



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 39 Years of Service!

Issue # 418 • September 2022

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DUNSTABLE TOWN CLERK

Our new Town Clerk, Ellen Faiella, has been appointed by the Board of Selectmen. She can be reached at 978-649-4514 X222 or by email efaiella@dunstable-ma.gov. Her current hours are: Mon: 9:00am-5:00pm, Tues: 9:00am-1:00pm and Weds: 9:00am-6:00pm

State Election is scheduled for **Tuesday, November 8th**.

The last day to register to vote in that election is **Wednesday, October 19th**. The Town Clerk's office will be open on that date from 9:00am-6:00pm

If you have any questions about Voter Registration, or the upcoming State Election, please get in touch with the town clerk as soon as possible.

DONATE CLOTHING, TEXTILE & SMALL HOUSEHOLD ITEMS

The Town of Dunstable Board of Health and Big Brothers Big Sisters Foundation and CMRK have created a new partnership to allow residents to easily donate their clothing, textile and small household items. CMRK has been collecting these items across Massachusetts for over 35 years.

Donating is easy. **Bins are located on Pleasant Street next to the post office.** Or residents can schedule a free home pick up by calling CMRK (508) 466-4590 or schedule online at www.BBBSFoundation.org.

The average person gets rid of 85 pounds of clothing a year. 95% of that clothing is able to be reused or recycled. CMRK's new diversion program allows them to give clothing a second life in an easy and convenient way." Big Brothers Big Sisters Foundation will pick up bagged clothing and textiles but also will accept boxed small household items such as pots, pans, small decor and more! At the new donation bins, you can drop off all bagged clothing, sneakers and textiles. *CMRK also accepts non usable clothing and textiles. Please be sure they are bagged and not wet, moldy or soiled.*

Donating clothing helps the environment, helps save taxpayers money and helps clean out your closets. We look forward to forging a socially conscious and environmentally responsible partnership for years to come.

• **PLEASE DROP OFF BAGGED CLOTHING, SNEAKERS, ETC. AND TEXTILES ONLY.**

• **DO NOT LEAVE LARGE OR SMALL ITEMS OUTSIDE THE BINS. IF YOU NEED A PICKUP, PLEASE CALL (508) 466-4590.**



*First Day of Fall
September 22!*

IN MEMORY OF

Henry A. Norris
David Stanley Ambrose

Joseph Riopelle
F. Clinton Vincent

DUNSTABLE VETERAN SERVICES OFFICE

This is for those military families with children entering new schools or transferring into a Massachusetts college and military spouses who have a teaching certificate from another state and wants to teach in Massachusetts.

The state has passed a bill that will:

Expedite the professional licensure process for military spouses to ensure they can continue their teaching careers. Allow military families to enroll their children once they receive their orders so as to resolve disruptions in the children's education. Provide for in-state tuition continuity for military connected college students.

Designate public schools as "Purple Star Campuses when they demonstrate significant support for military families. For more information you can go to karensplka.com. She is the Massachusetts Senate President.

Veteran Birthdays for September for those who have since passed and our many thanks - David Brown, USMC, 21 Feb 1957,

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. I am here to help you.

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

Dunstable Veteran Services Officer

Proudly serving those who have served

BOARD OF HEALTH UPDATE ON COVID-19 TEST KITS

The Town of Dunstable is in receipt of COVID-19 test kits. These test kits are available to the residents of Dunstable. The kits are available through the Board of Health's Office at Town Hall, or at the Police Station and the Fire Station. Limit 2 boxes per household. **Please note the Board of Health's office is open on Tuesdays from 12 pm to 4 pm. Kits may be available at Town Hall at other times, but interested residents are strongly encouraged to contact Town Hall prior to arrival on any other day.** Availability at the Police and Fire Stations depends on the hours of each, but kits should be generally available during normal hours of operation at either station.

HOUSEHOLD HAZARDOUS WASTE COLLECTION DAY

Saturday, September 24, 2022

The Household Hazardous Waste Collection Day flyer, printed with a bright green background, is the last page of this issue. **Should you have further questions please contact the Dunstable Board of Health as soon as possible.**



Matt's Monthly Mechanical Memo

By Matt Manning

Imagine, if - for a small investment - you could save money, breathe cleaner air, enjoy improved safety and comfort in your home, while boosting your overall peace of mind?

Let's take a closer look at why regular HVAC Preventative Maintenance (PM) is such a wise and worthwhile investment.

Save Money: Regular furnace and boiler service is said to reduce the risk of costly breakdowns by as much as 95%.

Cut Energy Bills: HVAC PM helps ensure that your system runs at close to peak efficiency.

Extends System Life: HVAC PM prolongs the lifespan of heating & cooling systems.

Warranty Coverage: Manufacturers often demand proof of regular service for claims.

Safety: HVAC PM visits help prevent deadly carbon monoxide leaks, while cleaning & filter changes improve indoor air quality.

Peace of Mind: Comfort in knowing you have taken steps ensure proper operation.

Matt

Got a question? Drop me a note!

matt@denommeeplumbing.com

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Be sure to ask about extra savings and security with a Peace of Mind Service Program membership

BON APPETIT, JULIA

Join us on **Saturday, September 17 at 2:00p.m. at the Dunstable Town Hall** for Delvena Theater's live performance of **Bon Appetit, Julia**.

This live, interactive, fun performance is set in the 1980's. Julia, being Julia will be demonstrating her culinary skills with a little help from the audience. Refreshment will be served following the performance. **This program is funded by a Dunstable Cultural Council and the Dunstable Council on Aging. RSVP by September 12, sjt0213@verizon.net or call 978-649-4514 ext 223.**

COMMUNITY CARES CORNER

AT WEST AUTO REPAIR IN DUNSTABLE

Located inside our waiting area at West Auto Repair, located at 30 Pleasant St. in Dunstable, MA, we have our community cares corner. Here you can drop off your **pop tabs** which are donated to Shriner's Children's hospital, your **Box Tops** for Education which are donated to Swallow Union elementary school in Dunstable and your **donations for PACH food pantry** in Pepperell.

Thank you neighbors for your continued support of the **PACH food pantry** via our collection boxes. Next time you are out and about, if you are considering picking up a donation for the PACH food pantry, they could use the following: *coffee, laundry detergents and personal care items (soap, shampoo & conditioner, diapers, feminine pads, toothbrushes, toothpaste).* As always any donation food or monetary is greatly appreciated.

Donations can be dropped off Monday - Friday between the hours of 8AM and 5pm inside the waiting room or should you stop by after-hours there is a blue bin located to the right of the front porch area where you can leave your donations as well. **Thank you for making this community cares corner such a success. Wishing everyone a happy, healthy summer. The West Family**

HONORING THOSE WHO SERVE

Hi, I'm Emma Nguyen, Dunstable's Ambassador for Project 351, a program that was founded in 2011 by Governor Deval Patrick. This program recruits eighth graders to help their communities all across the state. This August, Ambassadors are participating in a 9.11 Tribute Service.

As my way to honor those who've served, I decided to interview a few Dunstable police officers about where they were on 9.11, as well as other questions regarding their service.

So keep an eye out for your next issue of Neighbor to Neighbor, as the October issue will feature my article!



