

May Newsletter



2020

"When I was a boy and I would see scary things on the news, my mother would say to me, look for the helpers. You will always find people who are helping". – Mr. Rogers



Annual Recertification:

Your 2020 Annual Recertification will be *deferred to 2021*, per DHCD. Please disregard the notice you received on March 1st, no further action is needed at this time.

Change of Income:

If you've had a loss of income in any way, please reach out to your Property Manager, so they process and adjust your rent. You can call the office, email, or go on the NHA website <https://www.northamptonhousing.org/> and click on Public Housing Residents and choose Reporting a Change.

Emergency work orders should be reported to Property Manager during office hours or **emergency line after hours (413)584-4030 Opt 0**.

During times of uncertainty, it is important to remember the positives around us and the things we CAN control. There are people in your community working daily to gather data, making plans, providing resources, and working hard to make sure you and your families have all the necessities needed during this pandemic. COVID-19 may have stopped our plans to socialize physically but it also has caused a great amount of unity. We want to send a big thank you to everyone staying home and taking the precautions necessary to "flatten the curve". This is a battle we will overcome together!

Reaching our office

Although our offices remain physically closed, we can be reached by phone or email during the office hours of Monday through Friday from 9am - 4pm.

Hampshire Heights Number: (413)584-4030 Option 6

Property Manager, Lisa Donoghue Email:

pmmgr1@northamptonhousing.org

Florence Heights Number: (413)584-4030 Option 5

Property Manager, Matty Delhoyo Email:

pmmgr4@northamptonhousing.org

Netanya Ortiz, Resident Services Coordinator

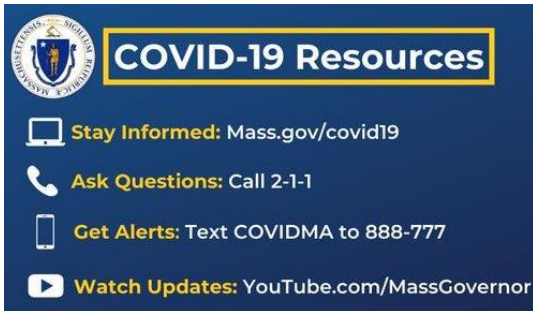
Phone: (413) 326-4063 Email: rsc2@northamptonhousing.org

Stay At Home Order

Governor Baker has extended the "Stay at Home Order" until May 18th, 2020. With that being said, please continue to stay home, minimizing visitors to only essential and emergency personal.

Protect Yourself & Others

Please continue to follow CDC Guidelines on how to protect yourself and others including but not limited to washing your hands frequently, avoiding touching your face with unwashed hands, covering coughs and sneezes, social distancing, wear face coverings, and frequent sanitation.



Our Website

www.northamptonhousing.org

Check out our website frequently for updates that can benefit you and your family. Send us your up to date contact info to receive calls and emails with important information.

We are here to help

If you are in need of any essentials or help signing up for any programs please reach out to Netanya. *Please do not hesitate to reach out.*

DIY Mask Challenge

There are several fun DIY (Do it yourself) face mask projects using household items being shared all over the web and social media. We are challenging all residents to get together as a family to join our DIY Mask Challenge!

Share your creations with Netanya at rsc2@northamptonhousing.org or (413)326-4063 for a chance to be featured on our website!



Resources For Food

Community Food Distribution Program

Doorstep delivery or pick up of FREE healthy pre-bagged packages of food are available to residents of Hampshire Heights and Florence Heights weekly on *Tuesdays from 11-12pm*. To sign up please visit <https://cutt.ly/foodshares> or call Netanya for assistance with signing up.

Meals for Kids

Northampton Public Schools are distributing meals *Tuesdays and Thursdays from 11-12pm* for those 18 and under. No ID required. You do not have to be a Northampton School student. Child must be present to receive. Each bag offers multiple options for breakfast and lunch. Look out for a yellow school bus!

Manna Community Meals To-go (413)584-1757

Manna Soup Kitchen is providing cooked meals to go Mondays, Tuesdays, Wednesdays, Thursdays, and Saturdays. For more information visit <http://www.mannanorthampton.com/>.

Food Bank of Western Mass (413)247-9738

Can connect you with the closest food program in your area. Website: <https://www.foodbankwma.org/>



Food Stamps & Cash Benefits

DTA

Help to get the food you need. Apply in just 20 mins or less by visiting <https://dtaconnect.eohhs.mass.gov/>

Project Bread Food Source

Need food sooner? If you or your family is facing hunger right now, Project Bread wants to help. Call the FoodSource Hotline at 1-800-645-8333.



Food Delivery Services

A way to do your grocery shopping from home!

State Street Fruit Store

Offering home delivery on orders \$15+ for a \$5 fee. Call 413-584-2301 to submit your order or submit your order online at <https://statestreetfruit.com/state-street-fruit-store-order-form/>

Peapod

Online delivery service through Stop and Shop for orders of \$30+. Delivery fee varies. Submit an order by visiting www.Peapod.com

Instacart

Online delivery service partnered with CVS Pharmacy, Aldi, and Big Y supermarket. First delivery order is free! Submit an order by visiting www.instacart.com or downloading the Instacart app on your mobile phone.

