

GLCF anuncia \$75K en COVID-19 subvenciones de emergencia



Fotógrafo: Cortesía de Mill City Grows

Mill City Grows recibió una subvención del Fondo de Respuesta a Emergencias COVID-19 de GLCF para recursos alimenticios adicionales y suministros de limpieza durante la pandemia. A medida que los jardines comunitarios de toda la ciudad se abren para la primavera, Betsy Chisholm de Lowell es una de las jardineras que trabaja en turnos para mantener el distanciamiento social. Pg. 5

GLCF Announces \$75K in COVID-19 Emergency Response Grants

Photographer: Courtesy of Mill City Grows

Mill City Grows received a GLCF COVID-19 Emergency Response Fund grant for additional food resources and cleaning supplies during the pandemic. As citywide community gardens open for the spring, Betsy Chisholm of Lowell is one of the gardeners working in shifts to maintain social distancing. Pg. 5

Grupo de Emprendedores



Poikilos - Anderky Santos; Chilenitos - Cynthia Ortíz; Art Designs - Diana Valdéz; Utopia Dance Co. - Elvis Lora & Louis Casiano; Gianna's Little Gift - Hazel López; Mouva - Hulda Suazo; Angel's Touch - Ivonne Gutiérrez; TechBoots - Jorge García; KDuran Music - Kelsy Durán; Savage - Marcela Galindo; Dulces María - María Montero; Nissi4Barbers - Oriana Burgos; Don Empanadas - Víctor López. Pg. 8

Celtics offer DPW workers lunch



Boston Celtics provided lunch for Lawrence DPW workers on Thursday, April 30. See more pictures on page 15.

Boston Celtics proveyó el almuerzo para los empleados de DPW en Lawrence el pasado jueves, 30 de abril. Vea más fotos en la página 15.

We are Doomed / Estamos condenados

Por Frank Bonet - Pg. 17

Helping Haverhill / Ayuda para Haverhill - Pgs. 8 & 9

Thank You Front Line Workers

Merrimack Valley Chamber of Commerce and its members deliver food to hospital workers during this emergency. // La Cámara de Comercio del Valle de Merrimack entrega comidas a trabajadores de hospitales durante esta emergencia. Pg. 19



El programa de salud es tan natural como respirar para mujer de Amesbury

Después de 15 años trabajando en el comercio minorista, más recientemente como gerente de una tienda, la residente de Amesbury Jennifer Osgood estaba lista para un cambio.

Si bien Osgood sabía que quería una carrera que fuera más decidida, ahora a los 34 años, no estaba segura de lo que quería. Una conversación con su mejor amiga, que es enfermera de la UCI, y después de estar en un hospital local, encontró lo que estaba buscando en el departamento de terapia respiratoria.

Ella está completando el segundo año del programa de dos años y ya tiene casi un año de experiencia.

"Después de seguir a un terapeuta respiratorio y asistir a la sesión de información en NECC, me enamoré", dijo Osgood. "La interacción con el paciente me hizo enamorarme... Tuve un momento de ¡ajá! Esto no es nada que alguna vez pensé que haría. Si me hubieras dicho hace años que estaría estudiando para ser un terapeuta respiratorio a los 30 años, habría dicho que estabas loca".

A solo unas semanas de su graduación, Osgood está trabajando bajo su licencia de estudiante en el Hospital General de Lowell, donde registra aproximadamente 20 horas a la semana.

"No hay nada como la experiencia práctica y la ayuda que recibo de los terapeutas registrados", dijo.

Mientras los terapeutas registrados están ocupados operando los ventiladores, Osgood dijo que, además de observar, ella y los otros estudiantes terapeutas ayudan con otras tareas como limpiar equipos y administrar tratamientos con nebulizador a los pacientes.

Ella dijo que las instalaciones de atención médica están viendo y tratando



Jennifer Osgood trabaja como estudiante de terapeuta respiratorio.

Jennifer Osgood works as a student respiratory therapist.

COVID-19 en todos los diferentes "niveles de enfermedad".

La pandemia no hace que Osgood reconsidere su elección de carrera. En todo caso, dijo, fomenta su compromiso con el cuidado respiratorio.

"Este es un juego de pelota totalmente nuevo para todos", dijo. "Me pone ansiosa entrar en eso, así que realmente puedo ayudar".

Para obtener información adicional sobre el programa de atención respiratoria, visite la página del programa NECC en nuestro sitio web.

at Lowell General Hospital, where she clocks in about 20 hours a week.

"There is nothing like the hands-on experience and the help I receive from the registered therapists," she said.

While the registered therapists are busy operating the ventilators, Osgood said, that in addition to observing, she and the other student therapists assist with other tasks like cleaning equipment and administering nebulizer treatments to patients.

She said healthcare facilities are seeing and treating COVID-19 at all different "levels of disease".

The pandemic does not have Osgood rethinking her career choice. If anything, she said, it furthers her commitment to respiratory care.

"This is a totally new ballgame for everyone," she said. "It makes me anxious to get into it so I can really help out."

For additional information on the respiratory care program visit the NECC program page on our website.

NECC presta ventiladores a hospitales locales

Cuando el programa de cuidado respiratorio del Northern Essex Community College tuvo que pasar al aprendizaje remoto, creó una oportunidad para su valioso equipo.

A partir de la semana pasada, ocho equipos de ventilación mecánica fueron prestados por el Programa de Atención Respiratoria del Northern Essex Community College a tres hospitales locales para su uso durante la pandemia COVID-19.

El Hospital General Lawrence, el Hospital General Lowell y el Hospital Holy Family reciben todos los equipos prestados. NECC entró en acción cuando los directores del departamento de hospitales de atención respiratoria local, que también forman parte del Comité Asesor de Atención Respiratoria, se comunicaron con Northern Essex solicitando que el programa prestara los ventiladores mecánicos mientras la universidad participaba en un plan de aprendizaje remoto, lo que significaba El equipo estaría inactivo.

La coordinadora del programa, Jennifer Jackson-Stevens, directora del programa de cuidados respiratorios del NECC, Don Bellerive, coordinador clínico del programa y Erin Colstad, coordinadora del centro de simulación, prepararon los ventiladores para transportarlos a los distintos hospitales que se encargaron de transferir el equipo.

"Muchos pacientes con COVID-19



Coordinadora del programa Jennifer Jackson-Stevens (derecha), Coordinadora clínica, Don Bellerive (izquierda) con equipo de cuidado respiratorio prestado.

Program Coordinator Jennifer Jackson-Stevens (right), Clinical Coordinator, Don Bellerive (left) with loaned respiratory care equipment.

requieren la asistencia de ventiladores mecánicos cuando están en la fase aguda de la enfermedad respiratoria para ayudarlos a respirar", dijo Jackson-Stevens. "Estos ventiladores mecánicos en los hospitales mencionados anteriormente serán operados por muchos de los alumnos del programa de atención respiratoria de NECC, quienes obtuvieron su título de asociado en ciencias en atención respiratoria en NECC.

Northern Essex ofrece un título de Asociado en Ciencias en Atención Respiratoria. Para obtener información sobre este programa, visite la página del programa aquí o comuníquese con Jennifer Jackson-Stevens en jjacksonstevens@necc.mass.edu

NECC Loans Ventilators to Local Hospitals

When Northern Essex Community College's respiratory care program had to move to remote learning, it created an opportunity for its valuable equipment.

As of last week, eight pieces of mechanical ventilator equipment were loaned by Northern Essex Community College's Respiratory Care Program to three local hospitals for use during the COVID-19 pandemic.

Lawrence General Hospital, Lowell General Hospital, and Holy Family Hospital are all recipients of the loaned equipment. NECC stepped into action when local respiratory care hospital department directors, who also serve on the Respiratory Care Advisory Committee, reached out to the Northern Essex requesting that the program loan the mechanical ventilators while the college was participating in a remote learning plan, which meant the equipment would be sitting idle.

Program Coordinator Jennifer Jackson-

Stevens, NECC's respiratory care program director, Don Bellerive, the program clinical coordinator and Erin Colstad, simulation center coordinator, prepared the ventilators for transport to the various hospitals which were responsible for transferring the equipment.

"Many COVID-19 patients are requiring the assistance of mechanical ventilators when they are in the acute phase of the respiratory disease to help them breathe," said Jackson-Stevens. "These mechanical ventilators at the previously mentioned hospitals will be operated by many of NECC's respiratory care program's alumni, who have earned their Associate Degree in Science in Respiratory Care at NECC.

Northern Essex offers an Associate of Science Degree in Respiratory Care. For information on this program visit the program page here or contact Jennifer Jackson-Stevens at jjacksonstevens@necc.mass.edu

Health Program is as Natural as Breathing for Amesbury Woman

After 15 years working in retail, most recently as a store manager, Amesbury resident Jennifer Osgood was ready for a change.

While Osgood knew she wanted a career that was more purposeful, the now 34-year-old, wasn't sure what she wanted. A conversation with her best friend, who is an ICU nurse, and after shadowing at a local hospital, she found what she was looking for in the respiratory therapy department.

She is completing the second year of the two-year program and already has nearly a year of experience.

"After shadowing a respiratory therapist and attending the information session at NECC, I fell in love with it," Osgood said. "The patient interaction made me fall in love...I had an aha moment. This is nothing I ever thought I would do. If you had told me years ago I would be studying to be a respiratory therapist in my 30s, I would have said you were crazy."

Just weeks away from graduation, Osgood is working under her student license

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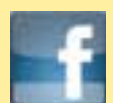
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POR DALIA DÍAZ
daliadiaz@rumbonews.com

READ IT IN ENGLISH ON PAGE 16

Desde Mi Esquina



Violación de reunión abierta o una mentira total fabricada

Estas son supuestamente las ciudades de Massachusetts que actualmente requieren máscaras en lugares públicos: Bellingham, Belmont, Billerica, Braintree, Brookline, Cambridge, Chicopee, Essex, Everett, Falmouth, Framingham, Lawrence, Lynn, Medford, Needham, Northampton, North Reading, Peabody, Plymouth, Providence, Reading, Salem, Somerville, Sudbury, Uxbridge, Wakefield, Waltham, Winthrop y Yarmouth.

La Ciudad de Arlington está esperando que la Junta de Salud de su ciudad vote sobre un reglamento o acepte la medida, que probablemente se reúna durante la semana del 4 de mayo de 2020.

Noventa y cinco (95%) de las ciudades y pueblos mencionados anteriormente hicieron que su Junta de Salud se reuniera y votara sobre tales medidas, o tenían regulaciones que permitían a su líder de pueblo/ciudad hacer un pedido que ordenara el uso de máscara facial, o cualquier regla que permitiría la protección de la salud y la seguridad de la población.

Cuando Rumbo recibió la orden ejecutiva de dos páginas del alcalde de la Ciudad de Lawrence, de inmediato supimos que algo era erróneo y posiblemente deshonesto. En la orden ejecutiva, que fue enviada por la Oficina del Alcalde, el Alcalde Rivera afirma que la Junta de Salud y él acordaron implementar una máscara facial obligatoria.

Sospeché porque la Orden Ejecutiva de la Junta de Salud (BOH) estaba impresa en el membrete del alcalde, no en la de ellos, y no estaba firmada por el alcalde o los miembros. Si se habían conocido, no había constancia de ello. La Junta de Salud no se ha reunido durante abril o mayo (a partir del 1 de mayo) para votar sobre dicha orden.

Primero, el alcalde no puede implementar una orden ejecutiva para sus residentes (las órdenes ejecutivas son solo para sus empleados). En segundo lugar, el BOH nunca se reunió para votar, así que básicamente mintió. Pero si el BOH se reunió, entonces violaron la Ley de Reuniones Abiertas porque se requiere un aviso publicado 48 horas antes de que se lleve a cabo cualquier reunión. No encontramos ningún aviso, ninguna reunión que tuvo lugar y ninguna conversación que haya tenido lugar con miembros de la junta.

Hice algunas llamadas para asegurarme de que estaba en lo correcto y Mike Armano, director de Servicios de Inspección me la devolvió. Explicó que no habían tenido una reunión, ni siquiera una videoconferencia en la que el público pudiera participar,

pero por teléfono, se acordó que el alcalde debería actuar como su agente. Como el Alcalde Rivera citó las Leyes Generales de Massachusetts relacionadas con asuntos de la junta de salud, decidí revisarlo.

MGL 111, Sección 30 establece que "las juntas de salud pueden designar agentes o directores de salud pública para que actúen en su nombre en casos de emergencia o si no pueden reunirse convenientemente, y el agente o director tendrá toda la autoridad que la junta que lo nombró tenía, pero en cada caso, en el plazo de dos días, informará su acción a la junta para su aprobación, y será directamente responsable ante ella y bajo su dirección y control".

No hemos encontrado evidencia de que la Junta de Salud haya designado al Alcalde Rivera para que actúe en su nombre. El BOH puede reunirse de la manera que el gobernador lo ha permitido a través de la teleconferencia y como se han reunido otras juntas, comités, comisiones y concejos. Incluso si el BOH quisiera nombrar a otra persona para que actuara en su nombre, estas leyes no le dan al Alcalde Rivera esa tarea como agente.

Además, en el primer párrafo de la orden ejecutiva se enumeraron algunos reglamentos de las Leyes Generales de Massachusetts. Esas leyes y regulaciones enumeradas parecían bastante intimidantes y, en su mayor parte, permiten a los pueblos y ciudades cierta libertad para proteger a sus residentes. Sin embargo, hay tanto que se implementarán las leyes establecidas frente a lo que dice la ciudad.

En la orden ejecutiva de la ciudad, ha incluido MGL 111, Sección 104. Básicamente, esta parte de la ley mencionada dice que "la junta de salud debe usar toda la atención posible para prevenir la propagación de la infección y puede dar aviso público de lugares infectados por tales medios como a su juicio puede ser más efectivo para la seguridad común" y que "Quien obstruye a los selectos, la junta de salud o su agente al usar dichos medios, o quien intencionalmente (sic) y sin autoridad elimina, borra, desfigura o maneja dicho público los avisos que se hayan publicado, perderán no menos de diez ni más de cien dólares".

Entonces, esa multa de \$300 que el Alcalde Rivera colocó es incorrecta. Además, si uno es multado (por la policía de máscaras), 310 CMR 11.05 declara: "Se le otorgará una audiencia lo antes posible. De lo contrario, los procedimientos para dicha audiencia cumplirían con los requisitos de audiencia que hubieran existido si la orden hubiera sido emitido en circunstancias que no sean de emergencia". Déjame decirte para aquellos de ustedes que no saben. La Ciudad

de Lawrence aún no ha contratado a un oficial de audiencia de violación de tráfico. ¿Qué decir que tienen un oficial de audiencia de máscara facial? Apostaría 50 a 1 que la ciudad no tenía un oficial de audiencia en la fecha en que el alcalde Rivera emitió la falsa orden ejecutiva.

Por favor, no me malinterprete. Tal vez una máscara facial obligatoria pueda ser la única oportunidad del Alcalde Rivera para reducir los casos positivos de COVID-19 en Lawrence porque todo lo que ha hecho hasta este momento no ha funcionado. Lawrence está en el quinto lugar (de todas las ciudades y pueblos de Massachusetts) en tasas positivas de COVID-19. Eso significa que por cada 100,000, hay 1,747 personas positivas.

La máscara facial obligatoria tan tarde en el juego es como tomar anticonceptivos después de haber estado embarazada durante 5 meses. Tal vez sea una mala analogía para ti, pero entiendes el punto. Una cosa que el alcalde Rivera debería haber hecho es permitir que todos sus empleados esenciales estén cubiertos por la Ley CARES del Presidente. Al hacer que casi toda la fuerza laboral de la ciudad esté exenta, básicamente les ha dicho a sus empleados que la ciudad no está pagando sus salarios si ellos o sus familiares se enferman con COVID-19.

Mientras tanto, la mayoría de sus sindicatos están molestos porque ha permitido pagar más de \$58 para contratar enfermeras cuando no ha tenido un contrato sólido con sus propios sindicatos o no está pagando el pago de impuestos. Él sabe lo que es el pago de impuesto por peligro: él estuvo en el ejército. Pagan impuesto por peligro cuando los soldados y marineros entran en combate. ¿No es esto combate? Es por eso que le está pagando \$25,000 adicionales a la Coordinadora de Iniciativas para Personas sin Hogar, Sandy Guerrier. El presidente Trump seguramente llama a esto una guerra.

Ahora el Alcalde Rivera formará parte de un equipo para informar al Gobernador Baker sobre la reapertura de la economía. Bueno, espero que use una máscara facial y haga recomendaciones sobre cómo pararse a seis pies de distancia en algunas de estas bodegas que con tres personas se llenarán al máximo. Aun así, su Director de Desarrollo Económico (que no tenemos) no ha financiado para comercios que nuevamente están perdiendo negocios. ¿No aprendió nada de las explosiones de gas? Sí, aprendió a pedir dinero al estado sin crear ningún tipo de ahorro para ese tipo de desastre económico.

CARTAS AL EDITOR RUMBO

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Las cartas deben tener menos de 300 palabras de largo. Favor de incluir un número de teléfono o dirección electrónica para confirmar quién la envía.

Solo espere la noticia de que el dinero que se usaría para las reparaciones de las calles (de Columbia Gas) se usará para pagar los proyectos de personas sin hogar del Hotel y de Esha House, un proyecto que esencialmente le arrebató al Centro Psicológico.

Luego, esta mañana, el Gobernador Baker emitió una nueva orden ejecutiva a todos los residentes mayores de dos años que deben usar una máscara facial en lugares públicos donde no es posible mantener las medidas de distanciamiento social adecuadas para evitar la propagación de COVID-19. Esta orden a nivel estatal entra en vigencia el 6 de mayo con una multa potencial de \$300, pero deja la aplicación a las ciudades individuales.