UPCOMING CHRISTMAS/HOLIDAY EVENTS

Save the date! The annual 'Journey to Bethlehem' will be at Dunstable's town common on *December 3rd, from 5-7PM*. Enjoy the Christmas carol presentations, view the barnyard animals and warm yourselves by the fires as you journey to see the baby Christ.

We are also introducing 'Jinglefest' this year, with lots of fun holiday events and activities for the whole family! Events will include a 'Fruitcake Fling' contest, Chili Cookoff, Visit with Santa, kids craft time, caroling, refreshments and many other activities.

'A Christmas Carol: The (One-Man) Radio Show' will be presented by the Dunstable Theater Collaborative. We'll also have an expanded craft fair for your holiday shopping. Stay tuned for more details!

Neighbor to Neighbor

Published by Anne Paquin Since 1983

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

E-mail: anne@neighbortoneighbornewsletter.com

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Total Circulation is now 6,616 which includes Dunstable and Tyngsborough.

DUNSTABLE COUNCIL ON AGING

Elder Director: Anne Fenochetti 978-649-4514 # 223
afenochetti@dunstable-ma.gov Office hours: Tues 8-12, Wed. 9-11

Dunstable Council on Aging Barbara Martin, Chairman; Mary Dow, Secretary; Donald Pottle, Joan Simmons, and Jean Haight.

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

Senior Service

• **Well Adult Clinic** **September 28th in the Dunstable library from 11:00 – noon.** Maureen Scott, our new nurse will be on hand at these clinics which allows for personalized, one on one attention from the nurse. Offered services include: blood pressure and blood sugar screening, diet and nutrition information and teaching, medication review and assistance with identifying and coordinating community resources and referrals. **The Flu clinic will be held on Saturday, October 1st at the town hall from 10:00 – 2:00.**

• **Senior & Veteran's Breakfast** Will be held on Thursday, September 15 at 8:30 at the Tyngsboro senior center, 169 Westford Rd, Tyngsboro. Dunstable seniors welcome.

• **Alzheimer Support** is a free service that assists Dunstable families who have loved ones with Alzheimer's disease or dementia. Through our free search tool and database of Alzheimer's care facilities, families in need of care for their loved ones can locate licensed care homes and communities in the Dunstable area that are best equipped to provide care for their loved ones. Go to www.alzheimersupport.com/memory-care/massachusetts/

• **Fabulous Feet by Diane** Diane Stanley, a foot care specialist nurse, is now available to do home visits. She will check feet, trim nail, treat ingrown nails, corns and calluses. Experience with diabetics. Home visit is \$60.00 for a 1hour visit. Call 978-667-0644 to make an appointment.

• **Brown Bag Food Program** Program offers a FREE bag of groceries the 4th Tuesday of each month. Each bag contains a variety of basic healthy foods. Bags need to be picked up at the Tyngsboro Senior Center. Call Laura Marsan 978-946-1303 for more information.

• **I'm in the Donut Hole What Can I Do?** If you have reached or are about to reach that gap in your part D plan, the Commonwealth's Prescription Advantage program can help. For individuals with an annual income of less than \$38,640 or \$52,260 married. Prescription Advantage can help lower your co-payments while in this gap. Call for more information at 1-800-243-4636 or go online at www.prescriptionadvantage.org

• **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. **The Centers for Medicare and Medicaid Services at 1-800-633-4227.**

• **Book Delivery** is available through the Dunstable Library. If you or someone you know needs books or audio material please call the Library at 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

• **We have applications for RMV handicap placards** ...

• **PENSION ACTION CENTER** Free legal counseling for workers and retirees who live or work in New England. Legal help line 1-888-425-6067.

• **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.

• **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 before you drop off items.

• **From the Fire Department** A volunteer from the Dunstable Fire Dept. is available to check your smoke detectors or help to install new ones. An appointment is required. **FREE** Night lights are available to keep you safe as you move around in the dark.

Files of Life 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 placed on your refrigerator.

• **Living Alone Safely in Your Own Home** The Dunstable COA is working with the Fire Dept and Police to keep 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.

Call 978-448-6666 (Fire/Police/ems Dispatch) they will notify the proper person or service to assist you. **Office # 978-649-6661.**

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CHARITY NAVIGATOR

There aren't many days that go by that we are not contacted to make a donation to different organizations. Want to make sure they are legitimate and the donated monies are well used? You can now look up these charities at www.charitynavigator.org

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TRASH & RECYCLING YEARLY SUBSCRIPTION RENEWAL NOTICE

The yearly subscription with the Town of Dunstable for trash and recycling pickup expired on June 30, 2022. Once again for the 5th year, we will not be raising the fee; it remains at \$300.00/year.

Three renewal options are available. New subscribers can use the same options.

- Pay on line on the town webpage www.dunstable-ma.gov and choose online payments. Scroll half way down the page to Trash-Board of Health.

- Mail a \$300.00 check made payable to the Town of Dunstable to P.O. Box 268, Dunstable, MA 01827. **You may want to call or email for the amount due, as they deduct \$ for each month gone by.**

- Drop off a check or cash to the Town Hall Monday-Thursday 9:00-4:00 p.m. Please write Joan – Trash Payment on your envelope.

Overflow bags can also be purchased on line or at the town hall. The cost is \$3.00 each, sold in rolls of 5 for \$15.00. Although there is not a specific spot to purchase the bags on line, just fill in the amount on the trash & recycling renewal page and we will recognize the amount is for the purchase of bags. Bags may be picked up at the town hall Monday-Thursday 9:00 a.m.-4:00 p.m. Bring a copy of your receipt if you paid on line.

If you need to reach us for any reason, please email me at jferrari@dunstable-ma.gov or health@dunstable-ma.gov. You may also leave a message at 978-649-4514, Ext. 229.

Thank you.

NOTICE FROM THE MASSDEP

The Massachusetts Department of Environmental Protection (Mass-DEP) has published the final [2030 Solid Waste Master Plan](#) and announced the following amendments to the waste ban regulations, which will be **effective on November 1, 2022**

Mattresses will be banned from disposal.

Textiles will be banned from disposal.

The Commercial Organics Disposal Ban will apply to businesses and institutions generating one-half ton or more food material per week (it currently applies to those generating one ton or more food material per week) For more information, please refer to Mass-DEP's page on [Waste Disposal Bans](#)

If you have old mattresses and boxsprings in your attic or basement, dispose of them as soon as possible. They will be banned from disposal effective on November 1, 2022. If you are buying a new mattress, ask the company to haul away your old mattress. Check with the Town Board of Health to see how they recommend you dispose of your mattress and boxspring if you use the town service. If you subscribe to a different Trash Hauler please give them a call, or check their website to see what the fee is and to schedule a pick up.

