past 10 days have kept Red Cross volunteers busy responding to home fire across Massachusetts, assisting 84 people displaced or affected by 39 fires.

Daily, the Red Cross assists people affected by disaster with direct financial assistance, case work to ensure fire victims find new housing, and mental health counseling to ensure all family members can restart their lives and make progress toward recovery.

Home fires can affect anyone, and as weather turns colder, home fires surge. These safety guidelines can help keep you, your family and your home safe:

- **Cooking Safety** "Keep an eye on what you fry." Stay in the kitchen when frying, grilling or using an open flame.
- **Fireplaces, Space Heaters, Baseboards, etc.** "3 feet from the heat." Furniture, curtains, dish towels and anything that could catch fire are at least 3 feet from any type of heat source.
- **Smoking Safety** Never smoke in bed.
- **Electrical and Appliance Safety** Large and small appliances are plugged directly into wall outlets.
- **Children Playing** Matches and lighters are locked away.
- **Smoke Alarms** Make sure you have working smoke alarms.

**Different types of smoke alarms, ionization and photoelectric, detect fire in different ways. Experts recommend having both types in your home.** • Change smoke alarm batteries every year unless it has a long-life battery. • Replace smoke alarms every ten years. • A combination of working smoke alarms and fire sprinklers decreases the risk of dying in a home fire.

#### Heat your home safely

- All heating equipment needs at least three feet of space. Keep away children, pets and things that can burn, such as paper, matches, bedding, furniture, clothing, carpets and rugs.
- If you must use a space heater, look for a model that shuts off automatically if the heater falls over. Place it on a level, hard and nonflammable surface, such as a ceramic tile floor. Don't place it on rugs and carpets, or near bedding and drapes.
- Plug power cords directly into outlets and never into an extension cord.
- Turn off portable space heaters every time you leave the room or go to sleep.
- Have wood and coal stoves, fireplaces and chimneys inspected annually by a professional and cleaned if necessary.
- Never leave a fire in the fireplace unattended. Use a glass or metal fire screen to keep fire and embers in the fireplace.
- Never use a cooking range or oven to heat your home.
- **Carbon monoxide is an invisible, odorless and silent killer that claims hundreds of lives each year in the U.S.** When a carbon monoxide alarm sounds, treat the alert as a real emergency each time.
- Know the symptoms of carbon monoxide poisoning, which include headache, dizziness, weakness, nausea, vomiting, sleepiness and confusion.
- If you suspect carbon monoxide poisoning, get quickly to fresh air, and then call 9-1-1.

For free home fire safety resources, visit [redcross.org/homefires](http://redcross.org/homefires) or download the free Red Cross Emergency App (search "American Red Cross" in app stores). In addition, the free Monster Guard: Prepare for Emergencies App provides 7- to 11-year-olds with a fun, gaming environment to learn how to prevent emergencies, including home fires.

**About the American Red Cross:** The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit [redcross.org](http://redcross.org) or [cruzrojaamericana.org](http://cruzrojaamericana.org), or visit us on Twitter at @RedCross.



## MUST-HAVE AMENITIES FOR A HEALTHIER HOME

*Brought to you by Carrie Best Cyr*

If your New Year's resolution is to improve your health and well-being, your home can inspire you to do it. In fact, your living space plays a significant role in your overall well-being.

A room dedicated to workouts can motivate you to reach your goals. And healthy, clean air and elements inspired by nature can make your home feel more open and calming.

**Are you hoping to make some improvements in 2021?  
Check out these five home amenities.**

- **Air Filtration System:** This can improve your air quality by reducing allergens and bacteria. Regular HVAC maintenance can also ensure cleaner air in your home.
- **Indoor Garden:** Are you planning to focus on your mental health? Adding a calming indoor garden, a Zen garden or even just a few plants can help. Some plants can improve air quality, too, including English ivy and spider plants.
- **Home Gym:** It could be as simple as adding a treadmill to an empty corner or as elaborate as converting an entire room into a workout area. If you're tight on space, consider compact fitness equipment, like a yoga mat, resistance bands or free weights.
- **Touchless Upgrades:** Faucets, light switches, trash cans and door locks are high-contact surfaces. Replacing them with touchless alternatives can help you minimize contact with germs in your home.
- **Nonporous Countertops:** Certain materials are more porous than others, allowing germs and mildew to be absorbed into the surface. Sealing them or replacing them with a nonporous option, such as quartz, may help you reduce the spread of bacteria in areas like your kitchen and bathrooms.