Cambios futuros

Tenemos que preguntarnos cuán diferente será la cultura de este país una vez que termine la pandemia, por el tiempo que demore. Las empresas tuvieron que adaptarse rápidamente a nuevas formas de hacer las cosas y los empleados también experimentaron algo nuevo. Trabajar desde casa resultó ser una pesadilla para algunos, mientras que otros encontraron formas de administrar el hogar y los niños.

El cambio más notable para los hospitales es que las familias ya no usan la sala de emergencias para dolencias, fiebre, dolor de estómago, etc. Esto es muy costoso (ya sea que tenga seguro o Medicaid) y los médicos siempre recomiendan ir a un médico de atención primaria, en su lugar.

La nueva forma de comunicación a través de Skype, Zoom o GoToMeeting fue tan práctica que estoy segura de que se volverá común. Ha sido divertido ver programas de televisión (incluyendo las noticias) con los anfitriones informando desde sus casas. La tecnología de hoy nos permite ser más creativos y productivos.

Agradezco estos cambios, pero después de 5 semanas sin visitas y sin ir a ninguna parte, estoy lista para volver a intentar las viejas formas.

Distanciamiento social

¿No cree que el "distanciamiento físico" es más apropiado? Seguimos siendo sociales con todos por teléfono o video; solo se ha restringido el aspecto físico: 6 pies.

Así que mantengamos la distancia física hasta que todo este período desaparezca.



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GLCF anuncia \$75 mil en subvenciones de COVID-19 en respuesta de emergencia

La organización Greater Lowell Community Foundation (GLCF) recientemente proporcionó subvenciones de respuesta de emergencia de fase uno a las organizaciones sin fines de lucro de Greater Lowell que sirven a poblaciones vulnerables durante la pandemia de COVID-19.

Con un total de \$75,000, estas 60 subvenciones son las primeras que se distribuyen del recién creado Fondo de Respuesta a Emergencias COVID-19 de GLCF, creado para satisfacer la necesidad de recursos y servicios sin fines de lucro para personas mayores, de bajos ingresos, inmigrantes y personas sin hogar durante estos tiempos inciertos. Las categorías

de financiación incluyeron, inseguridad alimentaria, trabajadores esenciales y de primera línea, personas sin hogar, inmigrantes, personas con discapacidades/ancianos, apoyo tecnológico, suministros educativos y suministros esenciales.

"GLCF estará aquí para nuestras comunidades desde la prevención hasta los esfuerzos de recuperación a largo plazo", dijo el presidente y CEO de GLCF, Jay Linnehan. "Estas subvenciones han ayudado a una multitud de organizaciones sin fines de lucro increíbles que ayudan a las poblaciones a las que sirven en circunstancias sin precedentes. Estamos agradecidos por nuestros generosos donantes que han apoyado nuestro fondo de respuesta".

Los beneficiarios iniciales incluyen: Aaron's Presents, Alternative House, Ashby Fire y EMS Association Inc., Billerica Council on Aging, Billerica Schools Nutrition Services, Boys & Girls Club of Greater Lowell, Cambodian Mutual Assistance Assistance Assoc., Care Dimensions, Carlisle Council on Aging, Challenge Unlimited, Inc. en Ironstone Farm, Chelmsford Board of Health, Clarendon Early Education Services, Inc., Clear Path for Veterans New England, Coalition for a Better Acre, Collegiate Charter School of Lowell, Dignity Matters, Inc., Dwelling House of Hope, FIN DE 68 HORAS DE HAMBRE - Dracut, Gaining Ground, Girls Inc. of Greater Lowell, Greater Lowell Family YMCA, Habitat for Humanity North Central Massachusetts, Habitat for Humanity of Greater Lowell, Hidden Battles Foundation, House of Hope, Inc., Instituto Internacional de Nueva Inglaterra, Ironstone Farm Challenge Unlimited, Inc., Life Connections, LifeLinks, Inc., Living Waters Center of Hope, Loaves & Fishes Food Pantry, Inc., Lowell Alliance, Lowell Asociación para Ciegos, Lowell Community Charter Public School, Lowell Community Health Center, Lowell House, Inc., Lowell Transitional Living Center, Megan House Foundation, Inc., Merrimack Valley Food Bank, Inc., Mill City Grows, Northeast Arc, Open Pantry of Greater Lowell, Paul Center for Learning and Recreation, Inc., Power of Flowers, Project Learn, Provision Ministry, Inc., Seven Hills Foundation, St. Paul's Soup Kitchen, Center for Hope and Healing, Inc., The Wish Project, Town of Chelmsford, Troubled Waters dba Bridge Club of GL, Virginia Thurston Healing Garden, Wayside Youth & Family Support Network, Inc., Westford Council on Aging, and the Westford Food Pantry.

Community Health Center, Lowell House, Inc., Lowell Transitional Living Center, Megan House Foundation, Inc., Merrimack Valley Food Bank, Inc., Mill City Grows, Northeast Arc, Open Pantry of Greater Lowell, Paul Center for Learning and Recreation, Inc., Power of Flowers, Project Learn, Provision Ministry, Inc., Seven Hills Foundation, St. Paul's Soup Kitchen, Center for Hope and Healing, Inc., The Wish Project, Town of Chelmsford, Troubled Waters dba Bridge Club of GL, Virginia Thurston Healing Garden, Wayside Youth & Family Support Network, Inc., Westford Council on Aging, and the Westford Food Pantry.

Through the remarkable generosity of community members, businesses and foundations, GLCF has raised more than \$525,000 to support its emergency response fund. Major donors include the Barr Foundation, Cummings Foundation, Eastern Bank Charitable Foundation, Amelia Peabody Charitable Fund, Enterprise Bank and many others.

The foundation will continue to raise and distribute emergency funds throughout this pandemic on a rolling basis and in a multi-phase approach, as the region's needs grow and change.

For more information about the GLCF COVID-19 Emergency Response Fund, visit www.glcfoundation.org.

The Greater Lowell Community Foundation (GLCF), founded in 1997, is a philanthropic organization comprised of over 350 funds, currently totaling over \$40MM, which is dedicated to improving the quality of life in 20 neighboring cities and towns. The Community Foundation annually awards grants and scholarships to hundreds of worthy nonprofits and students. It is powered by the winning combination of donor-directed giving, personal attention from its staff, and an in-depth understanding of local needs. The generosity of our donors has enabled GLCF to award more than \$20 million to the Greater Lowell community.

Donations to the GLCF COVID-19 Emergency Response Fund can be made online at www.glcfoundation.org or by mail to the GLCF COVID-19 Emergency Response Fund c/o GLCF, 100 Merrimack Street, Suite 202, Lowell, MA 01852.

A través de la notable generosidad de miembros de la comunidad, empresas y fundaciones, GLCF ha recaudado más de \$525,000 para apoyar su fondo de respuesta de emergencia. Los principales donantes incluyen la Fundación Barr, la Fundación Cummings, la Fundación Benéfica Eastern Bank, el Fondo Benéfico Amelia Peabody, Enterprise Bank y muchos otros.

La fundación continuará recaudando y distribuyendo fondos de emergencia a lo largo de esta pandemia de forma continua y en un enfoque de múltiples fases, a medida que las necesidades de la región crezcan y cambien.

Para obtener más información sobre el Fondo de Respuesta a Emergencias COVID-19 de GLCF, visite www.glcfoundation.org.

La Greater Lowell Community Foundation (GLCF), fundada en 1997, es una organización filantrópica compuesta por más de 350 fondos, que actualmente totalizan más de \$40MM, que se dedica a mejorar la calidad de vida en 20 ciudades y pueblos vecinos. La Fundación de la Comunidad otorga anualmente subvenciones y becas a cientos de organizaciones sin fines de lucro y estudiantes dignos. Está impulsado por la combinación ganadora de donaciones dirigidas por donantes, atención personalizada de su personal y una comprensión profunda de las necesidades locales. La generosidad de nuestros donantes ha permitido que GLCF otorgue más de \$20 millones a la comunidad de Greater Lowell.

Las donaciones al Fondo de Respuesta a Emergencias COVID-19 de GLCF se pueden hacer en línea en www.glcfoundation.org o por correo al Fondo de Respuesta a Emergencias COVID-19 de GLCF c/o GLCF, 100 Merrimack Street, Suite 202, Lowell, MA 01852.

GLCF Announces \$75K in COVID-19 Emergency Response Grants

The Greater Lowell Community Foundation (GLCF) recently provided phase one emergency response grants to Greater Lowell nonprofits serving vulnerable populations during the COVID-19 pandemic.

Totaling \$75,000, these 60 grants are the first to be distributed from the newly established GLCF COVID-19 Emergency Response Fund, created to meet the need for nonprofit resources and services for the elderly, low-income, immigrants and homeless during these uncertain times. Categories of funding included: food insecure, essential/front line workers, homeless, immigrants, individuals with disabilities/elders, technology support/educational supplies and essential supplies.

"GLCF will be here for our communities from prevention through long-term recovery efforts," said GLCF President & CEO Jay Linnehan. "These grants have assisted a multitude of incredible nonprofits help the populations they serve in unprecedented circumstances. We are grateful for our generous donors who have supported our response fund."

Initial grantees include: Aaron's Presents, Alternative House, Ashby Fire and EMS Association Inc., Billerica Council on Aging, Billerica Schools Nutrition Services, Boys & Girls Club of Greater Lowell, Cambodian Mutual Assistance Assoc., Care Dimensions, Carlisle Council on Aging, Challenge Unlimited, Inc. at Ironstone Farm, Chelmsford Board of Health, Clarendon Early Education Services, Inc., Clear Path for Veterans New England, Coalition for a Better Acre, Collegiate Charter School of Lowell, Dignity Matters, Inc., Dwelling House of Hope, END 68 HOURS OF HUNGER – Dracut, Gaining Ground, Girls Inc. of Greater Lowell, Greater Lowell Family YMCA, Habitat for Humanity North Central Massachusetts, Habitat for Humanity of Greater Lowell, Hidden Battles Foundation, House of Hope, Inc., International Institute of New England, Ironstone Farm Challenge Unlimited, Inc., Life Connections, LifeLinks, Inc., Living Waters Center of Hope, Loaves & Fishes Food Pantry, Inc., Lowell Alliance, Lowell Association for the Blind, Lowell Community Charter Public School, Lowell



FOR ANYONE WHO IS STILL NOT CLEAR :

Anybody who isn't a member of your household should NOT be coming into your house. It includes your brother, sister, daughter, son, gran, grandchildren, boyfriends, fiancée - your mother's Great Aunt Fanny!

ANYONE who doesn't live at your address is NOT allowed in.

Apart from risking the safety of your immediate family members, you are being extremely selfish & reckless. I know it's a pain, but you & others who are still doing this risk EXTENDING THE LOCKDOWN TO MONTHS NOT WEEKS!!! Please, please STOP.

Protección para trabajadores de las plantas empacadoras de carne y nuestro suministro de alimentos

Por Gladys Godínez, Organizadora Comunitaria, Centro de Asuntos Rurales

Las plantas empacadoras de carne en todo el país se han convertido en puntos calientes de COVID-19, y las luchas que enfrentan las personas que trabajan en el interior son evidentes y alarmantes.

Se les pide a nuestros amigos y vecinos que arriesguen su salud, seguridad y vidas sin protecciones vitales en el trabajo, lo que a su vez, pone en peligro nuestro suministro de alimentos y nuestras comunidades enteras. Se sigue pidiendo a las personas que trabajan en plantas de carne y aves de corral que trabajen hombro con hombro sin protecciones críticas y, como resultado, se enferman cada vez más.

La propagación de COVID-19 en las comunidades empacadoras de carne está ocurriendo porque las plantas empacadoras de carne han respondido insuficientemente a esta crisis de salud pública. La falta de seguridad está provocando el cierre de plantas, y eso es algo que todos queremos evitar.

Durante el último mes, hemos tenido muchas conversaciones con estos empleados y sus familiares. El distanciamiento físico de seis pies no está ocurriendo en la mayoría de las plantas en todo el país en el piso de producción.

Una simple solicitud proviene del hijo de un trabajador de una planta empacadora

de carne. "Proporcione a nuestros trabajadores esenciales de empacadoras de carne permisos pagados, pago de riesgos, equipo de protección personal y pruebas COVID-19 gratuitas para los empleados y sus familias", dijo.

No tenemos que elegir entre la producción de alimentos y la seguridad de los trabajadores. La producción continua de alimentos depende de la seguridad de los trabajadores. Las empresas, así como los gobiernos estatales y federales, deben intensificar y ofrecer a sus trabajadores esenciales soluciones reales y significativas para mantener a todos seguros y económicamente seguros.

Al implementar protecciones para los trabajadores esenciales, sus familias y comunidades, podemos ayudar a frenar la propagación del virus y garantizar que la producción de alimentos pueda continuar de manera segura en todo Estados Unidos.

Establecido en 1973, el Centro de Asuntos Rurales es una organización privada sin fines de lucro que trabaja para fortalecer las pequeñas empresas, las granjas y ranchos familiares y las comunidades rurales a través de programas orientados a la acción que abordan cuestiones sociales, económicas y ambientales.

Protect meatpacking plant workers and our food supply

By Gladys Godínez, community organizer, Center for Rural Affairs

Meatpacking plants across the country have become COVID-19 hotspots, and the struggles faced by the people working inside are apparent and alarming.

Our friends and neighbors are being asked to risk their health, safety, and lives without vital protections on the job which, in turn, is endangering our food supply and our entire communities. People working in meat and poultry plants continue to be asked to work shoulder to shoulder without critical protections and they are getting sicker and sicker as a result.

The spread of COVID-19 in meatpacking communities is happening because meatpacking plants have responded insufficiently to this public health crisis. A lack of safety is leading to plant shutdowns, and that is something that we all want to avoid.

For the last month, we have had many conversations with these employees and their family members. Six-foot physical distancing is not happening in most plants across the country on the production floor.

One simple request comes from

the son of a meatpacking plant worker. "Provide our essential meatpacking workers with paid leave, hazard pay, personal protective equipment, and free COVID-19 testing for employees and their families," he said.

We do not have to choose between food production and worker safety. Continued food production depends on worker safety. Companies, as well as state and federal governments, need to step up and offer their essential workers real and meaningful solutions to keep everyone safe and economically secure.

By implementing protections for essential workers, their families, and communities, we can help slow the spread of the virus and ensure food production can continue safely throughout the U.S.

Established in 1973, the Center for Rural Affairs is a private, non-profit organization working to strengthen small businesses, family farms and ranches, and rural communities through action oriented programs addressing social, economic, and environmental issues.

El plazo para solicitar asistencia de combustible se ha extendido hasta el 29 de mayo

El Greater Lawrence Community Action Council, Inc., aceptará solicitudes de asistencia de combustible hasta el 29 de mayo.

El plazo original del 30 de abril se ha extendido.

Hay fondos disponibles para ayudar a los hogares elegibles según sus ingresos de Lawrence, Methuen, Andover, North Andover, Reading y North Reading, a pagar una parte de las facturas de calefacción de invierno.

Se invita a los residentes a presentar una solicitud aun si trabajan, viven en viviendas subsidiadas o sus servicios públicos están cubiertos en el alquiler.

La elegibilidad se basa en el tamaño del hogar y en los ingresos anuales brutos de todos los miembros mayores de 18 años.

Las oficinas de GLCAC siguen cerradas al público debido a la pandemia

del COVID19. No obstante, el personal sigue disponible para ayudar a los clientes por teléfono y por correo electrónico.

Para mayor información, llame al 978-681-4950 o escríbale por correo electrónico a Gerald Walsh, a gwalsh@glcac.org, o a Ada Figueroa, a afigueroa@glcac.org.

El papeleo se puede dejar en el buzón que está frente a las oficinas de GLCAC en 305 Essex St.

GLCAC es una agencia de servicios sociales multifacética que en 2019 asistió a 32.648 personas mediante una variedad de programas, entre ellos, de educación para la primera infancia, asistencia de combustible, asistencia nutricional de WIC, servicios de inmigración, prevención del envenenamiento con plomo, prevención del maltrato infantil, clases de inglés y protección al consumidor.

Fuel Assistance Deadline Extended to May 29

The Greater Lawrence Community Action Council, Inc. will be accepting applications for fuel assistance through May 29.

The date has been extended past the original April 30 deadline.

Funding is available to help pay a portion of winter heating bills for income-eligible households in Lawrence, Methuen, Andover, North Andover, Reading and North Reading.

Residents are encouraged to apply even if they work, live in subsidized housing, or if utilities are covered through rent.

Eligibility is based on household size and the gross annual income of every household member, 18 years of age or older.

GLCAC's offices remain closed to

the public due to the COVID19 pandemic, however staff is available to assist clients by phone and email.

For more information, call 978-681-4950 or email Gerald Walsh at gwalsh@glcac.org or Ada Figueroa at afigueroa@glcac.org.

Paperwork can be dropped off in the drop box outside GLCAC's 305 Essex St. offices.

GLCAC is a multi-faceted social services agency that assisted 32,648 individuals in 2018 through a range of programs including early childhood education, fuel assistance, WIC nutrition assistance, immigration services, lead poisoning prevention, child abuse prevention, English-language lessons, and consumer protection.

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NILP Staff Working From Home

Ayude a las personas con discapacidad a acceder a la tecnología

El personal de NILP trabajando desde casa. Nuestro personal está de buen humor mientras trabajan desde casa y continúan brindando servicios y apoyo a personas con discapacidades en Greater Merrimack Valley.

Estamos ayudando a nuestros consumidores a navegar por una abundancia de nueva información y recursos. Ofrecemos a los estudiantes formas divertidas e interactivas de conectarse con sus

Querido amigo,

Espero que este correo electrónico lo encuentre bien y con buena salud. Mientras practicamos el "distanciamiento físico", los chats de video con mi familia están ayudando mucho a superar estos tiempos inciertos e inquietantes.