COMMISSIONERS OF TRUST FUNDS

Sarah Parkhurst Lecture/Program Fund

Did you know that the Town of Dunstable has funds that may help defray the cost of a speaker for your group? A century ago, Sarah Parkhurst willed funds to the town for the purpose of maintaining free public lectures/programs in Dunstable. Dunstable's Commissioners of Trust Funds are responsible for disbursing funds from the interest on this account each year. Funds can be used by any recognized non-profit group of Dunstable residents, such as (and not limited to) the schools, Grange, 4-H, Scouts, Dunstable Seniors, library, etc. If your group would like to apply for these funds, please submit your request via an email to the Commissioners of Trust Funds at www.dunstable-ma.gov/user/53/contact

Please include the following information:

- Name of host group • Contact person; email and phone number
- Location of proposed lecture • Date of proposed lecture
- Name of speaker; fee required for the speaker • Topic of lecture
- Approximate number of attendees expected for the lecture
- Target audience • Amount requested

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DUNSTABLE CULTURAL COUNCIL

The Dunstable Cultural Council is now accepting grant applications for FY2023 as of September 1, 2022. **October 17th, 2022 is the deadline for organizations and individuals to apply for grants.** The Dunstable Cultural Council receives money each year from the Massachusetts Cultural Council (MCC) a state agency. These grants can be used to support a variety of artistic and cultural projects that benefit citizens in Dunstable – including concerts, exhibits, festivals, performances in schools, cultural workshops and lectures.

This year, the Online Grant application process will be available. The new online grant system can be found at [SmartSimple | Mass Cultural Council](http://www.mass-culture.org/dunstable). There is a link to the Mass Cultural Council site where you can find more information about the new online applications <http://www.mass-culture.org/dunstable>. If you have any questions, please contact Leslie Novak, at novakc@charter.net

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David W. Crandall
PRESIDENT

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We would like to extend our sincere thanks to our donors and volunteers who have continued to support Loaves & Fishes through an unprecedented and difficult time. The pandemic changed the landscape of nearly every aspect of all of our lives, but thanks to the dedicated support of our donors and volunteers, the pantry has not only survived, we have come out the other side stronger, smarter, and more adaptable than ever.

The past 2 ½ years have been difficult on many levels for many people, businesses and organizations. At Loaves & Fishes we have implemented protocols which we believe have allowed us to remain open for our neighbors who are struggling to make ends meet while also keeping the Pantry as safe as possible for volunteers and staff members.

As you may know, we have been in a drive-thru configuration since March 2020 and we have spent the last several months attempting to determine what our next operational steps will be.

We've surveyed our clients and our volunteer crew to gather information to aid us in this planning. We have developed the first phase of our plan based upon the input we received.

NEW! FIRST TUESDAY EVENING OF THE MONTH

Drive-Thru Session from 4 PM to 7 PM

NEW HOURS on Wednesday and Friday*

Drive-Thru Sessions - 10 AM to 1 PM

Third Saturday of the Month Drive-Thru Sessions
remain from 9 AM to 12 PM

CLOSED the Friday Prior to the 3rd Saturday of Every Month

DRIVE-THRU PANTRY SCHEDULE

Schedule Subject to Change

September 6, 7, 9, 14, 17, 21, 23, 28, 30

October 4, 5, 7, 12, 15, 19, 21, 26, 28

WE FOUND OUR SUPERSTAR! Welcome to our newest team member, Tara Hanley! Tara joined the Loaves & Fishes team on August 30th as our new Food Coordinator. Stop by and say hello! **VOLUNTEERS NEEDED** • On Call Drivers to pick up donations from supermarkets and gardens. • Drivers to pick up from donation box locations. • Back Pantry (must be able to lift 50 lbs) Help process donations and stock shelves. • Truck Washing Team. To keep our box truck looking beautiful. Great opportunity for a school group. **THE GROTON NEIGHBORHOOD FOOD PROJECT MERGES WITH LOAVES & FISHES. Welcome GNFP!** The Town of Groton began a very successful NFP in 2014. Today there are dozens of Groton neighborhoods participating, collecting thousands of pounds of food and truly making a difference. Recently, the Groton Neighborhood Food Project merged with Loaves & Fishes' own Neighborhood Food Project. We are looking forward to our continued collaboration!

MORE CHOICES FOR SPECIAL DIETS We are now offering an enhanced selection of vegetarian, vegan, and gluten free options. We have no income requirements. If you are in need of food, just bring proof of residence in one of the towns we serve.

www.loavesfishespantry.org/need-services/faq-services/ or call 978-772-4627. Please follow us on facebook.



DUNSTABLE SUMMER CONCERT COMMITTEE

The Dunstable Summer Concert Committee would like to thank everyone who attended the Wednesday night concerts for their continued support. The bands were great, the food was delicious thanks to Dinner Made Simple. Thanks to Market Basket, Hannaford, and Shaw's we were able to provide ice cream every week. We especially want to thank Leanne Crestin who picked up the ice cream every week and all the volunteers that served the ice cream. To Brian Reynolds who was our set up man every week. To Alice Sniezek who donated three of her paintings for the silent auction. To the 350th team for providing activities for the kids, the Dunstable Fire and Police Depts. and the library for their support. We are looking forward to next year when the town will be celebrating its 350th anniversary and our 25th year of summer concerts.

On that note we are looking for two new committee members. We need help scheduling bands, getting donations, a social media person, oversee activities, an all-around idea person.

Our first planning meeting is the first part of February. Feel free to contact any committee member if you would like to help out. Sue Tully, Paul Debreceni, John Callahan, Jen West, Laura Rothman, Catherine Reynolds, Leo Tometich or email sjt0213@verizon.net.

Read Current and Past, Dunstable & Tyngsborough editions of Neighbor to Neighbor as well as other articles online at

www.neighbortoneighbornewsletter.com

**Do you have some news or want info
about advertising in the September issue?**

Call 978-419-1914 or

email: annempaquin@verizon.net

DUNSTABLE RURAL LAND TRUST

Plans are in the works for the **Octoberfest** to be held at the McLoon Barn, 169 Thorndike St., Dunstable, MA. The barn is located at the intersection of (Route 113) Main St. and Thorndike St.

Please mark your calendar for Saturday, October 22, 2022 from 11:00am to 2:00pm. Horse-drawn wagon rides and other activities to be announced. Come enjoy free refreshments. No dogs, please! Accessible Parking.

WELL ADULT CLINIC

The clinic will be held on September 28th in the Dunstable library from 11:00 – noon. Maureen Scott, our new nurse will be on hand at these clinics which allows for personalized, one on one attention from the nurse. Offered services include: blood pressure and blood sugar screening, diet and nutrition information and teaching, medication review and assistance with identifying and coordinating community resources and referrals. **The Flu clinic will be held on Saturday, October 1st at the town hall from 10:00 – 2:00.**

At this time the Town Hall is closed on Fridays

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

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

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Visit www.dunstable-ma.gov for contact info, news & updates



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The next deadline is **September 10th**,
for the October issue of *Neighbor to Neighbor*.
**If you miss the deadline please
get in touch as soon as possible.**

Email: annempaquin@verizon.net
or mail: *Neighbor to Neighbor*
64 Hardy St., Dunstable, MA 01827.

Need more information about how to submit news? Do you have a
business? Would you like to know more about advertising?

Call **978-419-1914**

*If I am not available please leave a message, I will get back to you
as soon as possible. Thank you, Anne*

DUNSTABLE SENIORS

Dunstable Seniorswe are a peer group for those over 60.

HAPPY BIRTHDAY to all who are celebrating this month!

**MEETINGS are held on Wednesday
at the Dunstable Library**

We will have access to the community room from 10 – 2.