## ESSENTIALS TO KEEP IN YOUR EMERGENCY KIT

*Brought to you by Carrie Best Cyr*

Let's face it: You can't predict the future. That's why having a fully stocked emergency kit is so important. No matter the time of year, it's always better to play it safe.

Would you and your family be prepared, just in case? Putting essential supplies together doesn't have to be a chore and can even be done fairly quickly. You just need a list and a plan.

**Need ideas? See below for useful items in any situation.**

- **Communication:** Stay connected even if you lose power. Try a hand-crank or battery-powered radio — preferably one with charging ability to keep your devices running.
- **Lighting:** A flashlight and batteries are a must. Get a few different types, like lanterns, floodlights and keychains. You never know how much light you'll need or where you'll need to take it. You can also stash a few candles and some matches.
- **Food and Water:** Pack at least three days' worth of water, nonperishable foods and canned goods — and don't forget the can opener. Think beans, nuts and seeds, protein bars and dried fruit.
- **First-Aid Supplies:** You'll want a first-aid kit, complete with bandages, gauze, burn cream, antiseptic, sterile gloves, safety pins and more. Pain relievers and an extra supply of prescription medications are important, too.
- **Clothing and Bedding:** Every family member will need a few changes of clothes and portable bedding like sleeping bags, blankets and pillows.
- **Miscellaneous Items:** Cash, personal documents and paper maps might not seem essential now, but they could come in handy. Other nice-to-have items include duct tape, cleaning products and a multitool.

*There's no telling what the future may bring, so it's important to be prepared for anything.*

**You can read issues and see announcements  
and articles on line at  
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**We are assisting more families than ever** right now and basic needs are going out just as fast as they are coming in. Because of this, we are relying heavily on our generous donors. These donors make it possible for us to continue to assist our neighbors most in need. Thank you for your generous monetary donations and donations of new goods to support our ongoing emergency relief.

**Please call (866) 947-4360 before you drive to the warehouse** to drop off donations. If the road conditions prevent us from opening there will be a message on the answering machine saying that we are closed. This will be our weather related closure policy. If you aren't sure about whether we are open please call first or check our Facebook page where we will post if we are closed. Stay safe.

**We have updated our clothing donation drop off process** in order to streamline it. We have made the following changes - if you are donating **only clothing** we are open to those donations Tuesday-Friday 9-2:45pm and Saturday 9-12:45pm, no appointment necessary. **If you are donating other goods such as housewares and furniture** we will continue to schedule those drop offs through our email [donategoods@thewishproject.org](mailto:donategoods@thewishproject.org). We are hopeful that this will make it easier for our donors to drop off their donations at their convenience.

### WISH LIST Coats, Adult Hats & Gloves,

Men's Winter Clothing all sizes, Men's large Long Sleeve shirts

Boy's Coats size 6-18,

Teen Winter Clothing Sizes 14-18,

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Dish Soap, Hand Soap, Shampoo/Conditioner

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Full size high chairs, Small Kitchen Tables

Pack n Play Sheets, Safety Gates, Play mats, Infant Swings

Disinfecting Cleaners, Spray Bottles, Laundry Soap, Spray Bottles, Paper Towels.

**CLOTHING AND TEXTILE RECYCLING** Did you know that if you have clothing, bedding, shoes, curtains, or any cloth item that you don't think have any use, whether they are stained or ripped, we can still accept them and sell them by the pound? Just bag them up separately and write recycle on the bag. All funds raised will go into supporting our mission and our clients!

**About Us:** The Mission of The Wish Project is to help families in need in Merrimack Valley.

Find out more on our website [www.TheWishProject.org](http://www.TheWishProject.org)

or call us at (866) 947-4360. Our New mailing address is:

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