Aún así, debo ser honesta. Me preocupan nuestros consumidores que no tienen el mismo acceso a la tecnología que usted o yo podemos tener.

He estado escuchando historias sobre algunos de nuestros consumidores, particularmente aquellos que son adultos mayores, que se sienten aislados, incapaces de conectarse con sus cuidadores, familiares y amigos.

Y, en un momento en que el estrés y la ansiedad aumentan para todos nosotros, nuestros consumidores en recuperación de problemas de salud mental y/o adicción necesitan acceso a grupos de apoyo de pares en línea ahora más que nunca.

Si nuestros consumidores de PCA no tienen la tecnología que necesitan para enviar sus documentos en línea, me preocupa que puedan perder sus servicios y terminar en un hogar de ancianos.

En la actualidad, la tecnología nunca debería ser una barrera para la independencia.

compañeros. Y, estamos ejecutando grupos de apoyo de pares en línea para aquellos en recuperación, o para cualquier persona en la comunidad que pueda usar soporte adicional durante este tiempo.

Todos estos servicios críticos son gratuitos.

Si usted o alguien que conoce es una persona con discapacidad y necesita asistencia, contáctenos en help@nilp.org o (978) 687-4288.

¿Considerará una donación de \$25 al Fondo de Independencia de NILP?

Su donación se destinará a la compra de teléfonos inteligentes, tabletas, computadoras portátiles o dispositivos de tecnología de asistencia para nuestros consumidores que enfrentan situaciones de emergencia y no tienen otros medios de apoyo.

Gracias a usted, nuestros consumidores no perderán su independencia y conexión con la comunidad durante estos tiempos difíciles.

Si no puede hacer un regalo en este momento, lo entiendo. Pero, quería compartir con ustedes los desafíos que enfrentan nuestros consumidores en caso de que puedan y quieran darnos.

Agradezco sinceramente cualquier apoyo que pueda ofrecer ahora o en el futuro. Si hay algo que NILP pueda hacer por usted, no dude en comunicarse con nosotros. ¡Estamos todos juntos en esto!

Como siempre, gracias por su continuo apoyo.

Sinceramente,

June C. Sauvageau, CEO



Help people with disabilities access technology

Our staff are in bright spirits as they work from home and continue providing services and support to people with disabilities in the Greater Merrimack Valley.

We're helping our consumers navigate an abundance of new information and resources. We're offering students fun and interactive ways to connect with peers. And,

Dear Friend,

I hope this e-mail finds you well and in good health. As we practice "physical distancing," video chats with my family are helping a great deal in getting through these uncertain and unsettling times.

Still, I must be honest. I'm concerned about our consumers who don't have the same access to technology that you or I may have.

I've been hearing stories about some of our consumers, particularly those who are older adults, who feel isolated, unable to connect with their caregivers, family and friends.

And, at a time when stress and anxiety are heightened for all of us, our consumers in recovery from mental health and/or addiction challenges need access to online peer support groups now more than ever.

If our PCA consumers don't have the technology they need to submit their paperwork online, I'm concerned they could lose their services and end up in a nursing home.

In this day and age, technology should never be a barrier to independence.

Will you consider a gift of \$25 to the

we're running peer support groups online for those in recovery, or for anyone in the community who could use extra support during this time.

All of these critical services are free.

If you or someone you know is a person with a disability and needs assistance, please contact us at help@nilp.org or (978) 687-4288.

NILP Independence Fund?

Your gift will go towards the purchase of smartphones, tablets, laptops or assistive technology devices for our consumers who are facing emergency situations and have no other means of support.

Thanks to you, our consumers won't lose their independence and connection to the community during these challenging times.

If you're not able to make a gift at this time, I understand. But, I wanted to share with you the challenges our consumers are facing in case you can and would like to give.

I sincerely appreciate any support you can offer now, or in the future. If there is anything NILP can do for you, please don't hesitate to reach out to us. We're all in this together!

As always, thank you for your continuous support.

Sincerely,

June C. Sauvageau, CEO

Rumbo

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Helping women help themselves

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Quiere ayudar a mujeres en su comunidad a tener mejor manejo de su dinero? Con solo una hora de su tiempo puede lograr que alguien aprenda. No tiene que ser un mago financiero, ni tampoco tener ningun titulo, solo ganas de ayudar en la comunidad de Lawrence, venga haga la diferencia!!!!!!

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The MA Smokers' Helpline offers free support to quit smoking.

Call 1-800-QUIT-NOW or 1-800-8-DÉJALO

Ayude a recaudar fondos para familias vulnerables en Haverhill en solo unos minutos participando en este proyecto especial

Un mensaje del Representante Estatal Andy Vargas

Si usted es un trabajador esencial, un socorrista, un maestro, una organización sin fines de lucro/servidor público, un líder comunitario o un padre, gracias a todos por su capacidad de recuperación durante esta pandemia.

Me comunico hoy porque estamos en el proceso de producir un video que nos ayudará a contar la historia de cómo Haverhill ha perseverado en este momento. El video nos ayudará a recaudar fondos para las familias vulnerables de Haverhill.

Para producir este video y cumplir con el distanciamiento físico, necesitamos su ayuda. Aquí hay una manera simple de ayudar. En un entorno / fondo que mejor

represente su rol (o el de sus compañeros / personal/familia) a través de esta pandemia:

1. Grabe un video no más de 10 segundos diciendo "Esto es Haverhill"
2. Grabe un segundo video no más de 10 segundos diciendo "One Haverhill"
3. Tome una foto o selfie de usted / fam / staff
4. Cargue los 3 en WeTransfer.com y envíelos a felix@vesselvision.com
5. Cargue sus videos antes del lunes 27 de abril.

Las instrucciones de disparo y carga se pueden encontrar aquí: [Instrucciones de disparo para video](#)

Help raise funds for vulnerable families in Haverhill in just a few minutes by participating in this special project

A message from State Representative Andy Vargas

If you are an essential worker, first responder, teacher, nonprofit/public servant, community leader or parent, thank you all for your resilience throughout this pandemic.

I'm reaching out today because we are in the process of producing a video that will help us tell the story of how Haverhill has persevered through this moment. The video will help us raise funds for vulnerable Haverhill families.

In order to produce this video and comply with physical distancing, we need your help. Here's a simple way you can help. In a setting/background that best represents your role (or that of your peers/staff/family) through this pandemic:

1. Record a video no more than 10 seconds saying "This is Haverhill"
2. Record a second video no more than 10 seconds saying "One Haverhill"
3. Take a picture or selfie of you/fam/staff
4. Upload all 3 to WeTransfer.com and send to felix@vesselvision.com
5. Please upload your videos by Monday, April 27.

Shooting and uploading instructions can be found here: [Shooting Instructions for Video](#)



Primera graduación de manera virtual para emprendedores participantes del acelerador - Negocios Exitosos - que ofrece EparaTodos en Lawrence, MA. La organización repartió \$8,500 en premios en efectivo a 5 de los 13 proyectos que participaron para impulsar su desarrollo y crecimiento empresarial.

LAWRENCE, MA - 22 de abril, EparaTodos graduó el décimo grupo de emprendedores que durante 14 semanas obtuvieron asistencia técnica y mentoría entre otros beneficios para acelerar sus emprendimientos. Negocios Exitosos es el primer acelerador completamente en español de su clase para emprendedores en los EE.UU. Con este grupo ya se han graduado 127 emprendedores del acelerador. Los emprendedores participantes aprendieron cómo generar sus modelos de negocio, formalizar sus proyectos, mercadeo digital, administración financiera, como comunicarse para vender su producto/servicio, entre otros temas de negocio. Este acelerador ayuda a los emprendedores a materializar sus proyectos, ya sean con o sin fines de lucro. Además de los beneficios ya mencionados, el acelerador da la oportunidad de ganarse un incentivo económico para que los emprendedores lo inviertan en sus proyectos. Debido a la pandemia el acelerador se finalizó utilizando talleres y presentaciones virtuales. ¡Los 5 proyectos que ganaron premios en efectivo fueron!

Dulces Maria - Premio Héctor Conde - \$500 - Venta de dulces tradicionales al estilo dominicano desde Lawrence, MA. Maria Montero es la dueña y pueden encontrarlos en facebook.com/dulcesmaria. Este premio se otorga a emprendimientos e individuos que sobresalen por su carisma y lucha para enfrentar adversidades. Se otorga en honor a nuestro emprendedor Héctor Conde quien falleció repentinamente en el 2018.

Chilenitos - \$1,000: Empresa dedicada a la preparación y venta de dulces tradicionales de Chile donde el ingrediente estrella es el manjar blanco. Cynthia Ortiz es la dueña de Chilenitos, funciona desde Cambridge, MA y pueden encontrarlos en facebook.com/dulces.chilenitos

Art Designs - \$1,500: Diana Valdez es la dueña de este emprendimiento dedicado a diseñar y producir letreros de publicidad para que los negocios cobren vida, entre otros productos personalizados de mercadeo. Esta empresa está ubicada en Lawrence, MA y pueden contactarlos en instagram.com/artdesigns978/

Nissi4Barbers - \$2,500: Empresa dedicada a suministrar productos profesionales para barberos, barberías y salones de belleza desde Lawrence, MA. La empresaria al frente de este emprendimiento es Oriana Burgos y pueden encontrarlos en facebook.com/Nissi4Barbers/

KDuran Music - \$3,500: Organización localizada en Lawrence, MA con la misión de ofrecer a estudiantes con diferentes habilidades la oportunidad de presentar su talento a través de la música, aprendiendo con clases y mentores en un ambiente diverso e inclusivo. Kelsy Duran es la dueña y pueden encontrarlos en kduranmusic.com.

Todos los emprendedores hicieron un gran trabajo avanzando en sus proyectos con la ayuda de mentores que apoyan la misión de EparaTodos. Estos son los otros emprendedores:

- Anderky Santos - Poikilos
- Jorge Garcia - TechBoots
- Victor Lopez - Don Empanadas
- Marcela Galindo - Savage
- Hulda Suazo - Mouva
- Hazel Lopez - Gianna's Little Gift
- Utopia Dance Co. - Elvis Lora & Louis Casiano
- Ivonne Gutierrez - Angel's Touch

El invitado especial de la noche fue Francis Concepción, Gerente de Producción de Univisión Inglaterra, quien dio un discurso de ánimo, empoderamiento y concienciación a los emprendedores y asistentes al evento acerca de los retos y responsabilidades que tenemos los hispanos con el futuro de nuestras comunidades, especialmente en estos momentos de crisis.

Para participar en el próximo acelerador en este verano pueden solicitar aquí: tinyurl.com/NEverano. Para más información acerca de los programas de EparaTodos pueden contactar a Andres Silva - Gerente de Programas - andres@eforall.org - 978-566-9350 - www.eparatodos.org - 60 Island St, Suite 109, Lawrence, MA 01840

EparaTodos es una organización sin fines de lucro que tiene como misión acelerar el impacto económico y social a través del emprendimiento Hispano.

www.rumbonews.com

Fire victims / Víctimas de incendios

Please contact Heal Lawrence if you wish to make a contribution to the victims of the recent fires in Lawrence. The website has a list of donated items and things that are still needed.

Favor de ponerse en contacto con Heal Lawrence si desea hacer una contribución a las víctimas de los incendios recientes en Lawrence. El sitio en la internet tiene una lista de artículos que han sido donados y lo que todavía necesitan.

<http://heallawrence.org/>

heallawrence@aol.com

<https://www.facebook.com/heallawrence.mass>

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Líderes empresariales y comunitarios, United Way lanzan el fondo One Haverhill

Como reflejo del espíritu fuerte y resistente de la ciudad, los líderes comunitarios de Haverhill lanzaron hoy The One Haverhill Fund para movilizar recursos para proporcionar asistencia de emergencia a las personas y familias afectadas por la pandemia de Coronavirus.

El Fondo One Haverhill: convocado por el Representante Andy Vargas y establecido por líderes comunitarios, incluidos el Alcalde James Fiorentini, la Representante Christina Minicucci, la Cámara de Comercio de Greater Haverhill, Community Action, Inc., Emmaus, despensas de alimentos de Haverhill y United Way of Massachusetts Bay y Merrimack Valley: movilizará recursos para asistencia de emergencia y distribución de alimentos ampliada, con un enfoque en aquellos que son económicamente más vulnerables durante la pandemia. El fondo desplegará recursos a través de socios sin fines de lucro para evitar crisis financieras y desplazamientos para los residentes de Haverhill.

"A lo largo de esta crisis, los residentes y las organizaciones de Haverhill han dado un paso al frente de una manera inspiradora", dijo el Representante Estatal Andy Vargas. "Ya sea que esté entregando alimentos, brindando refugio o contribuyendo para ayudar a un estudiante a tener acceso a un servicio confiable de Internet, nuestra comunidad se ha unido como una sola. Haverhill tiene 36 millas cuadradas, más de una docena de vecindarios y experiencias de vida variadas que forman todo Haverhill. El Fondo One Haverhill será un vehículo para garantizar que ningún residente o familia de Haverhill se quede atrás".

A medida que el COVID-19 reverbera en hospitales, oficinas, escuelas y hogares, muchos en Haverhill se ven afectados de formas que nunca imaginaron hace un mes. Las empresas que constituyen la columna vertebral de la economía local han reducido significativamente sus horas o se han visto obligadas a cerrar. Las personas a las que no se les paga si no están trabajando están tratando de descubrir cómo llegarán a fin de

mes. El Fondo One Haverhill se estableció para movilizar a aquellos que pueden donar para apoyar a sus vecinos.

"Ha sido realmente inspirador ver a tantas personas y empresas de Haverhill intensificar para apoyar a los necesitados durante esta crisis histórica y sin precedentes", dijo el Alcalde Fiorentini. "Quiero agradecer a todos los que ya han ayudado de alguna manera y pedirle a todos los que puedan que den lo que puedan a este nuevo Fondo One Haverhill. Sabemos que muchos más residentes y familias de Haverhill necesitarán apoyo financiero en las próximas semanas y meses y este es un gran recurso nuevo para asegurarnos de que estamos allí para ellos".

Para iniciar el esfuerzo, United Way ha proporcionado \$50,000 a Emmaus y Community Action, Inc. Además de lanzar el Fondo One Haverhill, los esfuerzos de ayuda de COVID de United Way han apoyado a UTEC y al Boys and Girls Club de Greater Haverhill.

"A medida que aumenta el desempleo y todos luchamos para hacer frente al COVID-19 en nuestros hogares y en nuestras comunidades, también podemos actuar para ayudar a otros", dijo Michael K. Durkin, presidente y director ejecutivo de United Way of Massachusetts Bay y el Valle de Merrimack. "United Way se enorgullece de asociarse con el Representante Vargas y los líderes empresariales y comunitarios en Haverhill para ayudar a las personas, los niños y las familias que están preocupados por alimentar a sus familias y pagar sus facturas durante esta crisis sin precedentes".

Los fondos se enfocarán en satisfacer las necesidades básicas de las familias y cubrirán costos tales como alquiler, alimentos, servicios públicos, conectividad a Internet, cuidado de niños, medicamentos y otras necesidades básicas. Se dará prioridad a aquellos que son económicamente más vulnerables a la crisis de COVID-19. Todas las donaciones serán recolectadas por United Way y distribuidas por organizaciones sin fines de lucro establecidas de Haverhill con un historial de administración de fondos de

asistencia.

Todos los obsequios son deducibles de impuestos y el 100% de los ingresos (tarifas netas de tarjetas de crédito) se destinarán a personas que buscan asistencia a través de organizaciones sin fines de lucro que ya trabajan en nuestra comunidad. Las donaciones se pueden hacer con tarjeta de crédito o a través de un fondo asesorado por donantes en línea o enviando un cheque a Massachusetts United Way de Massachusetts, PO Box 51381, Boston, MA 02205-1381. Haga los cheques a "United Way of Massachusetts Bay" e incluya "The

One Haverhill Fund" en la nota del cheque.

Aquellos que necesiten ayuda inmediata deben comunicarse con el centro de llamadas 3-1-1 de Haverhill para obtener ayuda. Cualquier persona dentro de los límites de la ciudad puede marcar el 311 y comunicarse con operadores capacitados de 8 a.m. a 4 p.m. para responder preguntas y preocupaciones que no sean de emergencia.

Además, las personas pueden llamar a la línea de ayuda 2-1-1 de United Way o visitar mass211.org para obtener información completa y referencias relacionadas con el virus.

Business and Community Leaders, United Way Launch The One Haverhill Fund

Reflecting the strong and resilient spirit of the city, Haverhill community leaders today launched The One Haverhill Fund to mobilize resources to provide emergency assistance to individuals and families impacted by the Coronavirus pandemic.

The One Haverhill Fund -- convened by Representative Andy Vargas and established by community leaders including Mayor James Fiorentini, Representative Christina Minicucci, the Greater Haverhill Chamber, Community Action, Inc., Emmaus, Haverhill food pantries, and United Way of Massachusetts Bay and Merrimack Valley -- will mobilize resources for emergency assistance and expanded food distribution, with a focus on those who are most economically vulnerable during the pandemic. The fund will deploy resources through nonprofit partners to prevent financial crises and displacement for the residents of Haverhill.

"Throughout this crisis, Haverhill residents and organizations have stepped up to the plate in an inspiring way," said State Representative Andy Vargas. "Whether it's delivering food, providing shelter, or chipping-in to help a student have access to reliable internet service - our community has pulled together as one. Haverhill is 36 square miles, over a dozen neighborhoods, and varied lived experiences that make the whole of One Haverhill. The One Haverhill Fund will be a vehicle to ensure that no Haverhill resident or family gets left behind."