Come and take part in, cribbage, dominos, and scrabble groups that
will be on hand each week. **Masks are now optional**

Program Coordinator Susan Tully
978-649-6750 stj0213@verizon.net

Lunches for September

- **September 7** Pizza, salad and birthday cake & ice cream.
- **September 14** Potluck, bring a small serving of appetizer, salad,
main course or dessert
- **September 21** Cheese burgers, sweet potato tots, garden
salad and apple crisp. Provided by the Traveling Chef
- **September 28** Ravioli, broccoli and dessert. Provided
by AGESPAN
- **Reservations for all meals are required one week prior to
each meal.** Come and take part in, cribbage, dominos, and
scrabble groups that will be on hand each week.
- **Bone Builders** Lead by Brian O'Donnell and Linda Gill, is held
on Wednesdays and Fridays from 10:30 to 11:30 at the Dunstable
library. Bone Builders is a FREE, low impact, balance and strength
training exercise program. Please drop in if you are interested in
joining.
- **High Tech Device Assistance** Could you use some help getting
the most out of your I phone, tablet or laptop? Dean Lotito has vol-
unteered, if there is a need, to be at the library on Wednesday, Sep-
tember 14 from 10:30 – 12:00 to help answer your questions. Just
come with your phone, tablet or laptop. RSVP if you are interested.

SEPTEMBER IS NATIONAL LIBRARY CARD SIGN-UP MONTH

Seeing that we meet in the Dunstable library it would be won-
derful if we all had a library card, there's no better time for you to
discover the treasures awaiting in our library.

- **Book Group** Join us on **Saturday, September 17 at 10:30am
at the Dunstable Library.** We will be discussing **The Body Keeps
the Score** by Bessel van der Klok. Summary: The Body Keeps the
Score teaches you how to get through the difficulties that arise from
traumatic experiences. Everyone will need to get their own copy.
Copies are available thru the library system.

PACH PEPPERELL FOOD PANTRY

Is open to Dunstable residents. PACH provides food, paper goods
and personal care items. Anyone interested in this service can
contact them at **978-925-9770** or www.pachoutreach.org PACH is
located at **66 Hollis St., Pepperell.** Hours of operation Tues 5-7pm,
and Thurs. 2-4 & 5-7pm. **If you would like to donate items for
this program, you can drop them off locally, in the Community
Cares Corner at West Auto Repair located at 30 Pleasant St. in
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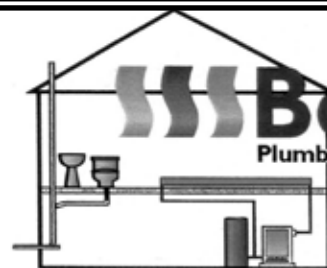
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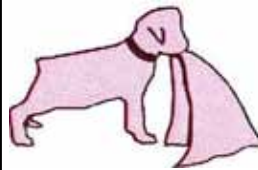
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www.dunstable-ma.gov click on library

Mary Beth Pallis - Director - mpallis@dunstablepl.org

Karen Debreceni - Children's Librarian kdebreceni@dunstablepl.org

**LIBRARY HOURS: Tues 3pm-8pm; Wed 10am-2pm,
Thurs 10am-6pm, Fri 10am-2pm; Sat 10am-2pm**

Like us on FACEBOOK to receive program updates!

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

• **Library Passes Available** Take advantage of these great passes: *Boston Museum of Fine Arts, One Stop Fun, US Constitution Museum in Charlestown, pass to 50 Massachusetts State parks, Salem Witch Museum and Merrimack Repertory Theatre.*

• **Preschool Story Hour** Please come in with your 3, 4 or 5 year old for story hour. Story hour is held on Thursdays and Fridays. We meet from 10:30 – 11:30. The program includes stories, songs and a craft or activity. Come in and join the fun!

• **On Going Book Sale** Is in the Community Room at the library. Come in and check out the selections that are here. Hard Covers are \$1.00, Paperbacks are 5 for \$1.00, DVD's are \$2.00 and CD's are \$1.00. If you would like to donate to the ongoing book sale, please bring current books (not older than 2 years) or any children's books in good condition. Please bring your donations inside, instead of leaving them at the door. We cannot accept magazines, older books, or textbooks

• **Homework Club** The library is offering homework help every Tuesday night from 6:00 – 7:00 for the school year. This is a free service for children from Kindergarten to High School. Honor Students from local high schools are available to help the children. These students help children understand their math homework and more. If your child is attending, please call by 5:30 so we can be sure a student will be here for your child.

• **IF YOU ARE A HIGH SCHOOL STUDENT AND WOULD LIKE TO VOLUNTEER TO BE A TUTOR, please email Karen at kdebreceni@dunstablepl.org to sign up! It would only be 4 hours a month at the very most.**

• **Summer Reading Program:** Summer reading was lots of fun this year! We had so many different programs that were very well attended. Everyone did a wonderful job completing his or her reading logs.

• **Chapter Book Reading** Mrs. D will continue reading from a chapter book each Tuesday night at 5:30 pm. Please join her on dpl facebook live to listen to the story. Any suggestions for favorite chapter books will be appreciated.

• **Take and Makes for September:** Come to the library to pick up materials to make a project at home. Supplies are limited. Sept 13th – Make a colorful zoo animal mask. Most materials will be included! You may have to supply your own scissors or paintbrush.



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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!** Box Tops for Education Swallow Union Elementary School <http://www.swallowunionpto.org> swallowunionpto@gmail.com



FOURTH ANNUAL TYNGSBOROUGH HIKES DAY SATURDAY, OCTOBER 1, 2022

It's Tyngsborough Hikes Day! Come on everyone, enjoy one of Tyngsborough's amazing hiking trails.

- **Bell Trail** - Bryants Lane across from Town Offices This short trail is easy to access and makes a perfect morning hike.
- **Hunter Trail** - River Road, parking lot past RR tracks This low-impact trail is small but has a huge variety of New England flora.
- **Long Pond Camp Kiwanis Trail** Parking lot at 17 Alden St. This trail goes by Long Pond and has a great hill for a cross-country run.
- **Shady Glade Trail** - Primrose Lane, parking near trail head This trail has a variety of ecosystems. A great place to explore.
- **Sherburne Trail** - 46 Coburn Road From a field of milkweed, to a swamp with a beaver lodge, to a clear running stream with a bridge... this trail has everything.

See you on the trail!

Hosted by the Girl Scouts of Senior Troop 68085

AGING ALONE

By Edward H. Adamsky

About a quarter of all seniors live on their own without a spouse, partner, or adult children nearby. They are Aging Alone! Those who are aging alone really need to plan well for a safe and happy future. You will need to plan where you are going to live as you age. This is true for everyone. You need to think about whether or not you can stay in a single-family home or if you will need or want to move to an apartment, or an Assisted Living community, as you get older. If you want to stay at home, your house must work for you if you start to have mobility issues and are less able to take care of things. You need good lighting, safety devices such as grab rails and motion detector lights. You need wide hallways and doorways, accessible closets and cabinets, and no stairs or steps.

