



“Friends In Frederick” Newsletter
November 18, 2020
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Hello November, may your days be filled with love, happiness and laughter. And your nights be filled with love, hugs, snuggles and super sweet dreams!

The **November 18, 2020 meeting will be on-line using Free Conference Call.** (Free Conference Call is a free meeting solution similar to ZOOM. You may need to automatically download the free Conference Call software – similar to Zoom – but you do not have to establish an account.)

Use the Online Meeting Link below to join the meeting using a computer, tablet, or web browser on a cell phone. Clicking the Online Meeting Link is the **preferred** way to join the meeting.

Online meeting ID: stephen278

Online meeting link: <https://join.freeconferencecall.com/stephen278>

If you don't have access to a computer, tablet or phone with a web browser, you can also attend the meeting using a telephone. This phone number is **LONG DISTANCE** so only use it from a cell with free long distance.

Dial-in number : (425 436 6327

Access code: 852395

Instructions:

At the scheduled date and time (**Nov. 18, 2020 1:00 pm**) dial in to the conference. When prompted, enter the access code followed by pound or (#).

To join the video and screen sharing session, click the online meeting link. Using the online meeting link is the preferred way to attend this meeting.

The November meeting will be a group discussion. While we hope everyone will participate, it's also ok to just “hang out” at the meeting.

Planned topics:

1. How have you been since last the last time we met?
2. What are your concerns/worries about PD?
3. What are some of the changes you've made to help you live well?



Nov. 9 Jean & Harry Tucker

Nov. 13 Sandi & Mike Naham