As COVID-19 reverberates across hospitals, offices, schools, and homes, many in Haverhill are being impacted in ways they never imagined a month ago. Businesses who make up the backbone of the local economy have significantly reduced their hours or have been forced to close. People who are not paid if they are not working are trying to figure out how they will make ends meet. The One Haverhill Fund was established to mobilize those who can give to do so in support of their neighbors.

"It has been truly inspiring to see so many Haverhill people and businesses step up to support those in need during this historic and unprecedented crisis," Mayor Fiorentini said. "I want to thank everyone who has already helped in some way and ask everyone who can to please give what you can to this new One Haverhill Fund. We know a lot more Haverhill residents and

families are going to need financial support in the coming weeks and months and this is a great new resource to make sure we are there for them."

To kick off the effort, United Way has provided \$50,000 to Emmaus and Community Action, Inc. In addition to launching the One Haverhill Fund, United Way's COVID relief efforts have supported UTEC and the Boys and Girls Club of Greater Haverhill.

"As unemployment soars and we all struggle to cope with COVID-19 in our homes and in our communities, we can also act -- to help others," said Michael K. Durkin, President and Chief Executive Officer at United Way of Massachusetts Bay and Merrimack Valley. "United Way is proud to partner with Representative Vargas and the business and community leaders in Haverhill to help individuals, children, and families who are worried about feeding their families and paying their bills during this unprecedented crisis."

The funds will focus on providing basic needs for families and cover costs such as rent, food, utilities, internet connectivity, childcare, medications, and other basic necessities. Priority will be given to those who are most economically vulnerable to the COVID-19 crisis. All donations will be collected by United Way and distributed by established Haverhill nonprofit organizations with a track record of administering assistance funds.

All gifts are tax-deductible and 100% of the proceeds (net credit card fees) will go to individuals seeking assistance via nonprofits already working in our community. Donations can be made by credit card or through a donor advised fund online or by sending a check to United Way of Massachusetts Bay, PO Box 51381, Boston, MA 02205-1381. Please make checks out to "United Way of Massachusetts Bay" and include "The One Haverhill Fund" in the memo of the check.

Those who need immediate help should contact Haverhill's 3-1-1 call center for assistance. Anyone within the city limits can simply dial 311 and reach trained operators from 8AM-4PM to respond to non-emergency questions and concerns.

In addition, individuals can call United Way's 2-1-1 helpline or visit mass211.org for comprehensive information and referrals related to the virus.



Running the Campus: Happy Birthday, Will!

**By Lane Glenn, President
Northern Essex Community College**

English and Theatre majors, star struck lovers, and fans of Kenneth Branagh all around the world celebrate today, April 23, as the day that William Shakespeare was born in 1564 (and coincidentally also the day he died, fifty-two years later).

One of the great joys of my academic life has been the opportunity to teach Shakespeare's plays, to roam around London and Stratford-Upon-Avon, and, many years ago, to design a replica of his famous Globe Playhouse for an outdoor Shakespeare Festival in Michigan.

I'm a fan.

Interestingly, some of Shakespeare's greatest works, including King Lear, Macbeth, and Antony and Cleopatra may have been written when the theatres of London were closed because of the plague, and everyone was required to do the 16th century version of "social distancing."

The problem pops up repeatedly in his poems, tragedies, and comedies, like in "Venus and Adonis" (written during the London plague of 1593) when the Roman goddess of love, smitten by the young hunter Adonis, begs him for a kiss, "to drive infection from the dangerous year," because, "the plague is banish'd by thy breath."

This morning, as a bit of a distraction before the day gets started (and the Zoom calls take over), I dug into the archives to find a couple short pieces I wrote celebrating Shakespeare in my "weeklies" a few years back. Hope you enjoy them.

Happy Birthday, Will!

All's Well That Ends Well From April 6, 2013

Shakespeare is said to have written (or not to have written, depending on who you ask) thirty-seven plays, 154 sonnets, a couple of lengthy narrative poems, and a handful of epitaphs.

He was a great inventor of words and phrases, and whether you know it or not, you probably quote from the famous "Bard of Avon" almost every day.

Imagine, for example, that you suddenly found out you have several relatives coming to visit you from far away. You haven't seen them in a while, and they plan to spend a long weekend with you. You enjoy some of them, and others you would prefer—well, that they just stay home. But they are on their way and will be at your place in a few hours.

You are frantically trying to get ready when a neighbor comes over to borrow a cup of mead (or maybe a brace of grouse).

Neighbor: Well, you sure are "a sorry sight." (Macbeth) What's wrong?

You: I'm "in a pickle." (The Tempest) My screwball family is arriving in a few hours, so I have to get everything ready "in the twinkling of an eye." (The Merchant of Venice)

Neighbor: I thought you liked your family? That Uncle Horace of yours is hilarious! He always leaves me "in stitches." (Twelfth Night)

You: Yes, his jokes are pretty funny—the first twenty times. But after that, it's "too much of a good thing." (As You Like It) And I swear, if he does his imitations of all forty-four U.S. presidents one more time, I'm going to "send him packing." (Henry IV) I mean, Nixon and Carter are knee-slappers, but Millard Fillmore? Really.

Neighbor: Well, what about your Aunt Matilda? She's always so sweet—and helpful.

You: She really "sets my teeth on edge." (Henry IV) And the last time she was here, she nearly "ate me out of house and home!" (Henry IV, Part 2)

Neighbor: Well, what are you going to do? And why are you cutting a hole in your living room floor?

You: There's a "method in my madness." (Hamlet) I'm not going to be made "a laughing stock" (The Merry Wives of Windsor) by this crazy crew. I slipped some spirits into the tea pot. Just a few sips, and they will all be sound asleep. I'll simply lift up the rug, and "vanish into thin air." (Othello)

Neighbor: Wow—sounds complicated. Why not just pretend to take a phone call and scoot out the back door?

You: Where's the drama in that? Now, quick, hide this saw—and "mum's the word!" (Henry VI, Part 2)

Exeunt Frazzled Host and Nosy Neighbor, Severally

Words, words, words... March 1, 2014

When she is not sure what to say, or when the English language simply proves inadequate for her needs, Little Sis Z has been known to just make up words.

At dinner a few nights ago we were talking about some of her classics. For example, when she was only a few years old one of her grandfathers was telling her some tall tale about life on the farm that she thought may have been stretching the truth a bit, so she looked him right in the eye and declared, "Grampa, that's unbelievable!"

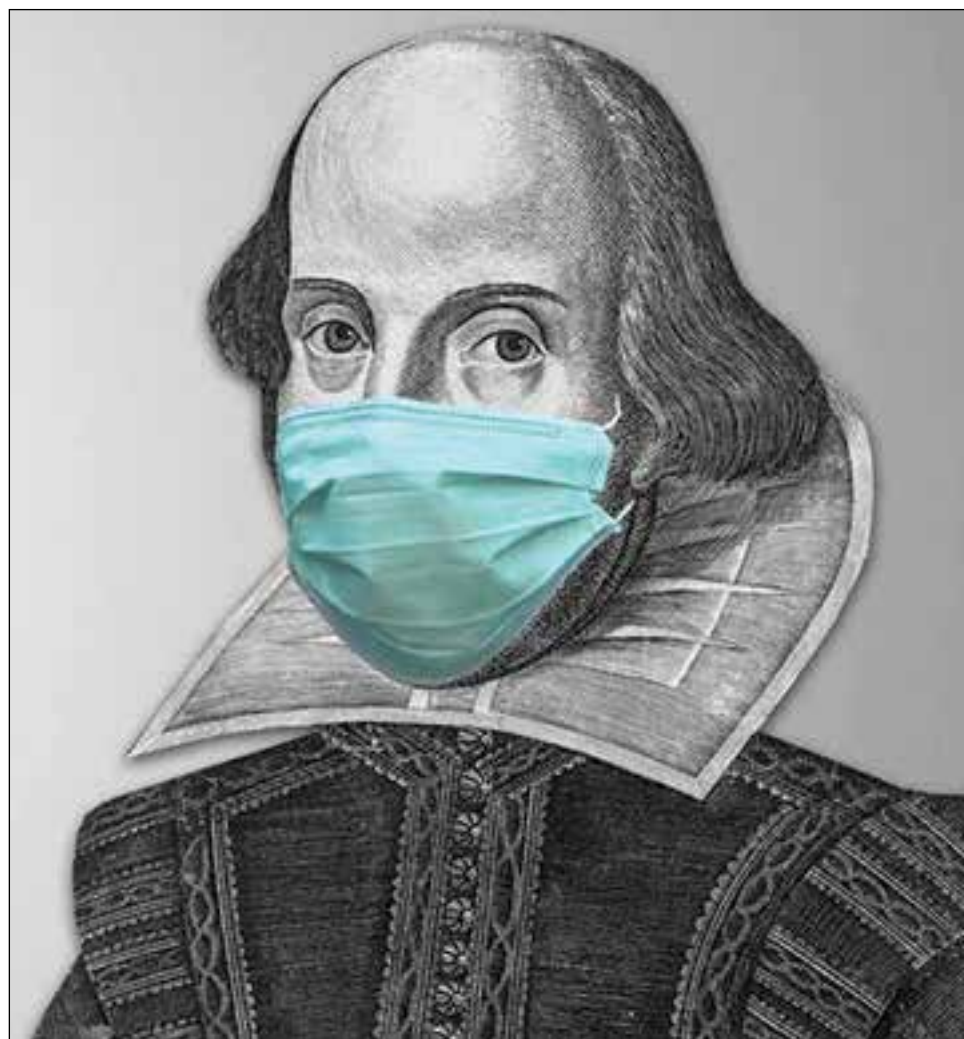
And at bedtime, after a kiss on the forehead and a "Good Night, Z, I love you," she can get a little competitive with her affection, proclaiming, "Good night, I love you morestest!"

DAD: You know, Z, you're a bit like William Shakespeare. He changed around and made up a lot of words, too.

LITTLE SIS Z: Dad, how come people think William Shakespeare is so hard to understand? Did he write in another language?

DAD: Well, sometimes he wrote things to be funny, like the longest word in any of his plays: Honorificabilitudinitatibus. That's a mouthful! He wrote in English; but he did write plays like poetry, with meter and sometimes even rhyme, and he invented words when he needed to.

LITTLE SIS Z: Well, I don't think he's so hard to understand. Try me!



DAD: OK, what do you think this means:

To be, or not to be, that is the question—
Whether 'tis Nobler in the mind to suffer
The Slings and Arrows of outrageous
Fortune,
Or to take Arms against a Sea of troubles,
And by opposing end them?

LITTLE SIS Z: Life has its ups and downs.

DAD: Wow, that's pretty good! I think Hamlet would agree with you. Try this one:

Out, out, brief candle!
Life's but a walking shadow, a poor player
That struts and frets his hour upon the stage
And is heard no more. It is a tale told
By an idiot, full of sound and fury,
Signifying nothing.

LITTLE SIS Z: YOLO! (You only live once.)

DAD: Hmm. A little more Carpe Diem than Macbeth might have been feeling in

that particular moment, but you've got a point there. Here's a speech from Portia, one of Shakespeare's most famous heroines:

The quality of mercy is not strained.
It droppeth as the gentle rain from heaven
Upon the place beneath. It is twice blessed:
It blesseth him that gives and him that takes.
'Tis mightiest in the mightiest. It becomes
The thronèd monarch better than his crown.

LITTLE SIS Z: Um...The Golden Rule? Do for others what you would have them do for you?

DAD: You, daughter, are wise beyond your years. Ok, one more, from the love-struck Juliet:

What's in a name? That which we call a rose
By any other name would smell as sweet.

LITTLE SIS Z: That's easy: Be yourself!

DAD: Good advice, Z; very, very good advice.

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UN PUNTO DE VISTA © 1996

Por Paul V. Montesino, PhD, MBA, CCP

El Dr. Montesino, totalmente responsable por este artículo, es el Editor de LatinoWorldOnline.com

Una lección de humildad: Bajar las expectativas

La experiencia me ha enseñado que para tener éxito en la vida necesitamos tener buenas memorias. La vejez ha reforzado ese requisito cuando muchos amigos nos dejan por siempre y debemos recurrir a los recuerdos de los buenos momentos que compartimos con ellos para aceptar sus pérdidas.

Pero la vida no es sólo acerca de los recuerdos perdidos; en realidad se trata de expectativas que vienen, lo que algunos llamarían el futuro. He tenido mi parte de ellos desde mis primeros años.

Primero fueron mis sueños de edad adulta cuando era sólo un niño, luego un adolescente inseguro, más tarde un joven hiperbólico. Siempre disfruté de la fase presente, pero con las expectativas de la siguiente. Estaba seguro de que ganaría algo en el proceso: madurez, conocimiento, popularidad, tal vez riqueza.

Al final crucé algunos de esos marcadores en mi joven vida. Mis sueños

de encontrar una carrera buena y estable, alguien a quien amaría toda mi vida y eventualmente una familia, dominaron mis expectativas. Por suerte, pude pisar esos escalones mientras subía a la madurez y trataba de sobrevivir un exilio que nunca había esperado, un cambio de idioma y cultura que era el precio a pagar con ello, finalmente la reorientación de mi fe.

Cuando llegué a los Estados Unidos quería continuar mi carrera bancaria. Pude hacerlo durante los siguientes treinta y cuatro años etiquetados por uno u otro título oficial impresionante. Eran impresionantes para la mayoría de las personas que en su mayoría no estaban familiarizadas con lo que realmente significaban día a día, pero no para mí que buscaba uno más imponente para satisfacer mis ambiciones.

Después de que el agua en ese pozo se agotó, mi siguiente bebida fue otra expectativa: convertirme en un profesor universitario de tiempo completo. No fue

difícil conseguirlo cuando llegué a otra querida expectativa, el doctorado. En realidad no fue difícil cambiar el escritorio de una oficina bancaria por un podio en una prestigiosa universidad. Había sido un sueño y uno trata de sobresalir para llegar a ellos. Por supuesto, ver tantos libros escritos y publicados por otros en mis alrededores, me tentó a escribir y publicar los míos hasta que el recuento superó más que el número de dedos de las manos y los pies en mis extremidades.

Ahora, cuando nos encerramos en una habitación y evitamos un mundo amenazado por un enemigo que no esperábamos, veíamos o ni siquiera sabemos cuándo ataca, noto que mis expectativas han dado un giro hacia... lo inesperado. ¿Recuerdas la última vez que cruzaste la calle para evitar un personaje sospechoso que se te acercaba en la acera? Bueno, eso sólo fue práctica para el verdadero McCoy. El verdadero McCoy ha llegado.

Me preocupa la próxima vez que los

compradores de mi tienda de comestibles serán capaces de satisfacer mis necesidades alimenticias y si incluso las tienen. Y cuando llegan, me pregunto cómo se ve la cara del comprador cubierta con una máscara que me recuerda a Zorro. Tengo que confiar en el sonido de su risa, no en la vista de una cara sonriente. El Internet se ha convertido en mi corresponsal frecuente y tengo que esperar una caja que contenga desinfectantes o tal vez dulces, no estoy seguro de cuál. Es un juego de Bingo.

Todas mis expectativas previas se han disuelto y convertido en una realidad difícil de imaginar cuando comencé a soñarlas hace muchos años. Mi padre acostumbraba decir que la vida era una batalla continua. Lo que no me dijo era que tuviera que enfrentarme a un desconocido que intentara cogerse un paquete de seis rollos de papel higiénico de mi carrito de compras en el mercado. Eso nunca estuvo en mis expectativas. ¿Escucho el sonido de un virus riéndose?

Y ese es mi punto de vista hoy



A POINT OF VIEW © 1996

By Paul V. Montesino, PhD, MBA, CCP

A lesson in humility: Lowering expectations

Experience has taught me that in order to be successful in life we must need good memories. Old age has reinforced that requirement as many friends have left us forever and we must resort to the recollections of the good times we shared with them in order to accept their losses.

But life is not only about memories gone; it is actually about expectations coming, what some would call the future. I've had my share of those starting in my early years.

First were my dreams of adulthood while I was only a child, then an insecure adolescent, later a hyperbolic teenager. I was always enjoying the present phase, but looking forward with expectations to the next. I was sure that I would be gaining something in the process: maturity, knowledge, popularity, perhaps wealth.

As I eventually crossed those markers in my young life, my dreams of finding a good and stable career, someone I would love all my life and eventually a family, dominated my expectations. Luckily, I was able to step all those echelons as I climbed to maturity while trying to survive an exile I'd never expected, a change of language and culture that was the price I had to pay, and finally a reorientation of my faith.

When I arrived to the United States I wanted to continue my career in banking. I was able to do so for the next thirty four years labeled with one or other impressive sounding official title. They were remarkable to most people who were mostly unfamiliar with what they really meant day in and day out, but not to me searching one more impressive ambition.

After the water in that well ran out, my next drink was another expectation: become a full time college professor. It wasn't hard to land it when I reached another required

expectation, a doctoral degree. It was actually not difficult to change the desk in a banking office for a podium at a prestigious university. It had been a dream and one tries to excel in reaching them. Of course, seeing so many books written and published by others laying around, tempted me to write and publish my own until the count more than exceeded the number of fingers and toes in my limbs.

Now, as we lock ourselves in a room and avoid a world threatened by an enemy we didn't expect, see or don't even know when it attacks, I notice that my expectations have taken a turn for... the unexpected. Do you remember the last time you crossed the street to avoid a suspicious character approaching you on the sidewalk? Well, that was only practicing for the real McCoy. The real McCoy has arrived.

I worry about the next time my grocer will be able to deliver my food needs and whether they even have them. And when the shoppers arrive, I wonder how the face of that shopper, covered with a mask that reminds me of Zorro, looks like. I have to rely on the sound of their laughter, not the view of a smiling face. The Internet has become my frequent correspondent and I have to wait for a box that contains disinfectants or perhaps candy, not sure which. It is a new bingo game.