Even if you stay at home for quite a while, there may be a time in the future when you cannot any longer and you will have to choose some other option. You should start researching them long before you are forced to move. Check out your local Assisted Living, and Independent Living communities. There are many options available these days and you may need to get yourself on a waiting list for the most popular places. You may also want to spend some of your time cleaning and reducing your level of possessions so a future move will be easier. You might want to hire a professional organizer to help you with that task.

Someday you may need help with your personal needs such as cooking, cleaning, and self-care. You should research the local home health agencies to see what services they offer and what those might cost. Many of those agencies are having a tough time finding employees these days so it might be hard to find an agency in the future. You have to be prepared for that possibility.

It's important to have social connections and a network of friends and professionals who can help you when you need it. If you don't have family to do all of the little things for you, when you cannot do them yourself anymore, then you are going to have to have help from others. You may want to stay local if you have lots of friends nearby, or if you move, you may need to cultivate new friends in the new location. You should have an Attorney who can help you with legal issues, a Financial Advisor for money issues, and other professionals such as a Care Manager or Professional Organizer that you know you can call on for assistance. If you belong to a church or other such organization, you will want to keep up your relationship so you can have some of those resources available to you. Many seniors isolate themselves from the community and are forced into a nursing home when they have no other alternative available.

Planning for aging is important for everyone but even more important for those who are aging alone!

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GROTON INTERFAITH COUNCIL

Seeks New Members + Upcoming Events

The **Groton Interfaith Council (GIC)** seeks to foster inclusion within our local vibrant communities. Our theme for the coming year, **'Unity in the Face of Division'** will celebrate many of the unique qualities our community offers to its residents. GIC is looking to increase faith representation within our group by including individuals of faiths not currently represented. If you or someone you know might be interested in connecting with our focused and inspiring members we invite you to attend our next joyful public gathering of Faith, Coffee & Friends on **Sunday, October 16th at 3 pm** at The Groton Center 163 West Main Street. With open and loving hearts we'll share approaches to unity in our daily lives. Refreshments will be offered. Please note GIC's monthly meeting will be held on **Monday, September 19th at 7 pm** at the First Parish Church minister's office, 3 Powder House Road (next to Groton's Old Meeting House). RSVP to either or both events: grotoninterfaithcouncil@gmail.com



DUNSTABLE

350TH ANNIVERSARY CELEBRATION YEAR KICKS OFF WITH GALA ON OCTOBER 15TH

We're thrilled to officially kick off our year of celebrating Dunstable's 350th anniversary with a fun-filled evening of drinks, dinner, and dancing!

Join us on **Saturday, October 15th at the Sky Meadow Country Club in Nashua** to enjoy a delectable dinner and cash bar and dance the night away! We'll also have a silent auction with a fantastic selection of wonderful baskets to bid on. **Festivities will begin at 6:00 pm.**

Tickets are \$110 each and can be purchased online at <https://www.eventbrite.com/e/dunstable-350th-anniversary-gala-tickets-379987130737>

Follow us on Facebook @Dunstable350th and on Nextdoor.com, and visit www.neighbortoneighbornewsletter.com for the latest news and information. You can contact the Committee via email at anniversarycommittee@dunstable-ma.gov.

ALTRUSA CLUB OF MERRIMACK VALLEY

continues its work in our communities, making a difference in the lives of others.

Altrusa's mission is to promote literacy and to make a difference in the lives of those in need in our communities. **From September through June**, the Altrusa Club meets at the Tyngsborough Senior Center on **the 2nd and 4th Tuesdays of the month**. To learn more about Altrusa, e-mail us at altrusamv@gmail.com.



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Rotary Motto *Service Above Self*

Rotary is a global network Rotary club members are business, professional, and community volunteers in your locality who meet regularly to plan and implement community service activities and network with other professionals. For those interested, members can also choose to become involved in international humanitarian service efforts. More than 1.2 million men and women in over 200 countries and geographical areas belong to over 33,000 Rotary clubs. Rotary clubs participate in a broad range of educational, intercultural, and humanitarian activities designed to improve the lives of others.

If you are interested in membership, please call or text Ron Keohane at (508)517-3895 or Brian Day-Lewis at (978)399-4952. Want to join a meeting? We meet at Dream Diner in Tyngsboro on 1st and last Thursday of the month at 8:00 am. Second and third Thursday of the month, we meet at 12:00 at Dream Diner.

LOCAL ROTARY EVENTS

• Sponsoring the **Council on Aging Breakfast** at the Tyngsborough Senior Center on Westford Road in Tyngsborough on **Thursday, September 15th at 8:30a.m. Open to Seniors & Veterans.**

• **"DINNER ON US" - Drawing** The Tyngsboro Dunstable Rotary Club has recognized the struggles of the restaurants in the area due to the pandemic. We are trying to help restaurants, as well as raise money, towards the Rotary Club community projects.

The following is a list of restaurants that have made a donation for this drawing: **Dream Diner, La Santa, Flints Corner Pizza & Seafood, Sullivan's Ice Cream, Woah Nellie, Lakeside Pizza, Bahama Breeze, 99 Restaurant, Buffalo Wild Wings, Warp & Weft, Max's Country Golf, Burton's, Dunkin Donuts, Cazadores Restaurante Mexicano, and Mave's Kitchen.**

Tickets are \$20 Per Entry. Prizes will be in assorted Gift Certificates to these restaurants. Grand Prize- \$500, 2nd Prize- \$300, 3rd Prize- \$200. Drawing will be Thursday, September 29th. For ticket sales- see Patricia Foster at **Enterprise Bank- 253 Middlesex Rd., Tyngsboro** or Judy McCullough at **JDCU (Jeanne D'Arc Credit Union) - 150 Westford Rd., Tyngsboro.** For further information, go to our Website: <https://www.facebook.com/tyngsborodunstable Rotary/> **Help Support Your Community!**

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JIMMY FUND WALK PRESENTED BY HYUNDAI

Walkers are welcome back on the Boston Marathon® course on Sunday, October 2, to support patient care and research at Dana-Farber Cancer Institute Registration is now open for the 2022 **Boston Marathon® Jimmy Fund Walk** presented by Hyundai. Scheduled for Sunday, October 2, funds raised from the Walk support all forms of adult and pediatric patient care and cancer research at one of the nation's premier cancer centers, **Dana-Farber Cancer Institute**. The Jimmy Fund Walk is the only organized walk permitted on the famed Boston Marathon course and participants have the flexibility to choose from four distance options:

• 5K Walk (3.1 miles from Dana-Farber Cancer Institute) • 10K Walk (6.2 miles from Newton) • Half Marathon Walk (13.1 miles from Wellesley) • Marathon Walk (26.2 miles from Hopkinton). For additional information please email JimmyFundWalk@DFCI.Harvard.edu or call 866-531-9255. **To register for the Jimmy Fund Walk (#JimmyFundWalk) or to support a walker, visit www.JimmyFundWalk.org or call (866) 531-9255.** Registrants can enter the promo code NEWS for \$5 off the registration fee. All registered walkers will receive a bib, medal, and a Jimmy Fund Walk T-shirt.

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

COVID INFORMATION - Due to the declining Covid numbers and the lifting of the mask mandate, **we do not require masks** at our services. *You are more than welcome to wear a mask at your discretion. We have hand sanitizer available for your use.*

FELLOWSHIP TIME will resume the beginning of September. This is a time where parishioners gather after our Sunday services and visit with one another. Please come meet us and get to know us! We welcome all!

