

## Zoom Online Conference Calls 2020

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### Meetings for November & December 2020

We are continuing to meeting virtually. You may join by calling in the old-fashioned way on a landline or cell phone, or you can logon through the Zoom app on your computer or smart device.

#### November 9, 2020 at 6 pm

##### – Thriving in Adapting with an Ostomy

with Amie Leigh Reese (usual Mercy West Educational Support Group time)

Click to join:

<https://us02web.zoom.us/j/88929387273?pwd=V1d0SkExM2dPT2liRVMvek0rZ2NQdz09>

**Meeting ID:** 889 2938 7273

**Passcode:** 694262

Or call in from a telephone at 1-301-715-8592

#### November 10, 2020 at 7 pm – CCF Webinar Series

##### – The Facts About Medical Cannabis

Click to join:

<https://register.gotowebinar.com/register/9198769773884503824>

#### November 17, 2020 at 1:30 pm – Westside Traditional Support Meeting (usual time)

##### – Round-table Discussion

Click to join:

<https://us02web.zoom.us/j/87979395487?pwd=amE0L1A3K1ovVEpiQ0dxbGZsTzBaQT09>

**Meeting ID:** 879 7939 5487 **Passcode:** 694262

Or call in from a telephone at: 1-646-558-8656

#### November 18, 2020 at 6 pm

##### – Casual Dinner Meeting (usual time)

– Order in or have dinner ready and join us on Zoom for dinner and dazzling conversation!

Click to join:

<https://us02web.zoom.us/j/87480624873?pwd=dUdiWFZvaVVaOXdad3VEMmlib3Bwdz09>

**Meeting ID:** 874 8062 4873 **Passcode:** 694262

Or call in from a telephone at 1-301-715-8592

#### November 24, 2020 at 7 pm

– **The Practice of Gratitude** with Liz Hiles (bonus virtual meeting)

Click to join:

<https://us02web.zoom.us/j/88319898003?pwd=MIRMNnRXTGJ2dUs0bFNNeGM2NDZEUT09>

**Meeting ID:** 883 1989 800 **Passcode:** 694262

Or call in on a telephone at 1-301-715-8592

#### December 1, 2020 at 7 pm – CCF IBD Week Webinar Series

##### – Sexual & Reproductive Health

Click to join:

<https://register.gotowebinar.com/register/1281616451316048912>

**December 2, 2020 at 7 pm – CCF IBD Week Webinar Series  
– The Role Diet & Nutrition in IBD**

Click to join:

<https://register.gotowebinar.com/register/5889292550837024016>

**December 3, 2020 at 7 pm – CCF IBD Week Webinar Series  
– Integrative Medicine as a Part of the IBD Treatment Plan**

Click to join:

<https://register.gotowebinar.com/register/1522283053962012688>

**If you are intimidated by, or need help connecting with us on Zoom, just ask younger kid for help. I am sure they would relish the opportunity to help, and show you what they know.**

PLEASE NOTE: Zoom is now requiring either a passcode or a waiting room for all meetings. We have chosen to go with a passcode as it is the easier of the two options.

**There are 4 ways to join a Zoom meeting:**

- Through a link via your email invitation
- With the Zoom app on your desktop
- From the Zoom website
- Or via telephone dial-in

**Note:** The host will have to start the meeting first so you can join, or the host enables 'join before host'.

**Email link:**

1. Use the appropriate link above, for the date of the meeting you are joining
2. Click on the link in the email (join via PC, Mac, iOS or Android)
3. You will be taken to the meeting

From the **Zoom app** (available on desktop and smartphones/tablets):

1. Open the Zoom app on your desktop, Start button, Zoom folder, start Zoom
2. Click on Sign in
3. On right side menu Select "Sign In with SSO"
4. Enter your USQ username and password if prompted
5. Click on Join
6. Enter the Meeting ID (this is displayed in the email invitation)
7. You can then choose whether to come into the meeting with your audio or video enabled or disabled

From the **Zoom website:**

1. Go to the zoom website (usq.zoom.us)

2. Click on Zoom Account Sign On (SSO) button
3. Sign in with your USQ username and password if prompted
4. Click on the My Meetings tab
5. Click on the Meeting link that you want to join

**Telephone dial in:**

1. You will receive an email from the meeting host
2. It will display the Dial in number

To see more detailed instructions on how to join a meeting, go to the Zoom [website](#)