All my previous expectations have dissolved and turned into a reality hard to imagine when I started hoping many years ago. My father used to tell me that life was always a battle. What he didn't tell me was that I would have to hassle in a supermarket aisle with an unknown who tried to get a six-roll pack of toilet paper from my shopping cart. That was never in my expectations. Do I hear the sound of a virus laughing?

And that is my point of view today.

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- Warmth
- Health insurance
- Unemployment benefits
- Immigration services, and more.

To keep our staff and clients safe, we postponed all face-to-face meetings and gatherings, including our preschool centers and adult learning classes. Those in need of help are urged to call or email.

Donations Provide Resources & Flexibility

Your donation will give GLCAC added resources and flexibility to meet our community's challenges during this pandemic. We realize these are stressful and uncertain times, and one way you can help is with an online donation to GLCAC. We thank you for generosity and wish you all the best.

Tiempo de impuestos durante el coronavirus: Lo que los jubilados necesitan saber

Por Chris Orestis

La jubilación y los efectos del envejecimiento vienen con muchos cambios, pero al menos una cosa permanece constante.

Todos los años, el Tío Sam quiere asegurarse de que esté pagando los impuestos que pueda deberle, y eso es cierto tanto si está jubilado como si no. Dicho

esto, sin embargo, existen reglas fiscales que son específicas para los estadounidenses mayores, por lo que es importante tener en cuenta las diferentes formas en que podría reducir su factura de impuestos que no estaban disponibles cuando era más joven.

Normalmente, por supuesto, el 15 de abril es la fecha límite para presentar

sus declaraciones de impuestos. Pero este año, debido a la interrupción causada por el coronavirus, la fecha límite se extendió hasta el 15 de julio. Recuerde también, si actualmente recibe el Seguro Social y ya no presenta impuestos, recibirá un cheque de estímulo del gobierno (o depósito) de \$1,200 automáticamente sin presentar ningún papeleo adicional.

Mientras tanto, esa extensión de la fecha límite de impuestos significa que tiene tiempo adicional para explorar algunas de esas reglas que las personas mayores pueden aprovechar. Algunos para tener en cuenta incluyen:

Puede calificar para una deducción estándar más grande. Para muchos estadounidenses, incluidos muchos adultos mayores, ya no hay razón para detallar sus deducciones porque la deducción estándar es muy alta: \$12,200 para una persona soltera y \$24,400 para una pareja casada que presenta una declaración conjunta. Pero puede obtener una deducción estándar aún mayor si usted o su cónyuge tienen 65 años o más, y una deducción aún mayor si cualquiera de ustedes es ciego. Si no detalla, entonces quiere asegurarse de obtener la deducción estándar máxima que se le permite porque eso afectará la cantidad de sus ingresos gravados.

Sí, su beneficio del Seguro Social puede estar sujeto a impuestos. Las reglas sobre cuánto, si es que hay alguno, de su beneficio del Seguro Social están sujetas a impuestos pueden ser difíciles, por lo que debe tener mucho cuidado con eso. Según la Administración del Seguro Social, si está presentando una declaración individual y su beneficio del Seguro Social más cualquier otro ingreso imponible que tenga es de entre \$25,000 y \$34,000, se le puede cobrar hasta el 50 por ciento de su beneficio. Si su ingreso combinado es más de \$34,000, entonces hasta el 85 por ciento del beneficio puede estar sujeto a impuestos. Para las parejas casadas que presentan una declaración conjunta, si el ingreso combinado es de entre \$32,000 y \$44,000, es posible que deba pagar impuestos de hasta el 50 por ciento de sus beneficios. Si su ingreso es más de \$44,000, entonces hasta el 85 por ciento de sus beneficios pueden estar sujetos a impuestos.

Es posible que pueda deducir las primas del seguro de atención a largo plazo. Los propietarios de pólizas de seguro de cuidado a largo plazo pueden deducir impuestos sobre las primas que pagan por los planes calificados, así como otros gastos médicos reembolsados, como las primas de Medicare, siempre que las primas sean superiores al 7,5 por ciento del ingreso bruto ajustado.

Vender su póliza de seguro de vida tiene ventajas. Puede haber importantes beneficios fiscales para las personas que venden su póliza de seguro de vida a través de lo que se llama un "acuerdo de vida". Según la Ley de Responsabilidad y Portabilidad del Seguro de Salud (HIPAA), los ingresos de un acuerdo de vida están totalmente exentos de impuestos federales si el propietario de la póliza tiene una enfermedad terminal o crónica. Aquellos que no tienen una enfermedad terminal o crónica pagan impuestos de ganancia de capital sobre los ingresos de la venta, menos el monto de las primas que el titular de la póliza pagó durante la vigencia de la póliza.

Es posible que desee aumentar las contribuciones a sus cuentas de jubilación. Por supuesto, muchas personas mayores no están agregando nada a sus cuentas IRA ó 401(k). En cambio, regularmente retiran dinero para pagar los gastos mensuales de subsistencia. Pero si todavía está trabajando, puede aumentar sus contribuciones, lo que puede reducir su factura de impuestos ahora y darle un ahorro aún mayor cuando se jubile. El IRS limita cuánto puede contribuir cada año, pero ese límite aumenta una vez que cumpla 50 años.

Lo importante es recordar que puede tener opciones en el momento de los impuestos que no había pensado. Conocer las normas fiscales y cómo se aplican a su situación personal, y buscar asesoramiento profesional, puede marcar una gran diferencia.

Chris Orestis, conocido como el "Genio de la jubilación", es presidente de LifeCare Xchange y un experto en salud y defensor senior reconocido a nivel nacional. Tiene 25 años de experiencia en las industrias de seguros y cuidados a largo plazo, y se le atribuye haber sido pionero en el Acuerdo de Vida de cuidados a largo plazo hace más de una década. Conocido como un conocedor político, Orestis es un ex cabildero de Washington D.C. que ha trabajado tanto en la Casa Blanca como para el Líder de la mayoría del Senado en Capitol Hill. Orestis es autor de los libros *Help on the Way* y *A Survival Guide to Aging*, y ha estado hablando durante más de una década en todo el país sobre las finanzas de alto nivel y los secretos para envejecer con salud física y financiera. Es columnista frecuente de *Broker World*, *ThinkAdvisor*, *IRIS* y *NewsMax Finance*, ha sido invitado en más de 50 programas de radio y ha aparecido en *The New York Times*, *The Wall Street Journal*, *CNBC*, *NBC News*, *Fox News*, *USA Today*, *Kiplinger's*, *Investor's Business Daily*, *PBS* y muchos otros medios de comunicación.

Tax Time During Coronavirus: What Retirees Need To Know

By Chris Orestis

Retirement and the effects of aging come with a lot of changes, but at least one thing remains constant.

Every year, Uncle Sam wants to make sure you're paying any taxes you might owe him, and that's true whether you are retired or not. That said, though, there are tax rules that are specific to older Americans, so it's important to be aware of the different ways you might be able to reduce your tax bill that weren't available to you when you were younger.

Normally, of course, April 15 is the deadline to file your tax returns. But this year, because of the disruption caused by the coronavirus, the deadline has been extended to July 15. Remember also, if you currently receive Social Security and don't file taxes anymore, you will receive a government stimulus check (or auto-deposit) of \$1,200 automatically without filing any additional paperwork.

Meanwhile, that tax deadline extension means you've got extra time to explore some of those rules that seniors can take advantage of. A few to be mindful of include:

You may qualify for a larger standard deduction. For many Americans, including many seniors, there's no reason to itemize your deductions anymore because the standard deduction is so high – \$12,200 for a single person and \$24,400 for a married couple filing jointly. But you can get an even higher standard deduction if either you or your spouse is 65 or older, and a still higher deduction if either of you is blind. If you aren't itemizing, then you want to make sure you're getting the maximum standard deduction that you are allowed because that's going to impact how much of your income is taxed.

Yes, your Social Security benefit may be taxed. The rules for how much – if any – of your Social Security benefit is taxed can be tricky, so you want to be extra careful with that. According to the Social Security Administration, if you're filing as an individual, and your Social Security benefit plus any other taxable income you have is between \$25,000 and \$34,000, you may be taxed up to 50 percent of your benefit. If your combined income is more than \$34,000 then up to 85 percent of the benefit may be taxable. For married couples filing jointly, if the combined income is between \$32,000 and \$44,000, you may have to pay tax on up to 50 percent of your benefits. If your income is more than \$44,000 then up to 85 percent of your benefits may be taxable.

You may be able to deduct long-term care insurance premiums. Owners of long-term care insurance policies can

take tax deductions on premiums they pay for qualified plans – as well as other reimbursed medical expenses such as Medicare premiums – as long as the premiums are greater than 7.5 percent of adjusted gross income.

Selling your life insurance policy has advantages. There can be significant tax benefits for people who sell their life insurance policy through what is called a "life settlement." Under the Health Insurance Portability and Accountability Act (HIPAA), the proceeds from a life settlement are fully exempt from federal taxes if the policy owner is terminally or chronically ill. Those who are not terminally or chronically ill do pay capital-gain taxes on the proceeds from the sale, minus the amount in premiums the policyholder paid over the life of the policy.

You may want to increase contributions to your retirement accounts. Of course, many seniors aren't adding anything to their IRAs or 401(k)s. Instead, they are regularly withdrawing money to pay for monthly living expenses. But if you're still working, you can increase your contributions, which can both reduce your tax bill now and give you an even larger nest egg when you do retire. The IRS limits how much you can contribute each year, but that limit increases once you turn 50.

The important thing to remember is that you may have options at tax time that you hadn't thought about. Knowing the tax rules and how they apply to your personal situation, and seeking professional advice, can make a huge difference.

Chris Orestis, known as the "Retirement Genius," is President of LifeCare Xchange and a nationally recognized healthcare expert and senior advocate. He has 25 years experience in the insurance and long-term care industries, and is credited with pioneering the Long-Term Care Life Settlement over a decade ago. Known as a political insider, Orestis is a former Washington, D.C., lobbyist who has worked in both the White House and for the Senate Majority Leader on Capitol Hill. Orestis is author of the books *Help on the Way* and *A Survival Guide to Aging*, and has been speaking for over a decade across the country about senior finance and the secrets to aging with physical and financial health. He is a frequent columnist for *Broker World*, *ThinkAdvisor*, *IRIS*, and *NewsMax Finance*, has been a featured guest on over 50 radio programs, and has appeared in *The New York Times*, *The Wall Street Journal*, *CNBC*, *NBC News*, *Fox News*, *USA Today*, *Kiplinger's*, *Investor's Business Daily*, *PBS*, and numerous other media outlets.

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Etiqueta de videoconferencia



By Nikki Lamontagne

Cuando estoy en casa, estar conectado con mi comunidad laboral es mi desafío número uno. Descubrí que herramientas como la mensajería instantánea y las videoconferencias me dieron algo que el correo electrónico no tenía. Conexiones instantáneas.

Una vez que me acostumbré a la videoconferencia, noté que no solo me ayudó a mantener la productividad, sino que también fomentó mejores relaciones de trabajo. Una conversación cara a cara siempre es mejor que un correo electrónico impersonal.

También descubrí que existen reglas de etiqueta no escritas para las videoconferencias. Aquí hay algunos:

- Llegar a tiempo. Cuando solo tiene que hacer clic para unirse, debe aparecer a tiempo. Y si se está terminando otra reunión, envíe un correo electrónico o mensajería instantánea para informar a las personas que llegará tarde.
- Asegúrese de que su tecnología funcione. Esta es la era digital. Todos sabemos cómo descargar una aplicación y conectarse a

Wi-Fi, así que primero haga una prueba rápida.

- No sea tímido Encienda su cámara. Un poco de tiempo cara a cara es algo bueno, y es mejor que tener una conversación con una voz incorpórea.
- Silénciese cuando no esté hablando. Todos lo hemos escuchado. El papel crujiendo, el chasquido del teclado y los niños en el fondo. Y todos amamos a su perro, solo que no ladrándonos al oído.
- Use ropa apropiada para el trabajo. No necesita vestirse bien. La ropa cómoda está bien, pero al menos parezca que no se acaba de levantar de la cama.
- Manténgase enfocado. Hay un montón de distracciones cuando está en casa. Pero apague el televisor, deje de leer el correo electrónico y guarde su teléfono. Concéntrese en la llamada.
- Esté comprometido. Es fácil perderse en una conferencia virtual. Por lo tanto, sea un participante activo y deje que todos sepan que está en el otro extremo.

Video Conference Etiquette

By Nikki Lamontagne

When I'm at home, staying connected with my work community is my #1 challenge. I found that tools like IM and video conferencing gave me something that email didn't. Instant connections.

Once I got the hang of video conferencing, I noticed that it not only helped me stay productive, but it also fostered better working relationships. A face-to-face conversation is always better than an impersonal email.

I also discovered that there are unwritten rules of etiquette for video conferencing. Here are a few:

- Be on time. When you just have to click to join, you should show up on time. And if another meeting is running over, send an email or IM to tell people you'll be late.
- Make sure your technology works. This is the digital age. We all know how to download an app and connect to Wi-Fi, so do a quick trial run first.

- Don't be shy. Turn on your camera. A little face time is a good thing, and it's better than having a conversation with a disembodied voice.
- Mute yourself when not speaking. We've all heard it. The paper rustling, the clickety-clack of the keyboard and the kids in the background. And we all love your dog, just not barking in our ear.
- Wear work-appropriate clothing. You don't need to dress up. Comfy clothes are fine, but at least look like you didn't just roll out of bed.
- Stay focused. There are a ton of distractions when you're home. But turn off the TV, stop reading email and put your phone away. Concentrate on the call.
- Be engaged. It's easy to get lost in a virtual conference. So, be an active participant and let everyone know you're on the other end.



Reanudan el Programa de Protección de cheques de Pago

Declaración conjunta de la Administradora de la SBA, Jovita Carranza, y el Secretario del Tesoro, Steven T. Mnuchin

WASHINGTON - La administradora de la Administración de Pequeñas Empresas de EE. UU., Jovita Carranza, y el Secretario del Tesoro de EE.UU., Steven T. Mnuchin, emitieron la siguiente declaración sobre la reanudación del Programa de Protección de Nómina (PPP):

"Nos complace que el Presidente Trump haya promulgado el Programa de Protección de cheques de Pago y la Ley de mejora de la atención médica, que proporciona fondos adicionales críticos para los trabajadores estadounidenses y las pequeñas empresas afectadas por la pandemia de coronavirus". Queremos agradecer al Líder McConnell, al Líder Schumer, a la Presidenta de la Cámara Pelosi y al Líder McCarthy por trabajar con nosotros de manera bipartidista para garantizar que el Programa de Protección de Cheques de Pago sea financiado para que las pequeñas empresas puedan mantener a los trabajadores estadounidenses en la nómina.

"La Administración de Pequeños Negocios continuará aceptando solicitudes de préstamos PPP el lunes, 27 de abril a las 10:30 a.m. EDT de prestamistas aprobados en nombre de cualquier prestatario elegible. Esto asegurará que la SBA haya codificado correctamente el sistema para tener en

cuenta los cambios realizados por la legislación.

"El PPP ha apoyado a más de 1.66 millones de pequeñas empresas y ha protegido más de 30 millones de empleos para los trabajadores estadounidenses. Con los fondos adicionales asignados por el Congreso, decenas de millones de trabajadores adicionales se beneficiarán de este alivio crítico.

"Alentamos a todos los prestamistas aprobados a procesar las solicitudes de préstamos presentadas previamente por prestatarios elegibles y desembolsar los fondos rápidamente. Todos los prestatarios elegibles que necesitan estos fondos deben trabajar con un prestamista aprobado para solicitarlo. Los prestatarios deben revisar cuidadosamente las regulaciones y la guía de PPP y las certificaciones requeridas para obtener un préstamo.

"La Administración Trump está totalmente comprometida a garantizar que los trabajadores y las pequeñas empresas de Estados Unidos continúen obteniendo los recursos que necesitan para superar este momento difícil".

Para obtener más información sobre el Programa de protección de cheques de pago, visite: sba.gov/paycheckprotection.

The Paycheck Protection Program resumes

Joint Statement by SBA Administrator Jovita Carranza and Treasury Secretary Steven T. Mnuchin

WASHINGTON – Administrator of the U.S. Small Business Administration Jovita Carranza and U.S. Treasury Secretary Steven T. Mnuchin issued the following statement on the resumption of the Payroll Protection Program (PPP):

"We are pleased that President Trump has signed into law the Paycheck Protection Program and Health Care Enhancement Act, which provides critical additional funding for American workers and small businesses affected by the coronavirus pandemic. We want to thank Leader McConnell, Leader Schumer, Speaker Pelosi, and Leader McCarthy for working with us on a bipartisan basis to ensure that the Paycheck Protection Program is funded so that small businesses can keep hardworking Americans on the payroll.

"The Small Business Administration will resume accepting PPP loan applications on Monday, April 27 at 10:30AM EDT from approved lenders on behalf of any eligible borrower. This will ensure that SBA has properly coded the system to account for

changes made by the legislation.

"The PPP has supported more than 1.66 million small businesses and protected over 30 million jobs for hardworking Americans. With the additional funds appropriated by Congress, tens of millions of additional workers will benefit from this critical relief.

"We encourage all approved lenders to process loan applications previously submitted by eligible borrowers and disburse funds expeditiously. All eligible borrowers who need these funds should work with an approved lender to apply. Borrowers should carefully review PPP regulations and guidance and the certifications required to obtain a loan.

"The Trump Administration is fully committed to ensuring that America's workers and small businesses continue to get the resources they need to get through this challenging time."