LADIES BIBLE STUDY will resume in September or October. Please call us for more information and consider joining us. You may also inquire about our studies when you visit our Thrift Shop. This Bible Study takes place on **Tuesday mornings from 9:30 to 11:30 a.m.**

MEN'S BIBLE STUDY will also resume in September or October. This study takes place on **Monday evenings 6:30 to 8:30**. We will be studying the Book of Revelations so please come and join us. Again, you may call of office or speak with us at the Thrift Store for more information.

SUNDAY SCHOOL will begin on **September 11th**. Please consider enrolling your children in this awesome program.

CHILD CARE is available each and every Sunday morning for your younger children so plan to come and enjoy our church services.

ALL EXECUTIVE BOARDS will resume meetings beginning in September.

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You can remain updated by visiting our website www.tyngsborocongregational.org or please check our Facebook page for unexpected closure dates.

We are always looking for volunteers to help us out. **If you can spare a few hours a week, please call Charlotte at 978-649-780.** Thank you to the dedicated volunteers who so faithfully show up each day! We could not do all the good that happens every day without your help. You are truly a blessing to us!!!

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.

Thank you, Anne

LOADING DOCK GALLERY

122 Western Avenue, Lowell, MA

Show: SPIN through September 25, 2022

Karen Christians and the Loading Dock Gallery present SPIN: a gridded installation of 350 circular spin casting molds. Over 2000 pewter castings spill across the walls, mimicking the murmur of birds. At once structured and swirling, SPIN invites contemplation of pattern and change in our manufactured and natural worlds.

Once used in local manufacturing, spin casting molds were auctioned off as jewelry production moved overseas. SPIN transforms these relics into commentary and art. Christians received her BFA in Metals from Massachusetts College of Art. "One of the great lessons from Mass Art was not just how you make one piece, but where does it live in space and context." In SPIN, flashes of gold leaf reference the precious. Imagery and text evoke New England's industrial past.

SPIN runs through September 25 at Loading Dock Gallery, 122 Western Avenue, Lowell, MA. Open noon-5:30pm, Wednesday-Saturday; noon-4pm Sundays. For details, visit www.theloading-dockgallery.com. Loading Dock Gallery is part of Loading Dock Arts, Inc., a 501c3. www.facebook.com/LoadingDockArtGallery

I HAVE TOO MANY PASSWORDS!!!!

By Dean Lotito

Everyone has too many passwords in their lives these days. Banking, email, shopping - all require accounts with passwords.

The worst way to get around this problem is to use the same password in all your accounts. Even the most careful companies sometimes get hacked and passwords stolen. If your password is stolen from an online shopping site, hackers will try that password at EVERY banking site to see if they can get access to your money.

The most common solution is a notebook of your passwords. This is a better solution. However, that book should be hidden in your home. It would be best to not write "Passwords" on the cover of the notebook. Lastly, consider keeping financial passwords in a different location. One that is harder to find. It would be a good idea to tell a close friend or family member where these passwords are kept.

The best solution is a tool called a password manager. While password managers are the safest choice, they can be a chore to set up. Some well-known password managers are DASHLANE, BITWARDEN and LASTPASS. A password requires you to remember just one password to get access to all your individual passwords.

FINANCIAL FOCUS

LOOK CLOSELY AT OPEN ENROLLMENT CHOICES

It will soon be open enrollment season — the time of year when you can review your employee benefits and make changes as needed. What areas should you focus on?

One to consider is health insurance. If you're still satisfied with your coverage, and it hasn't changed since last year, you may want to keep the same plan. But some employers are now offering high-deductible plans, which may give you access to health savings accounts that can offer tax benefits.

Next, look at life insurance. Is your employer's group coverage sufficient for your needs? If not, you may need to consider a private policy. And the same is true for your employer's disability insurance.

Finally, consider your 401(k) or similar retirement plan. While you can typically make changes to your plan throughout the year, why not take this opportunity to see if you need to adjust your investments? You might also consider boosting your contributions.

Try to get the most from your benefits package — it can be an important part of your overall financial strategy.

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Edward Jones, its employees and financial advisors cannot provide tax or legal advice. You should consult your attorney or qualified tax advisor regarding your situation.

Read Dunstable and Tyngsborough issues, and other articles online at www.neighbortoneighbornewsletter.com

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TYNGSBORO FRIENDS OF THE ELDERLY
FALL FESTIVAL LUNCHEON and ENTERTAINMENT,
Wednesday, September 28th at THE TYNGSBORO
SPORTSMEN'S CLUB, Westford Road. Doors open at 11:30.
Lunch is served at 12:30. Raffle Baskets and 50/50 available. **Tick-**
ets are limited. They will be available at the Tyngsboro Senior
Center on Mondays and Wednesdays, September 12 - 26 from
10AM to Noon. Tickets are also available by calling the organi-
zation's president, Joe Jacoppi (978-649-9076).

Membership forms are available on Greeter Desk at the
Tyngsboro Senior Center or by calling Elaine Rivard, (978)-649-
7689.

Meetings Resume On Saturday, September 24



THE HOPE AND HEALING ADULT GRIEF SUPPORT GROUP

LAST SATURDAY OF EACH MONTH 10:30 a.m.-12:00 p.m.

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WHEN SOMEONE IN YOUR LIFE DIES When someone close
to you dies everything changes in your family, in your life, and your
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alone in your grief and loneliness. The Hope and Healing Adult Grief
Support Group meets on the last Saturday of each month.

All are welcome to a safe place to share your story, find comfort,
hope and encouragement, as you continue a new path in life.

Registration is not required.

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St. Margaret: Tues. 4:30-5:30pm & Sat. 1-2 pm
St. Mary: Wed. 4:30-5:30pm & Sat. 11am -12 noon

• WEEKEND MASS SCHEDULE

St. Mary: 4pm on Saturday, 7am and 11am on Sunday
St. John: 4pm on Saturday, 9:30am and 6pm on Sunday
Also 12pm African Liturgy (2nd, 3rd and 4th Sundays)
St. Margaret of Scotland: 4pm on Saturday and 7:30 and 10am on
Sunday

• DAILY MASS SCHEDULE Monday thru Friday

St. Mary at 7am • St. Margaret of Scotland 8am • St. John at 9am



WOMEN'S MONEY MATTERS IN THE NEWS

Women's Money Matters is honored to be recognized with a
Project Innovation grant from NBC. We are so proud to be one of
only four Boston organizations to have been recognized this year
for making an impact in Massachusetts through our innovative
model.

We are grateful to NBC's Project Innovation for the support
and recognition of our innovative and holistic approach to financial
health for women living on low-incomes. Our model for financial
wellness is one of the most successful strategies for disrupting
poverty because of the unique combination of small peer support
groups, a comprehensive series of financial wellness workshops
tailored to the needs of women, and most importantly, the one-to-
one coaching relationship.

For more information on this organization and to see how you
can get involved, please check out their website.