For more information on the Paycheck Protection Program, visit: sba.gov/paycheckprotection.

Carta al Editor / Letter to the Editor

30 de abril de 2020

Estimados amigos y simpatizantes de GLFHC:

El apoyo que recibió Greater Lawrence Family Health Center dentro de esta comunidad, así como fuera de la región, ha sido útil y alentador, y estamos agradecidos. GLFHC continúa buscando formas nuevas e innovadoras de recaudar apoyo filantrópico y donaciones de equipos de protección personal (EPP) para ayudarnos a satisfacer las demandas no planificadas que esta pandemia nos ha presentado. Gracias a aquellos que han contribuido al Fondo de Respuesta de GLFHC COVID-19, así como a las personas y organizaciones que han donado para ayudarnos a reconocer a nuestro personal trabajador. Tenga en cuenta que estamos trabajando arduamente para mantenerlos seguros, saludables y optimistas a medida que enfrentan estos desafíos sin quejarse y sin sentirse derrotados.

Llevamos seis semanas en la pandemia de COVID-19, y el personal y los médicos de GLFHC están decididos a enfrentar este desafío con la misma atención y preocupación por nuestros pacientes como bien sabemos desde hace cuarenta años. Estos miembros del equipo de primera línea son nuestros héroes de atención médica, y deben ser celebrados por mantener seguros a nuestros pacientes y a esta comunidad durante esta crisis de salud pública. No hace falta decir que el trabajo que se realiza no viene sin tristeza y pérdida y estamos haciendo todo lo posible para brindarles apoyo a todos.

A pesar de la desesperación que hemos experimentado, todavía hay algunos momentos brillantes. Nuestro mercado de alimentos móvil mensual en nuestro sitio de 34 Haverhill Street, en asociación con Greater Boston Food Bank, continúa sirviendo a la comunidad como lo ha hecho durante los últimos tres años. A pesar de la pandemia, nuestro equipo de Servicios de Apoyo Comunitario lidera un grupo de más de 30 empleados voluntarios el último sábado de cada mes en la preparación de bolsas de alimentos y productos para nuestros

pacientes necesitados y sus familias. El sábado pasado no fue diferente. Más de 750 familias de Lawrence recibieron asistencia este mes. Este es solo un ejemplo de cómo GLFHC y los centros de salud comunitarios juegan un papel vital en comunidades como la nuestra en todo el país.

¡Gracias a nuestros amigos en Market Basket por ayudarnos a tener otro exitoso Mobile Food Market este mes para más de 750 familias!

Los tiempos están cambiando y hemos actuado rápidamente. Nuestros médicos continúan atendiendo pacientes a través de telemedicina en un alto volumen, así como en visitas en persona cuando es apropiado. Nuestro equipo de farmacia también está ocupado surtiendo recetas para pacientes y brindando servicios de entrega en Lawrence y Methuen a un ritmo récord. Los negocios no son "como de costumbre", y esta crisis nos ha llevado a encontrar nuevas formas de continuar brindando atención médica de calidad a nuestros pacientes y a las poblaciones más vulnerables de nuestra región. Gracias a ustedes, nuestros amigos y expertos, por su ayuda y apoyo del Greater Lawrence Family Health Center.

"¡Somos resistentes, somos GLFHC!"

Suyo en buena salud,

Richard Napolitano
Vicepresidente sénior de relaciones externas
rnapolitano@glfhc.org

PD: El martes, 5 de mayo, GLFHC participará en #GivingTuesdayNow, un nuevo día mundial de donaciones y unidad que refleja el #GivingTuesday programado regularmente para el 1 de diciembre de 2020, como una respuesta de emergencia a la necesidad sin precedentes causada por COVID-19. Es una oportunidad para que las personas de todo el mundo se unan en unidad, para usar su poder individual de generosidad para permanecer conectados y sanar. Por favor considere apoyar el Fondo de Respuesta GLFHC COVID-19.



Dear Friends/Supporters of GLFHC:

The support Greater Lawrence Family Health Center has received from within this community, as well as outside the region, has been helpful and encouraging, and we are grateful. GLFHC continues to look for new and innovative ways to raise philanthropic support and donations of personal protective equipment (PPE) to help us meet the unplanned demands that this pandemic has presented us with. Thank you to those that have given to the GLFHC COVID-19 Response Fund, as well as the individuals and organizations who have donated to help us recognize our hardworking staff. Please know, we are working hard to keep them safe, healthy, and upbeat as they meet these challenges without complaint and without feeling defeated.

We are six weeks into the COVID-19 pandemic, and GLFHC staff and clinicians are resolute in facing this challenge with the same care and concern for our patients as they have been known for the last forty years. These frontline team members are our healthcare heroes, and they should be celebrated for keeping our patients and this community safe during this public health crisis. It goes without saying that the work being done does not come without sadness and loss and we are doing what we can to provide support to all of them.

Despite the despair we have experienced, there are still some bright moments. Our monthly Mobile Food Market at our 34 Haverhill Street site, in partnership with the Greater Boston Food Bank, continues to serve the community as it has for the past three years. Despite the pandemic, our Community Support Services team leads a group of over 30 staff volunteers on the last Saturday of every month in preparing bags of food and produce for our patients in need and their families. This past Saturday

was no different. Over 750 Lawrence families received assistance this month. This is just one example of how GLFHC and community health centers play a vital role in communities like ours all across the country.

Thank You to our friends at Market Basket for helping us have another successful Mobile Food Market this month for over 750 families!

Times are changing, and we have acted quickly. Our clinicians continue to see and treat patients via Telehealth at a high volume as well as in-person visits when appropriate. Our Pharmacy Team is also busy filling prescriptions for patients, and providing delivery services in Lawrence and Methuen at a record pace. Business is not "as usual", and this crisis has prompted us to find new ways to continue providing quality healthcare to our patients and our region's most vulnerable populations. Thank you to you, our friends and insiders, for your help and support of Greater Lawrence Family Health Center.

"We are resilient, we are GLFHC!"

Yours in health,

Richard Napolitano
Senior Vice President, External Relations
rnapolitano@glfhc.org

PS: On Tuesday, May 5, GLFHC will participate in #GivingTuesdayNow, a new global day of giving and unity that mirrors the regularly scheduled December 1, 2020 #GivingTuesday – as an emergency response to the unprecedented need caused by COVID-19. It is an opportunity for people around the world to stand together in unity – to use their individual power of generosity to remain connected and heal. Please consider supporting the GLFHC COVID-19 Response Fund.

La EPA y los CDC publican guía para limpiar y desinfectar espacios donde viven, trabajan y juegan los estadounidenses

La guía ayuda a las instalaciones y familias a implementar las pautas para la Reapertura de Estados Unidos

WASHINGTON (29 de abril de 2020) — Hoy, la Agencia de Protección Ambiental (EPA, por sus siglas en inglés) y los Centros para el Control y la Prevención de Enfermedades (CDC) publicaron una guía actualizada para ayudar a los operadores de instalaciones y a las familias a limpiar y desinfectar espacios correctamente. La guía, desarrollada en conjunto con la Casa Blanca, proporciona instrucciones paso a paso para los espacios públicos, lugares de trabajo, empresas, escuelas y hogares, y armoniza con las pautas para la Reapertura de Estados Unidos.

"Estas pautas brindarán a todos los estadounidenses la información que necesitan para colaborar con la reapertura del país de la manera más segura posible", señaló Andrew Wheeler, administrador de la EPA. "Estos protocolos de limpieza y desinfección servirán para garantizar la salud y seguridad de todos en nuestros hogares, escuelas, oficinas y empresas."

"Son importantes la limpieza y

desinfección correctas y eficaces para ayudar a prevenir la propagación de COVID-19", señaló el Dr. Robert Redfield, director de los CDC. "A medida que se realiza la reapertura de nuestro país, esta guía es crucial para ayudar a los estadounidenses a regresar de la manera más segura al trabajo, a la escuela y a otras actividades cotidianas dentro de sus comunidades."

La experiencia de la EPA en cuanto al uso seguro y eficaz de los desinfectantes contra el virus causante de COVID-19 sirvió de base para desarrollar este plan integral. La guía ofrece un proceso práctico, de tres pasos, a fin de preparar los espacios para su reapertura:

- Desarrollar un plan,
- Implementar el plan y
- Mantener y adaptar el plan.

La limpieza y la desinfección de las superficies forman parte de un proceso importante de dos pasos que es central en todo esfuerzo por reducir el riesgo de

exponerse al COVID-19.

- Limpieza: Use agua y jabón para eliminar gérmenes, suciedad e impurezas de las superficies. Esto reduce el riesgo de propagar la infección.

- Desinfección: Use productos desinfectantes para eliminar gérmenes de las superficies. Al eliminar los gérmenes de una superficie después de limpiar, disminuye aún más el riesgo de propagar la infección.

La EPA ha compilado una lista de desinfectantes, la cual incluye atomizadores listos para usar, concentrados y toallitas que pueden usarse contra el COVID-19. Siempre siga las instrucciones y la información de seguridad indicadas en la etiqueta del producto, incluso dejar el producto sobre la superficie el tiempo suficiente como para destruir los gérmenes, enjuagar el producto para evitar ingerirlo y poner inmediatamente el producto lejos del alcance de los niños.

Asimismo, evite usar y almacenar

en exceso los desinfectantes o el equipo protector personal (como los guantes). Esto puede producir escasez de productos cruciales necesarios para las emergencias. En caso de que no estén disponibles los productos desinfectantes en la lista de la EPA, la guía indica otras técnicas para desinfectar superficies que son igualmente eficaces para reducir el riesgo de exponerse al COVID-19.

Esta guía no sustituye otras medidas que todavía deben tomarse para reducir el riesgo de exponerse al COVID-19. Es importante continuar practicando el distanciamiento social, usar mascarillas de tela para cubrirse la cara y lavarse las manos frecuentemente. A medida que avanzamos en la reapertura de Estados Unidos, continúe siguiendo las pautas federales, estatales, tribales, territoriales y locales.

Para ver la guía, haga clic aquí: <https://www.epa.gov/coronavirus/guidance-cleaning-and-disinfecting-public-spaces-workplaces-businesses-schools-and-homes> (en inglés).

Salem Police and Fire Departments Receive Challenge Coins Promoting Suicide Awareness



Officer Adam Pearson, left, and Officer Max Greeley hold up challenge coins they were given by the Salem Fire Department last week. (Courtesy Photo Salem Police Department)

SALEM-- Deputy Police Chief Joel Dolan and Fire Chief Lawrence Best are pleased to share that all members of the Salem Police and Fire Departments have been given challenge coins which promote suicide awareness and prevention among first responders.

The Substance Abuse and Mental Health Services Administration reported in a May 2018 bulletin that 30% of first responders are believed to develop behavioral health conditions such as depression.

The challenge coins, also called "life coins" because of their purpose to promote mental health, are firefighter themed on one side and police themed on the other, and are engraved with the phone number for Safe Call Now, a confidential, 24/7 suicide prevention hotline dedicated for first responders.

The coins were designed by Carol Castle, a Minnesota mother of a firefighter who died by suicide in 2017. Castle created the coins in

an effort to promote suicide awareness among first responders, and give them a resource to seek help when they need it.

"These challenge coins are a thoughtful way to make sure this hotline is easily accessible for first responders, and this was a really kind initiative on behalf of the Salem Firefighters Relief Association," Fire Chief Best said.

The Salem Firefighters Relief Association purchased 200 of the coins in late 2019 after EMS Director Doug Devine learned of the coins and contacted Castle, and Chief Best, Devine and other members of the Fire Department presented the coins to the Police Department on Thursday, April 23.

"I would like to thank Chief Best and his team at Salem Fire for sharing these coins with us and bringing awareness to the mental health of our officers, especially during a time of unprecedented uncertainty," Deputy Chief Dolan said.



From left: Fire Chief Larry Best, Firefighter Matt Lopez, Firefighter Jackson Peck, Firefighter Josh Tapley, Firefighter Troy Ward and Firefighter Andrew Owens hold their challenge coins while wearing PPE. (Courtesy Photo Salem Fire Department)

Los Celtics traen almuerzo a trabajadores de DPW



Un grupo de empleados de DPW en Lawrence que recibieron un almuerzo de pizzas cortesía de Boston Celtics en reconocimiento del trabajo que realizan en medio de esta situación.

A group of Lawrence DPW workers who received a pizza lunch courtesy of Boston Celtics in appreciation for the work they do in the midsts of the present situation.



Hasta el Glenn Gary participó en el almuerzo. // Even Glenn Gary attended the luncheon.

Retirarse a tiempo

Por Xus D Madrid

Un político, cualquier gobernante, puede retirarse, entre otras, por tres razones: porque pierde la confianza de los ciudadanos expresada en las instituciones democráticas, porque cree que ha cumplido la tarea que se propuso y los objetivos que se marcó y porque honradamente se da cuenta de que es absolutamente incapaz para afrontar sus responsabilidades.

Para quienes afirman constantemente su vocación de servicio público y su disposición de sacrificar ambiciones personales y hasta intereses perfectamente plausibles, en aras de ayudar y proteger a sus semejantes, para quien se reputa demócrata y dice tener un sentido generoso del ejercicio del poder y de la política lejos de cualquier afán bastardo, la última opción -la que contempla la propia

impotencia y la inutilidad de su gestión- es algo que siempre debería tener presente el responsable de gobernar un país y más en momentos de grave situación social.

Todos los escenarios, incluso el de la dimisión, con todo el equipo de gobierno, deberían estar contemplados. Nadie es insustituible ni imprescindible y tampoco lo es en momentos de grave emergencia, ni en las circunstancias más extremas.

Retirarse a tiempo, puede ser un final honroso, siempre que sea en los momentos oportunos y con la grandeza de ánimo que requiera la situación. Tal vez sea conveniente recordar que lo malísimo conocido, siempre es peor que lo desconocido que venga, porque lo que venga es imposible que sea peor de lo que hay y ya conocemos.



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BY DALIA DÍAZ
daliadiaz@rumbonews.com

LEÁLO EN ESPAÑOL EN LA PÁGINA 4

From My Corner



Open Meeting Law Violation or a Totally Fabricated Lie

These are supposedly the Massachusetts towns currently mandating face coverings in public places: Bellingham, Belmont, Billerica, Braintree, Brookline, Cambridge, Chicopee, Essex, Everett, Falmouth, Framingham, Lawrence, Lynn, Medford, Needham, Northampton, North Reading, Peabody, Plymouth, Providence, Reading, Salem, Somerville, Sudbury, Uxbridge, Wakefield, Waltham, Winthrop, and Yarmouth.

The City of Arlington is waiting for their city's Board of Health to vote on a regulation or accepting the measure, which most likely meets during the week of May 4, 2020.

Ninety-five (95%) of the above cities and towns had their Board of Health meet and vote on such measures, or had regulations that allowed their town/city leader to place an order mandating the use of facial mask, or any rule that would allow the protection of the population's health and safety.

Upon Rumbo receiving the City of Lawrence's two page Mayor executive order, we immediately knew something was erroneous and possibly dishonest. On the executive order, which was sent by the Mayor's Office, Mayor Rivera states that the Board of Health and he agreed on a mandatory facial mask.

I became suspicious because the Executive Order from the Board of Health (BOH) was printed on the mayor's letterhead, not theirs, and it was not signed by the mayor or the members. If they had met, there was no record of it. The Board of Health has not met during April or May (as of May 1) to take a vote on such order.

First, the Mayor can't implement an executive order on its residents (executive orders are only for its employees). Second, the BOH never met to take a vote, so basically, he lied. But if the BOH met, then they violated the Open Law Meeting because a posted notice is required 48 hours prior to any meeting taking place. We found no notice, no meeting that took place, and no conversation that has taken place with members of the board.

I made a few calls to make sure I was correct and Mike Armano, director of Inspectional Services called me back. He explained that they had not had a meeting, not even a videoconference in which the public could participate, but on the telephone, it was agreed that the mayor should act as their agent. Since Mayor Rivera cited Massachusetts General Laws pertaining to board of health issues, I decided to check it out.

MGL 111, Section 30 states "Boards of health may appoint agents or directors of public health to act for them in cases of emergency or if they cannot conveniently assemble, and any such agent or director shall have all the authority which the board appointing him had, but he shall in each case within two days report his action to the board for its approval, and shall be directly responsible to it and under its direction and control."

We have found no evidence that the Board of Health has appointed Mayor Rivera to act for them. The BOH is able to meet in the manner that the governor has allowed through teleconference and as other boards, committees, commissions, and councils have met. Even if the BOH wanted to appoint

someone else to act on their behalf, these laws do not give Mayor Rivera that task as an agent.

Additionally, in the first paragraph of the executive order were listed a few general laws and regulations of Massachusetts. Those listed laws and regulations looked pretty intimidating and for the most part, they do allow towns and cities some liberty to protect its residents. However, there is so much that the laws stated versus what the city is saying will be implemented.

On the city's executive order it has listed MGL 111, Section 104. Basically, this portion on the listed law says "board of health shall use all possible care to prevent the spread of the infection and may give public notice of infected places by such means as in their judgment may be most effectual for the common safety" and that "Whoever obstructs the selectmen, board of health or its agent in using such means, or whoever wilfully (sic) and without authority removes, obliterates, defaces or handles such public notices which have been posted, shall forfeit not less than ten nor more than one hundred dollars."

So that \$300 fine that Mayor Rivera placed is incorrect. Also, if one gets fined (by the masks police), 310 CMR 11.05 states, "He shall be granted a hearing as soon as possible. The procedures for such hearing shall otherwise conform with the hearing requirements which would have existed had the order been issued under non-emergency circumstances." Let me state for those of you that do not know. The City of Lawrence has yet to hire a traffic violation hearing officer. What's to say they have a facial mask hearing officer? I'll bet 50 to 1 that the city had no hearing officer on the date that Mayor Rivera released the bogus executive order.

Please don't get me wrong. Maybe a mandatory facial mask may be Mayor Rivera's only opportunity to reduce the positive COVID-19 cases in Lawrence because everything he has done until this point has not worked. Lawrence is in 5th place (of all Massachusetts cities and towns) in COVID-19 positive rates. That means that for every 100,000, there are 1,747 people positive.

Mandatory facial mask so late in the game is like taking birth control after you been pregnant for 5 months. Maybe that is a bad analogy for me to make to you, but you do get the point. One thing that Mayor Rivera should have done is allow all of his essential employees to be covered under the President's CARES Act. By making almost the city's entire workforce exempt, he has basically told his employees that the city is not paying for their salaries if they or their family member falls ill with COVID-19.

In the meantime, most of his unions are upset that he has allowed paying more than \$58 to hire nurses when he has not had a solid contract with his own unions or is not paying hazard duty pay. He knows what hazardous duty pay is – he was in the Army. They pay hazardous duty pay when soldiers and sailors go into combat. Is this not combat? That's why he's paying the Homeless Initiatives Coordinator Sandy Guerrier, an additional \$25,000. President Trump surely calls this a war.

And now Mayor Rivera will be part of a team to report to Governor Baker on the re-opening of the economy. Well, I hope he uses a facial mask and makes recommendations on how to stand six feet apart in some of these

bodegas that with three people will be filled to capacity. Still, your Economic Development Director (that's missing) has not funded for businesses that are again at a loss of business. Did he not learn anything from the gas explosions? Yes, he learned to ask the state for money while never creating some sort of savings for that kind of economic disaster.

Just wait for the news that the money that was going to be used for street repairs (from Columbia Gas) will be used to pay for the Hotel and Esha House homeless projects, a project that was essentially pulled out from under the rug from the Psychological Center.

Then, this morning, Governor Baker issued a new policy has ordered all residents over the age of two to use a face covering or mask in public places where maintaining proper social distancing measures to prevent the spread of COVID-19 are not possible. This statewide order goes into effect on May 6th with a potential \$300 fine but he is leaving the enforcement up to the individual cities.

Future changes

We have to wonder how different the culture of this country will be once the pandemic is over, however long it takes. Businesses had to adapt rapidly to new ways of doing things and employees experienced something new as well. Working from home

DiZoglio Files COVID-19 Emergency Veteran Relief Bill

On Tuesday, April 28, State Senator Diana DiZoglio (D-Methuen) filed new legislation, An Act providing COVID-19 emergency financial relief for veterans, to provide one-time emergency financial relief grants to Massachusetts veterans suffering demonstrable financial loss due to COVID-19.

Under chapter 115 of the Massachusetts General Laws, which covers veterans' benefits in the Commonwealth, the Department of Veterans' Services (DVS), in partnership with local Veterans' Service Officers (VSOs), administers a program of financial assistance for food, housing, fuel, clothing and medical care for veterans and their dependents with limited income and assets. This legislation supplements that aid as COVID-19 has created financial distress for Massachusetts veterans well beyond the scope of chapter 115.

In addition, social distancing has created obstacles to readily accessing chapter 115 benefits. Part of the process of applying and qualifying for chapter 115 benefits includes being interviewed by VSOs. With municipal buildings closed and access to VSOs more limited, the bill is designed to provide quick-turnaround financial breathing room for veterans as they navigate other resources provided by the state and the federal government.

DiZoglio also filed the bill to acknowledge constraints municipalities are facing with respect to their local budgets due to COVID-19 as they try to plan for the 2021 fiscal year. Chapter 115 benefits are funded 25% by cities and towns. The bill authorizes the Secretary of DVS to create regulations for the timely and effective implementation of the bill. By streamlining the process for these emergency grants through DVS, the goal is to have these funds distributed more rapidly than

LETTERS TO THE EDITOR

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turned out to be a nightmare for some while other found ways to manage the household and children.

The most noticeable change for hospitals is that families are no longer using the emergency room for any ailment, fever, stomach pain, etc. This is very expensive (whether you have insurance or Medicaid) and doctors always recommend going to a primary care doctor, instead.

The new way of communication via Skype, Zoom or GoToMeeting, was so practical that I'm sure it will become common. It has been funny watching television programs (including the news) with the hosts reporting from home. Today's technology is allowing us to be more creative and productive.

I welcome these changes but after 5 weeks with no visits and going nowhere, I'm ready to try again the old ways.

Social distancing

Don't you think that "physical distancing" is more appropriate? We continue to be social with everyone by telephone or video; it's only the physical aspect that has been restricted – 6 feet.

So let's keep the physical distance until this whole period goes away.

the process under chapter 115 can currently provide, while avoiding placing additional financial burdens on the municipalities.

"This is a bill that will not only provide our veterans with much needed emergency aid but also start a long overdue conversation about how our veterans are currently accessing benefits and how we can make this system more efficient and effective in its service to those who served us," said DiZoglio. "All of us should make it our duty to show gratitude to all service members, to those now in uniform and to those who served this nation in the past. Let's support the brave men and women who have served to keep us free by passing this important legislation."

"Veterans have proven particularly vulnerable in this crisis," said Haverhill resident and Vietnam veteran Ralph Basiliere, who originally contacted DiZoglio about the issue and pointed to a similar proposal that already passed in Minnesota. "Efforts to aid them are desperately needed."

"I am truly grateful to Senator DiZoglio for advocating for our veterans," said Amesbury Mayor Cassandra Gove. "The Amesbury Veteran Services Office has remained open throughout the COVID-19 outbreak, working closely with our veterans to ensure that they continue to receive these important benefits and have access to information and resources. In past times of economic hardship we have seen an increase in applications for Chapter 115 benefits, and as we continue to make sure that we are taking care of everyone in our community, this bill is a great step forward to help more veterans. This bill not only expands on Chapter 115 for veterans, but it also ensures that our community receives reimbursements faster, which is important for everyone in these uncertain financial times."

¡Estamos condenados!

Por Frank Bonet



A menos que haya estado en el ejército durante bastante tiempo, o haya entrenado como preparador del día del juicio final, la mayoría de ustedes no tiene idea de cómo mantenerse a salvo. Esta nación está condenada.

Esta nación es egoísta.

Las personas no solo no pueden seguir completamente las instrucciones para sobrevivir, sino que ni siquiera pueden quedarse quietas durante cinco minutos sin anhelar algún tipo de socialización personal. Las órdenes voluntarias de los funcionarios electos para mantenerlo a usted y a sus familiares, así como a quienes lo rodean a salvo, no han funcionado tan bien como se esperaba. Tal vez sea porque muchas personas en los EE.UU. Ya no confían en su gobierno, ya no les importa lo que sucede (son egoístas) o no quieren tener sentimientos que les hagan sentir que es el fin del mundo (Armagedón).

En cambio, estas personas quieren sentirse normales y desean realizar actividades como; arreglarse el pelo, cortarse el pelo, ir a la manicurista, jugar al golf, pescar o simplemente salir con las armas colgadas en la espalda, incluso cuando las naciones atraviesan un evento de tipo histórico. Este será un momento en el que el futuro mirará hacia atrás y juzgará nuestras acciones.

Si no morimos y desaparecemos como los dinosaurios, esta pandemia seguirá siendo un evento importante en la historia del mundo (como sucedió en 1918). ¿Qué dirán nuestros nietos y bisnietos sobre nosotros? ¿Hicimos lo suficiente? ¿Por qué no te auto aislaste? ¿Por qué tantos muertos? ¿Por qué mis abuelos no sobrevivieron? ¿Por qué mis padres tuvieron que morir tan jóvenes antes de que pudiera conocerlos? ¿Qué tipo de gobierno teníamos? ¿Por qué el gobierno no hizo lo suficiente? Pero la pregunta principal (y posiblemente la respuesta ya se habrá establecido para entonces) es por qué no trabajamos todos juntos. ¿Por qué no aprendimos de 1918?

Esta nación acaba de mostrar a cualquier enemigo que tenga, todas sus debilidades durante esta pandemia. La mayoría de las personas que mencioné anteriormente ni siquiera conocen las debilidades. Una de las cosas que debemos aprender es que la cadena de suministro es débil debido a todos los empleos, trabajos y productos subcontratados desde los EE.UU. Para hacerlo más barato o menos costoso, nuestros funcionarios electos del gobierno federal colocaron a esta nación en una situación precaria y débil. Imagínese si esto fuera un mundo: estamos viviendo un tiempo incluso comprometido y peligroso.

A principios de enero y hasta fines de marzo de 2020, seguía diciéndole a la gente, a los funcionarios electos e incluso a los pocos seguidores, en mis redes sociales, que este virus no era de bajo riesgo,

mientras que todos los funcionarios electos o profesionales de la salud en todos los niveles (federal, estado y ciudad) decían que este virus era de bajo riesgo. Nunca fue un riesgo bajo. Nunca fue un riesgo bajo porque las personas son impredecibles. Los funcionarios electos simplemente copiaron palabra por palabra lo que otros decían.

También creen en un presidente, que es ignorante acerca de tratar de mantener a la gente de esta nación tranquila, incluso cuando no es sincero. Y mientras esas comunicaciones de sus líderes electos se transmitían a la gente, todos pensaron que no era importante, hasta que fue demasiado tarde. A algunos de nosotros nos han dicho que no es nuestro trabajo hacer ciertas cosas para proteger a las personas, dejarlo en manos de los funcionarios electos o los profesionales de la salud. A algunos de nosotros nos han dicho que enviamos comunicaciones demasiado pronto cuando la ley establece estas comunicaciones. Estos funcionarios electos nos decían que no usáramos una máscara facial porque no la necesitaríamos (era una mentira porque sabían que no había suficientes máscaras para todos). Luego nos dijeron otras mentiras como; que no necesita una máscara N95 ó que sus máscaras son buenas durante una semana a 10 días (si puede encontrar una).

Aun así, hasta hoy, nadie está escuchando y algunas ciudades están siendo afectadas con el número de enfermos y muertos. Estos mismos estados y ciudades han tenido que implementar acciones consecuentes como la emergencia de cierre de negocios, órdenes de autoaislamiento, cuarentena, cierre de lugares públicos, cobertura de drones, multas y pronto cárcel.

Mientras tanto, las máscaras faciales N95 siguen siendo una ilusión, la comunicación es caótica, las personas siguen siendo egoístas y no se preocupan por sus vecinos, las personas han perdido sus trabajos, los niños están hambrientos de comida y educación. Pero bueno, continuemos como una especie de normalidad al permitir que los establecimientos de alcohol sigan abiertos pero cierran las armerías y las tiendas de marihuana en nombre de la violencia doméstica. Se una cosa, el alcohol es la culpabilidad número uno de la violencia doméstica y la violencia en general. Tal vez esa sea una de las razones por las cuales las personas no se quedan adentro: están demasiado borrachas para seguir las instrucciones. Preferiría que fumen un poco de marihuana y se relajen en sus casas.

Espero que este virus no empeore o que este evento se convierta en un evento de supervivencia. Uno, es que demasiadas personas estarán condenadas por las debilidades de este gobierno en las cadenas de suministro de alimentos, drogas y dinero. Muchos no sabrían qué hacer si estallaran disturbios masivos. Muchos ni siquiera sabrán de qué manera apuntan hacia el norte en caso de migración. Dos, es que acabamos de descubrir que nadie está preparado para esto, ni siquiera el gobierno (solo los militares están preparados). Tres, estamos condenados.

We are Doomed!

By Frank Bonet



Unless you were ever in the military for quite some time, or have ever trained as a doomsday prepper, most of you have no idea how to stay safe. This nation is doomed. This nation is selfish.

Not only can people not fully follow instructions to survive, but they can't even stand still for five minutes without craving for some sort of personal socialization. Voluntary orders from elected officials to keep you and family members, as well as those around you safe, has not worked as well as expected. Maybe it's because many people in the USA no longer trust their government, no longer care about what happens (are selfish), or do not want to have feelings that make them sense like it's the end of the world (Armageddon).

Instead, these people want to feel normal and want to do activities such as; getting their hair done, haircuts, nails, golfing, fishing, or just walking out with their weapons hung on their backs even as the nations are going through a historical type event. This will be a time that the future us will look back on and judge our actions.

If we don't die and disappear like the dinosaurs, this pandemic will still be a major event in the history of the world (as was 1918). What will our grandchildren and great-grandchildren say about us? Did we do enough? Why did you not self-isolate? Why so many dead? Why did my grandparents not survive? Why did my parents have to die so young before I was able to know them? What kind of government did we have? Why did the government not do enough? But the main question (and possible the answer will have already been established by then) is why did we not all work together? Why did we not learn from 1918?

This nation just showed whatever enemy it has, all of its weaknesses during this pandemic. Most of those people that I mentioned above don't even know the weaknesses. One of the things we must learn is that the supply chain is weak due to all jobs, work, and products outsourced from the USA. To do it cheaper or less expensive our elected federal government officials placed this nation in a precarious and weak situation. Imagine if this was a world – we are living an even dangerous and peril time.

In early January and through the end of March 2020, I kept telling people, elected officials, and even the few followers, on

my social media, that this virus was not low risk, while every elected official or health professional on all levels (federal, state, and city) was saying that this virus was a low risk. It was never a low risk. It was never a low risk because people are unpredictable. Elected officials just copied word by word what others were saying.

They also believe a president, which is ignorant about trying in keeping the people of this nation calm, even when he is untruthful. And while those communications from your elected leaders were being broadcast to the people, everyone thought it was not important – until it was too late. Some of us have been told that it's not our job to do certain things to protect people – to leave it to the elected officials or the health professionals. Some of us have been told we sent out communications too soon when the law provides for these communications. These elected officials were telling us not to wear a facial mask because we would not need it (this was a lie to throw you under the bus knowing that there were not enough masks for everyone). Then we were told other lies such as; that you don't need an N95 mask or that your masks are good for a week to 10 days (if you could find one).

Still, up to today, no one is listening and some cities are getting clobbered with numbers of the ill and the dead. These same states and cities have had to implement dire consequential actions such as emergency of closing of businesses, self-isolation orders, quarantining, closing of public places, drone coverage, fines, and soon jail.

In the meantime, facial N95 masks are still an illusion to own, communication is chaotic, people still are selfish and don't care about their neighbors, people have lost jobs, kids are starving of both food and education. - But hey, let's continue like some sort of normalcy by allowing alcohol establishments to continue to be open but close the gun shops and pot shops in the name of domestic violence. I know one thing; alcohol is the number one culpability of domestic violence and violence in general. Maybe that's one of the reasons people don't stay inside – they are too drunk to follow instructions. I would rather smoke some pot and chill in their homes.

I hope this virus does not get worse or this event becomes a survival event. One is that too many people will be doomed by this government's weaknesses of supply chains of food, drugs, and money. Many would not know what to do if massive riots broke out. Many won't even know which way true north points in case of migration. Two is that we have just figured out that no one is prepared for this – not even government (only the military is prepared). Three – we are doomed.

Fire victims / Víctimas de incendios

Please contact Heal Lawrence if you wish to make a contribution to the victims of the recent fires in Lawrence. The website has a list of donated items and things that are still needed.

Favor de ponerse en contacto con Heal Lawrence si desea hacer una contribución a las víctimas de los incendios recientes en Lawrence. El sitio en la internet tiene una lista de artículos que han sido donados y lo que todavía necesitan.

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MCC Teams Up with Community Partner for Remote Course

Middlesex Community College's Corporate Education & Training (CET) has partnered with Community Teamwork of Lowell (CTI) for several years to offer employees professional development opportunities. When COVID-19 struck, the two organizations teamed up to transition the planned Crucial Conversations course to remote learning.

MCC has been a leader of online learning for over two decades. When it came to transitioning the course to a virtual platform, the college collaborated with CTI and instructor Laura Kangas – who has taught at MCC for 20 years as an adjunct professor and loves working with the supportive and dedicated team – to format the class to Zoom.

"This is a perfect example of how MCC supports our employer partnerships – and has done so for over 30 years," said Judy Burke, MCC's Executive Director of Institutional Advancement. "Even throughout the pandemic, we continue to support our employers with cost-effective, flexible and customized education and training so they can continue to flourish – despite the difficult circumstances."

In the course – for directors, managers and supervisors – Kangas helps her students learn the necessary skills to engaging in difficult conversations that could be emotional and high stakes. Although the course covers sensitive topics – and CTI employees had expected to take the course in-person – Lisa Wholey, SPHR, HR Director of CTI, said feedback from the class was positive and that Middlesex "didn't miss a beat."

"We count on Middlesex and feel fortunate to have them as a partner because they listen to what our needs are and to what's going on," Wholey said. "It's been great. The facilitator was able to make it like they were almost in the classroom."

The remote format allows Kangas and the 21-person class to be able to connect with each other in the larger group, have breakout rooms for small-group discussions, play videos and use the whiteboard feature. The conversations, Kangas said, have been rewarding.

"Being able to talk to another human being in a very protected, calm and relaxed atmosphere for two hours was very special," Kangas said. "Students were amazed by how intimate it was. Even though you're on a computer, the conversations were amazing and people really opened up."

Both Wholey and Kangas believe this time of working or being at home during the pandemic is an excellent opportunity for employees to work on professional development.

"The curriculum is really tailored to what's going on at this time," Wholey said. "The instructor used examples of working from home and what kind of conversations come up. She made an adjustment to the curriculum so that it was relevant and timely."

For Kangas, being part of a class – and having access to other people via a remote service like Zoom – helps foster a community, despite being away from the office.

"The students are really dedicated to learning everything they can and being the best they can be," Kangas said. "Even in these worst of times, people are still working hard to do everything they can to learn all the skills they can to be a better contributor."