<https://womensmoneymatters.org>

TYNGSBOROUGH GARDEN CLUB



The Garden Club finished up its programming season on June 21 with a potluck supper at the home of Linwood and Denise Bryan on Lake Muscuppic. The venue and the weather were perfect. The edibles were a delight. (Our Garden Club members are excellent cooks.) The event was very well attended with almost two thirds of our members present.

Our first summer field trip took place on June 17. A group of us went to the Hamilton House and Gardens in South Berwick, Maine for a docented tour of the property. Owned and maintained by Historic New England, this fine Georgian mansion sits on a beautiful promontory at the mouth of the Salmon Falls River. We learned a lot about the history of the site, its furnishings, and its beautifully manicured gardens and spent time strolling the site just drinking in its natural beauty. The tour was followed by lunch at Fogarty's Restaurant and Bakery in downtown S. Berwick.

In July, we went to the Eleanor Cabot Bradley estate in Canton, MA. Owned and administered by the Trustees of Reservations, the gardens were laid out in a classical style and beautifully maintained. We even got to talk with the head gardener and learned about some plants that we might like to have in our own gardens on of these days.

Our next and final field trip of the summer will be to the Pleasant-view Gardens in Loudon, NH, home of Proven Winners nurseries and we will be begin our fall programming and new membership year on September 6. Photographer Nick DiPasquale will be giving us some hints on how to photograph our gardens

New Garden Club members are always welcome and the public is invited to attend individual programs for a nominal fee of \$5. Unless otherwise noted, meetings take place at the Evangelical Congregational Church at 23 Kendall Rd. and begin at 7 pm. Club dues are \$20. For more information, please contact us at tynggardenclub@gmail.com Linda Sheldon, President

BONE BUILDERS AT TYNGSBORO SENIOR CENTER

Bone Builders, a special series of weight lifting and balance exercises for those with Osteoporosis, is a free class at the Tyngsboro Senior Center, 169 Westford, Tyngsboro. The class is held **every Monday and Wednesday from 9 to 10AM by certified instructors**. Along with the exercise session you will learn how to deal with this disease.

You are welcome to come in and watch a class before filling out the paper work. Exercises are not aerobic but slow and gentle movements. For further information, please call Jean Jacoppi (978) 649-9076.

STITCHERS

The Stitchers meet at the Tyngsboro Senior Center, 169 Westford Rd, every Monday from 10AM to Noon.

Chemo Caps was the last project. Thank you to Volunteer Senior Instructor: Yolanda Camona for initiating this project. A special thanks to those who contributed to this project: Jeanne Checchi, Mary Joy Gradia, Elaine Rivard, Carol Sides, 'Ritva Ojamen, Lucey Foley, Mary Texiera, and Shirley Burchfield.

A special thanks goes out to FRIENDS OF THE TYNGSBORO ELDERLY, INC. who not only were willing to donate yarn to the project, but also provided for mailing the caps as well.

Our ongoing project of keeping the needy warm continues. We are providing warm clothing, blankets and afghans through the agency called ABLE TO SERVE. Thank you to Beverly MacLean for her donation of hand knit afghans and Ritva Ojamen for a generous donation of knitwear for children. Hospice continues to receive our shawls, lap robes, caps, and afghans as well.

We are always collecting new yarn for our projects. Won't you join us as we Keep Our Needy Warm by either knitting or crocheting with us in the center or taking supplies home to knit or crochet for a worthy cause. **For further information, please contact Jean Jacoppi, Coordinator (978) 649-9076..**

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DECC is a caring community of faith where we are all on a journey together finding hope, purpose, connection, and wholeness as followers of Jesus. Wherever you are in this walk of life, we invite you to join us.

- **Sunday Morning worship service begins at 10:30 AM.** Masks are optional. Social distancing is according to your comfort level. You may also continue to worship online via our Facebook live stream for current or past services.
- **Adult Bible Study** will resume in September. Check on the website for updates.
- **Sunday School/Nursery** will resume in September. Check on the website for updates.
- Classrooms and the Preschool have been updated with fresh paint, new floors and doors. New windows will be installed in the sanctuary before winter.

IF YOU HAVE GOTTEN OUT OF THE HABIT OF ATTENDING CHURCH, COME BACK.

PEOPLE NEED YOU. YOU NEED PEOPLE.

- Come visit your community church. Streaming is still available on our website, www.dunstablechurch.org.

*May the Lord walk between us while we are absent,
one from another.*

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.

- **The Dunstable Tyngsboro Lions Club would like to announce the first female President since the existence of the club which was formed in 1977.**

• **Officers for the 2022-2023 Lions Year** President: Laura Ward, 1st Vice President/Treasurer: Kristine DeMonico, 2nd Vice President/Secretary: Meg DeMonico, Membership Chair: Joe Ward

• **Anyone interested in joining the lions** is asked to contact Joe Ward at 978-930-1153. **Our Regular Meetings are held on the first and third Tuesday of the month starting at 6:30 pm at Princeton Station 147 Princeton St., in N. Chelmsford, MA.**

• We will be sponsoring the **Council on Aging Breakfast** at the Tyngsborough Senior Center, 169 Westford Road in Tyngsborough on **Thursday, October 20th, 2022 at 8:30a.m. Open to Seniors & Veterans.**

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, 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!

*"Alone we can do so little; together we can do so much."
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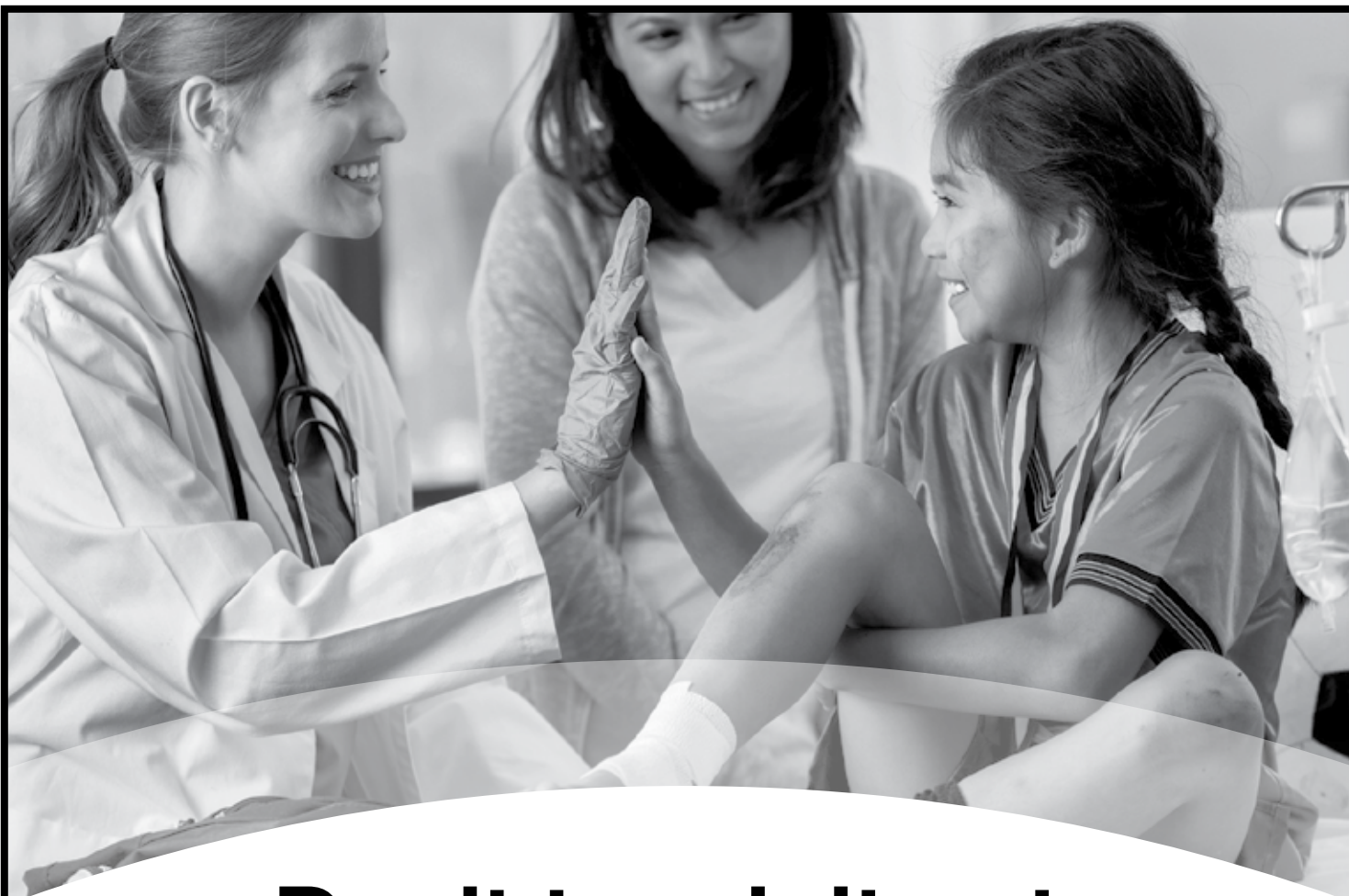
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WHAT TO KNOW

ABOUT THE HOUSING MARKET

Anyone who lived through the 2008 recession and subsequent housing market crash is likely feeling a little worried. After all, home prices have risen quite a bit in the past few years, and inflation is at a 40-year high.

But does that mean we'll find ourselves in a situation similar to the late 2000s?

Likely not — because today's market conditions are starkly different from what was happening in that period.

And in fact, the 2022 housing market is quite strong. Here's why:

• **Demand far outweighs supply.** Housing inventory is extremely low, and demand continues to surge. Demand will likely remain strong for the foreseeable future as the practices of remote work and buying and selling online continue. These two factors keep home values up and provide a steady stream of buyers as properties hit the market.

• **Lending standards are stricter.** It was much easier to get a mortgage 15 years ago. After the crash, lenders created more rigorous standards for borrowers and the financial situation they need to be in to take on a mortgage. Due to these tighter requirements, most homeowners aren't at risk of foreclosure if the economy heads toward a recession.

• **Homeowners have a lot of equity.** The average homeowner gained over \$55,000 in equity in 2021 alone. In the event of a recession, most homeowners could sell their homes and still make a healthy profit.

There's no crystal ball to predict the future, but the housing market is on strong footing, even through the ups and downs.

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4 Ways to get involved: Run it, Give it, Pack it, Fund it.

Run our Virtual 5K: Our virtual 5K is back again this year from September 18-October 2! Registration is \$30 per participant, which funds the purchase of brand-new sneakers for a child in need. Run as an individual, as a team with your family, friends or company! Visit our 5K website to register, set up your team and fundraisers and more!

Host a Drive and Shop Amazon: This continues to be the core of our Fill the Bus campaign. We provide a digital flyer and donation boxes — all you need to do is spread the word to your community or throughout the office. At the end, we help schedule the drop off or pick up of the items. Our Amazon Wish lists are also available to purchase from. Contact us to start the process of hosting your drive. Buy a Confidence Pack: Your company can purchase Confidence Packs, which are specifically designed to address our most urgently requested needs. Shop the items yourself and have a packing event, or fund their purchase. Learn more about the five different packs we offer and get your shopping list.

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MEDICARE PLAN REVIEW COMING UP!

It's that time of year again - the **Medicare Open Enrollment period: October 15- December 7.**

Your health insurance needs are as unique as you. Because Medicare plans change every year, Medicare Open Enrollment period is the annual opportunity to review your Medicare insurance plan to ensure it is the most cost-effective plan for **YOU**.

Each year plans can change in many ways, such as the list of medications that are covered on the plan, prescription co-pays, preferred pharmacies, provider networks, and other benefit co-pays. A certified SHINE counselor can assist you with understanding the various plan options for 2023.

SHINE counselors provide individual-based, unbiased assistance to Medicare beneficiaries and their families about all Medicare options.

By reviewing your coverage during Open Enrollment, you may find that your plan will still be most cost-effective for next year, or you may find a plan that helps to put money back in your pocket where it belongs!

Be an educated consumer and make an appointment to review your Medicare plan with a SHINE counselor by calling the Council on Aging, or call 978-946-1374 and request a Plan Finder form to be sent to you by mail.

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New Hours: Tuesday thru Saturday, 2pm to 7pm

Plans are now being made for a Veteran's Day activity. Please watch for more information in the October issue of Neighbor to Neighbor. *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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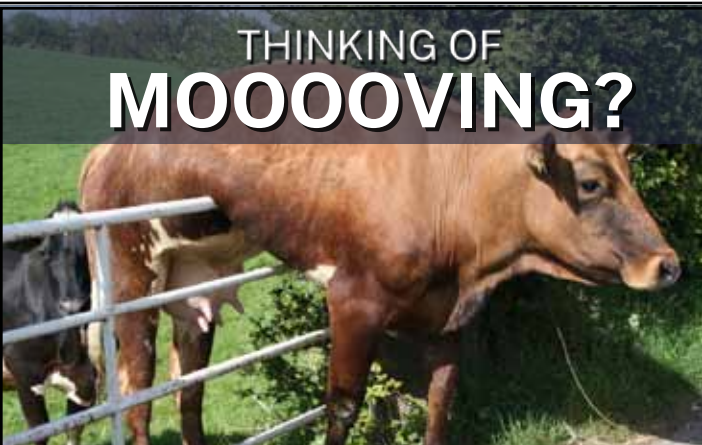


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Radioactive Waste	Smoke Detectors	Infectious & Biological Waste
Syringes	Prescription Medicines	Explosives

*non-hazardous – can be discarded in trash (latex paint needs to be dried out before discarding)

CHARGED ITEMS (CASH ONLY)

Tires: \$3.00 (lawn mower, passenger, and light truck tires only - no oversize tires)

Propanes:

Items	1#	5#	10#	20#	30#	40#	60#	100#	Fire Extinguishers
Price	\$1	\$2	\$2	\$3	\$3	\$5	\$10	\$15	\$6

No oxygen or helium tanks

HOW CAN I SAFELY TRANSPORT HAZARDOUS WASTE

Leave materials in original containers

Tighten caps and lids

Sort and pack separately: oil paint, pesticides and household cleaners

Pack containers in sturdy upright boxes and pad with newspapers

NEVER MIX CHEMICALS

NEVER SMOKE while handling hazardous material