While Wholey said, "In this time, it keeps people connected. Many of them felt it was so great to see their colleagues across the agency," Kangas said, "You get some personal contact and it's not just writing to each other."

To learn more about MCC's professional development courses, contact Lisa Tuzzolo, MCC's Program Manager of Corporate Education & Training at tuzzolo1@middlesex.mass.edu or 978-656-3109.

MCC Lists Activities to Keep Kids Busy & Engaged

Middlesex Community College wants to help keep students engaged and on-track with their education during these difficult times. The college's Education and College for Kids departments have collected a number of activities for families to do together in order to keep learning and having fun during this COVID-19 pandemic.

Michelle Dobrin, MCC's Chair of Education, recommends establishing routines and activities to provide a sense of normalcy – even when in this "new normal" – as best as possible. Activities include walks outside, family meals, homework time and bedtime stories.

"A sense of routine and predictability help children feel safe," she said. "In these times of uncertainty, this becomes especially challenging and even more important. It's important to maintain routines as they're a key way of helping children mark time. This may even be an opportunity to start some new routines – involving kids in the process makes them more meaningful."

MCC's College for Kids helps maintain a sense of normalcy for kids throughout the summer. Students who attend are not just kept busy, but are constantly engaged and learning in a hands-on environment that is stimulating and interactive.

"College for Kids is a room full of open doors for a diverse group of youth to learn about themselves, a few different careers paths and gain access to college," said Lauren Ellis, MCC's Program Manager of Community Education & Training. "The youth that attend College for Kids learn that attending college will give you many options and Middlesex Community College is one of them. Summers are about making memories, friendships and discovering your path."

Ellis shared a few photography and science lessons – inspired by College for Kids – for families during this time to get everyone outside or moving around the house.

For kids learning colors and ABCs, Ellis suggests assigning a new letter or color each time the activity is completed and taking pictures of objects that match the color or letter. Families can also go on a 'Word Hunt' by taking typical flashcards outside and having children find the word that matches the card and snapping a picture of the item to start a collection.

Adding photography to a game of BINGO is also a great way to spark kids' imagination. Have them try out cooking or a new hobby, snap a picture of their pet, or go out for a walk and see what interesting photographs they can capture. Then share what they find on social media and tag MCC's accounts.

To work on writing and storytelling



Middlesex Community College wants to help keep kids and families safe and engaged during this COVID-19 pandemic. MCC's Community and Education Training's Caitlin Campopiano's sons Colin (L) & Liam (R) of Chelmsford transform their front door into stained glass.

skills, Ellis recommends having a child take a picture of a scene in or outside of the home and then writing or telling a story based on the photograph.

For space and science fanatics, Ellis suggests a DIY moon sand project using flour and oil for kids to make and then play with. Kids can also craft mini constellations using just a few supplies, like paper and toilet paper rolls. These science projects are easy to put together, but spark kids' creativity and imagination.

For more art project ideas, Bethany Peck (MCC College for Kids teacher and Corporate & Community Education instructor, Chelmsford resident and artist, and preschool teacher for Chelmsford Community Education) suggests simple and fun projects using materials most people have on-hand.

Kids can dip leftover tubes from paper towels or toilet paper into paint to transform a blank surface into a layered, colorful masterpiece. She also offers tips on how to take sidewalk art to the next level by using masking tape to create different shapes and patterns, and then coloring it in with chalk. Kids can also transform their front door by making stained glass using the same tape technique with paper mache or washable markers.

Visit www.middlesex.mass.edu/collegeforkids/activities to find out more about these activities.

Go to www.middlesex.mass.edu/collegeforkids/ or call 781-280-3663 to register for MCC's College for Kids this summer.

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Thank You Front Line Workers

Nuestra comunidad responde ante la urgencia



As the President of the Merrimack Valley Chamber of Commerce I am so proud of how our Merrimack Valley Community has come together to support the fight against the Coronavirus. There is no way that we can ever thank the front line workers for everything they are doing but we wanted to show them a small sign of appreciation. Teaming together with our Co-Sponsors UniCare and Crack'd Kitchen & Coffee the Merrimack Valley Chamber of Commerce was able to donate breakfast to Holy Family Hospital in Methuen; Lawrence General Hospital and Holy Family Hospital in Haverhill.



Being able to say THANK YOU and talk to the front line workers at each of these hospitals and partner with such great organizations shows me just how strong the Merrimack Valley is and it assures me that TOGETHER we will all get through this.
Joe Bevilacqua, President/CEO Merrimack Valley Chamber of Commerce



Un grupo de voluntarios se unió a los esfuerzos de hacer compras para familias que estaban en cuarentena. En algunos casos, les llevaban comida preparada para toda la familia debido a las condiciones en que se encontraban.

“El domingo llevamos 105 platos de comida a los enfermeros y estaremos todos los domingos llevándole comida pues me dijeron que los domingos es un problema para ellos conseguirla ya que todo está cerrado,” dijo Brian DePeña, organizador principal.

Mr. DePeña quiere agradecer a los siguientes voluntarios por el tiempo que están donando: Jackie Marmol, Marco Polo Rodríguez, Abdiel Vásquez, Carina Jaime, Omar Martinez, Omar Montes de Oca, Julio García, Rafael Disla y Julissa Núñez.

Las donaciones vinieron de Tenares Tires, Union Supermarket, Los Mellos Supermarket, Jackeline Supermarket, Gómez Supermarket y JC Tire Shop.

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Canal Street Gym

National Champions! NECC Claims Rocket League Title

National Champions! NECC claims Rocket League title



The Northern Essex Community College eSports Rocket League team has captured the NJCAA Championship for the spring 2020 season with a 4-0 sweep over Snow College of Utah in the best of seven play. Match scores were 3-0, 2-1(OT), 6-4 and 4-1.

Christian Bova (Unky)(Lawrence, MA) got the Knights on the board first just over a minute into the first match when he put a high through ball straight into the back of the goal. Erik D'Attilio(Emonkc6)(Boxford, MA/Masconomet) gave NECC a two goal cushion when he tucked a shot into the lower right corner past a streaking defender at the midway point of the period and added a second goal with thirty-five seconds remaining in the period for the 3-0 result.

The second match was more of a defensive battle, after falling behind in the first minute, the Knights would tie the match up at one apiece on goal from Emonkc6 before heading to a sudden death overtime period to determine the match winner. Just nine seconds into the extra session Bova would score on a rebound shot from Edwin Guzman (Kizek)(Lawrence, MA)

In the third match, NECC would twice rally back from one goal deficits for before going ahead 3-2 and securing the match when Guzman scored on a quick touch on the immediate restart after Bova tied the match at two with his second goal of the period. D'Attilio would add two and Bova one goal including the match winner to account for the 6-4 final in the third match.

In the final match to conclude the sweep, Guzman put the Knights up 1-0 just over a minute before Snow would not the match at one. It wasn't long before D'Attilio would rattle off three more goals before the final horn to result in the 4-1 match final give the Knights their first esports Championships.

A very proud Knights head coach David Arivella had this to say on the team's championship, "The practice and dedication our players put into this season was incredible, especially during these stressful times. Seeing our Rocket League team follow through and come out with our first NJCAA championship victory was amazing and I truly respect and commend their accomplishment."

SEMIFINAL MATCH 4/22

NECC 3 St. Clair County CC (MI) 0

The Knights swept through the best of five match with game score of 4-1, 2-1 (OT) and 3-1.

NECC got off to a hot start as Erik D'Attilio (Emonkc6) (Boxford, MA/Masconomet) got the team on the board just 23 seconds into the first round. The goals would come fast and furious in the first game as NECC went up 4-0 before St. Clair would get onto the board. Edwin Guzman (Kizek) (Lawrence, MA/Lawrence) would add two goals in the first game and Christian Bova (Unky) (Lawrence, MA/Lawrence) tallied three assists.

Bova (Unky) would be the difference maker in the second round as he scored both of the Knights goals, with the winner coming 1:45 into the sudden death overtime period. After falling behind early in the third round NECC finally broke through the St. Clair defense to tally three goals in the final 1:26 of the match to secure the sweep. D'Attilio (Emonkc6) squared the match up, before Bova (Unky) added two goals in the final minute to seal the win.

QUARTERFINAL MATCH 4/15

NECC 3 Crowder College (MO) 0

The Knights cruised past Crowder in the quarterfinal round by game scores of 4-1, 2-1 and 5-3.

After suffering a forfeit loss (their only loss of the season) in the final week of the regular season due to complications related to computer access due to the Coronavirus situation, the Knights were able to return to competition as the top seed when the captain Bova was able to return to competition. With limited preparation heading into the quarterfinal, the early post-season success was even more impressive.

Guzman (Kizek) scored an impressive goal in the second game as time expired to give the Knights the 2-1 second game victory. After an early deficit in the third game Erik D'Attilio (Emonkc6) was able to bring the team back up to 3-3 tie in round 3, before two more quick goals for the Knights secured the quarterfinal victory. Bova (Unky) put up a solid performance all around.

Northern Essex Community College competes as a member of the National Junior College Athletic Association (NJCAA) and sponsors 12 varsity intercollegiate sports including baseball, men's basketball, women's basketball, softball, women's volleyball, men's and women's cross country, men's soccer, Esports and men's and women's track and field. For more information on Northern Essex Community College Athletics please visit the official website of Northern Essex Athletics (www.neccknights.com)

Notificación de Audiencias Públicas / Disponibilidad para Revisión y Comentarios

Por medio de este aviso se notifica la disponibilidad del siguiente documento preliminar para revisión y comentarios del público:

- **Proyecto de la Organización de Planificación Metropolitana del Valle de Merrimack (AF) 2021-2025 Programa de Mejoramiento del Transporte (TIP)**

y

- **Documento Preliminar del Plan Coordinado (Plan Coordinado de Transporte Público y Servicios Humanos)**

El TIP es un documento del gobierno federal que programa la financiación de transporte federal en la región. El TIP proporciona una breve descripción de cada proyecto de carreteras o tránsito, junto con estimaciones de costo y el año en que probablemente se anunciará para la construcción. Cualquier proyecto de transporte que utilice fondos de transporte federal debe estar en el TIP. Además, el Plan de Participación Pública de la MVMPO cumple con los criterios del proceso de participación pública de la Autoridad Regional del Tránsito del Valle de Merrimack para el desarrollo de su Programa de Proyectos.

El Plan Coordinado (Plan Coordinado de Transporte Público y Servicios Humanos) identifica las necesidades de transporte no satisfechas para las personas mayores y las personas con discapacidad, así como las estrategias para implementarlas. El Plan Coordinado está vinculado directamente al programa de subvenciones 5310 de la Administración Federal de Tránsito (FTA). Una entidad puede solicitar subvenciones bajo este programa solo si el servicio está incluido en el Plan Coordinado.

Los documentos mencionados anteriormente están disponibles para revisión en la página web de la MVPC (www.mvpc.org/news) para el período de revisión de veintidós días (21) empezando el 1ero. de mayo del 2020 y finalizando el 21 de mayo del 2020.

El personal de la MVMPO aceptará comentarios por correo electrónico sobre los documentos preliminares hasta el 21 de mayo del 2020. Los comentarios públicos deben ser enviados a akomornick@mvpc.org.

Dos (2) Audiencias Públicas virtuales (VIRTUAL) sobre estos documentos se llevarán a cabo, uno en la tarde y otra por la noche:

Audiencias Públicas

- Fecha:** miércoles, mayo 13, 2020
Horario: 1:00 p.m. a 2:00 p.m. (Audiencia #1)
 6:00 p.m. a 7:00 p.m. (Audiencia #2)
Lugar: En línea, solamente a través de acceso virtual (VIRTUAL) (vea abajo)

Visite www.mvpc.org/events o www.mvpc.org/news para instrucciones de como asistir a la reunión virtual.

La MVMPO espera tomar medidas sobre los documentos anteriormente mencionados en su reunión de mayo (consulte la página web www.mvpc.org hacia el final del período de revisión para ver las noticias recientes sobre la fecha y si la reunión de la MPO de mayo será solamente virtual, o si se llevará a cabo en la oficina de la MVPC). Invitamos a los miembros del público a acompañarnos en la reunión virtual (VIRTUAL), o a asistir, si la reunión no es virtual. Las observaciones al documento preliminar también serán aceptadas por escrito o de forma oral en esta reunión. En el caso de que se recomienden nuevas enmiendas al documento, el mismo se publicará para revisión pública de acuerdo con el Plan de Participación Pública de la MVMPO. Después de su adopción por la MVMPO, el TIP será considerado como el programa final de los proyectos de la MVMPO.

Buon Giorno
Good Morning
Buenas Tardes

Every Sunday, beginning at 9AM to 11AM with Sicilian, Italian, English, Rock 'n Roll music and Así es Colombia.



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Seated, Nunzio DiMarca, standing Neal Perry, Pio Frittitta and Vincenzo Buonanno.

Essex Art Center

56 Island St, Lawrence, MA
978-685-2343

Dear EAC community:

Many of you have asked how you can support EAC. The easy (and critical) answer is that we need your financial support - especially recurring donations to keep us going over the coming months. The closure is hitting us very hard and will continue to do so.

But we also truly value your emails and stories. The stories we've heard recently from students, teachers, and board members range from inspiring to funny to deeply sad. Many artists are using this time to focus on studio work, some are getting creative with pets and games, and others are faced with financial uncertainty or illness in their families. It's such a difficult and strange time, so please, stay in touch, tell us what you're doing in your studio, let us know how we can support you, and share a story (like those at the end of this email!)

For anyone still longing for a creative outlet and a sense of connection with others, we want to help as best we can, and we are committed to our mission to inspire and sustain lifelong growth and learning and to transform lives. Thank you for supporting us and believing in what we do!

FREE Classes and Daily EAC Storytime

In the midst of all of this, we want to reach as many artists as we can, so we have decided to make five of our weekly

classes FREE. You can find all five at www.essexartcenter.org/freeclasses. Register via the links on that page, and share with anyone who would enjoy a creative, engaging art lesson! Video lessons will be uploaded on Monday.

Also starting Monday, visit our Instagram profile at 12 pm each weekday for live EAC Storytime! Our staff and teachers will take turns reading their favorite children's stories and illustrated books. Perfect for younger kids, these are classic and newer children's books, with a special emphasis on beautiful illustrations and artwork. Kids can listen and watch as we turn the pages or listen and draw, making their own illustrations inspired by what they hear! #eacstorytime

These programs are free not because we don't need the money (we do!) but because we want to give back to our community, so please donate if you're able!

More New Classes!

If you haven't gotten around to registering for an online class, there's still time! We've pushed back a handful of classes by one week, but please don't delay! If you think you're interested, sign up this weekend so we can be sure of the numbers.

We also have some new classes for you to consider!

EVENT PRESS RELEASE

MERRIMACK VALLEY CHAMBER OF COMMERCE



CONTACT INFORMATION:

MERRIMACK VALLEY CHAMBER OF COMMERCE

Michael Bevilacqua

978.686.0900

office@merrimackvalleychamber.com

FOR IMMEDIATE RELEASE

Merrimack Valley Chamber of Commerce Date Change for the Annual Spring Business EXPO, Trade Show, and Wellness Fair! – NEW CONFIRMED DATE – Wednesday, June 3, 2020

[Haverhill, MA] – Merrimack Valley Chamber of Commerce will present the Annual Spring Business EXPO, Trade Show, and Wellness Fair. The date has changed from April 1, 2020 to new date of Wednesday, June 3, 2020 and will be taking place at Michael's Function Hall on and featuring local businesses from the Merrimack Valley.

This event is sponsored by the Merrimack Valley Chamber Means Business Program. As the **Premiere**, most **Effective Business Marketing** and **Networking Opportunity** this Year, it is aimed at helping small business owners and the public become aware of opportunities among other businesses, meet Business Owners, and talk directly with their team members.

Also presented that day will be a Breakfast program with the Massachusetts Health Connector and a Lunch presentation with Google!

All are welcome. FREE EXPO Admission. Breakfast and lunch reservations needed as space is limited. Businesses can purchase booth space by calling the Merrimack Valley Chamber of Commerce at 978.686.0900, visiting www.merrimackvalleychamber.com or emailing office@merrimackvalleychamber.com.

www.merrimackvalleychamber.com

Follow @merrimackvalleychamber on and @MVChamber



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Become a sponsor of one or more of the following upcoming webinars:

- 4/24 Google Presentation
- 4/28 Selling in a Crisis
- 5/1 Virtual Networking

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Receive the same benefits listed above plus have 2 minutes to address the audience at the start of the Webinar!

Contact Michael.bevilacqua@merrimackvalleychamber.com or 978-994-2621 for sponsorship opportunities!

Merrimack Valley Chamber of Commerce
Website
978.686.0900



Fire victims / Víctimas de incendios

Please contact Heal Lawrence if you wish to make a contribution to the victims of the recent fires in Lawrence. The website has a list of donated items and things that are still needed.

Favor de ponerse en contacto con Heal Lawrence si desea hacer una contribución a las víctimas de los incendios recientes en Lawrence. El sitio en la internet tiene una lista de artículos que han sido donados y lo que todavía necesitan.

<http://heallawrence.org/> heallawrence@aol.com

<https://www.facebook.com/heallawrence.mass>

978-885-1842

Es normal sentirse triste, estresado, asustado o enojado durante una crisis.

ES ÚTIL HABLAR CON PERSONAS DE CONFIANZA.

¿Te estas sintiendo estresado, molesto o preocupado debido al Coronavirus?

No tienes que pasar por esto solo.

Personal y voluntarios capacitados están disponibles para ayudarte.



Estos servicios son proveídos por Family Services of the Merrimack Valley Y sus programas de Samaritans y Family Resource Center En colaboración con el Behavioral Health Task Force de la Ciudad de Lawrence