Curbside Pickup

Order your groceries online or by phone and pick up your groceries without stepping out of your car!

River Valley Co.op

Offering curbside pickup for those with compromised immune systems, including ages 60+. Call the store at 413-584-2665 ext 315, or ask to be transferred to Curbside Pick Up.

State Street Fruit Store

Offering curbside pick up to all for no additional fee. Call 413-584-2301 or go online to <https://statestreetfruit.com/> to submit your order.

Coopers Corner

Offering curbside pickup to all for no additional fee. Call 413-586-1684 or go online to <https://statestreetfruit.com/> to submit your order.

AC Installments

Need someone on our maintenance team to install your AC? We will be available **5/12, 5/14, 5/19, and 5/21** for installments. Text **“Air Conditioner, Your name, Property, & Apt #”** to **(413) 584-4030** and we will contact you with a date and time for your appointment. Extra protective measures will be taken. **There is a \$5 installation fee that will be billed to you.** No cash accepted. For further questions or request over the phone, contact your Property Manager.

Education from Home



Ms. Ellis from Ryan Road School has made her own website to provide resources for learning English and access to fun games and activities.

Visit her website at <https://sites.google.com/northampton-k12.us/rkfrrenglishlearnerwebsite/home>

Learning Websites for kids

www.switcheroozoo.com

www.funbrain.com

www.suessville.com

www.highlightskids.com

[www.kids.nationalgeographic.c](http://www.kids.nationalgeographic.com)

[om](http://www.kids.nationalgeographic.com)

www.pbs.org

www.starfall.com

www.abcya.com

www.readingebc.org

www.storylineonline.net

At-home education from your TV

Comcast has created new educational collections for all grade levels in partnership with Common Sense Media. Just say "education" into your X1 or Flex voice remote.

Virtual P.E Resources to Keep Students Moving At Home

- Just Dance
- CosmicKids Youtube Channel
- PE with Joe Youtube Channel
- Couch Josh Kids Fitness
- Sworkit Kids App
- Dance with Debbie Allen
- Moovlee Youtube Channel
- KidzBop Dance Along Youtube Channel
- Simply Soccer Youtube Channel
- Karate for Kids Youtube Channel

When it comes to finding ideas to keep your little ones occupied, do a google search! There are tons of ideas out there. Find what works for your family and most of all, HAVE FUN! ☺

Laptops and Internet

Reach out to your child's School

Some schools are able to loan you a laptop if you do not have one at home.

Internet Essentials from Comcast (855)846-8376

Offering 2 months free of high-speed internet then services \$9.95 per month + tax. Also offering laptops and desktops for a discounted price of \$149.99 for those who qualify. www.internetessentials.com

Census 2020

Although many things are placed on hold during this time, the Census does not! Please submit your 2020 Census as soon as you can **to ensure your community receives vital funding for things such as medical care, schools, firefighters, and so many others.** Visit Census.gov or call Netanya for assistance.

MENTAL HEALTH AND COPING DURING CORONAVIRUS

REACTIONS YOU MAY FEEL INCLUDE:

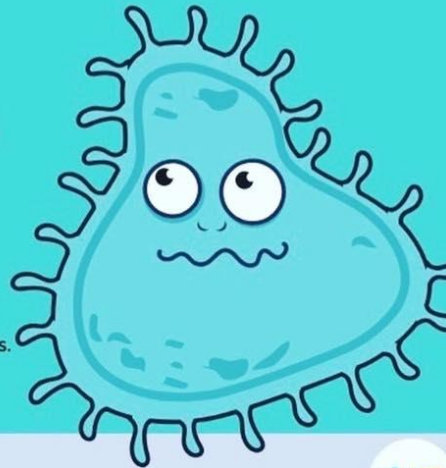
- Fear and worry about your own health status and that of your loved ones.
- Changes in sleep or eating patterns.
- Difficulty concentrating.
- Worsening of chronic health problems.
- Increased use of alcohol, tobacco, or other drugs.

THINGS YOU CAN DO TO SUPPORT YOURSELF:

- Avoid excessive exposure to media coverage of Coronavirus.
- Take care of your body. Take deep breaths, stretch or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep and avoid alcohol and drugs.
- Make time to unwind and remind yourself that strong feelings will fade.
- Connect with others and share your concerns and how you are feeling with friends or family members.
- Maintain healthy relationships.
- Maintain a sense of hope and positive thinking.

TAKING CARE OF YOUR WELLBEING:

- Connect with people
- Decide on your routine
- Try to keep active
- Keep your mind stimulated
- Take care with news and information
- Find ways to relax and be creative



“Give yourself the same care and attention that you give to others and watch yourself Bloom”
Always remember you are not alone!

SAMHA Helpline:

1-800-985-5990 or text **TalkWithUs** to **66746**

If you are seeking a therapist, call your health insurance (number found on your insurance card) and ask for a list of providers they would cover. Then select the provider you would like to see and contact them to schedule an appointment.

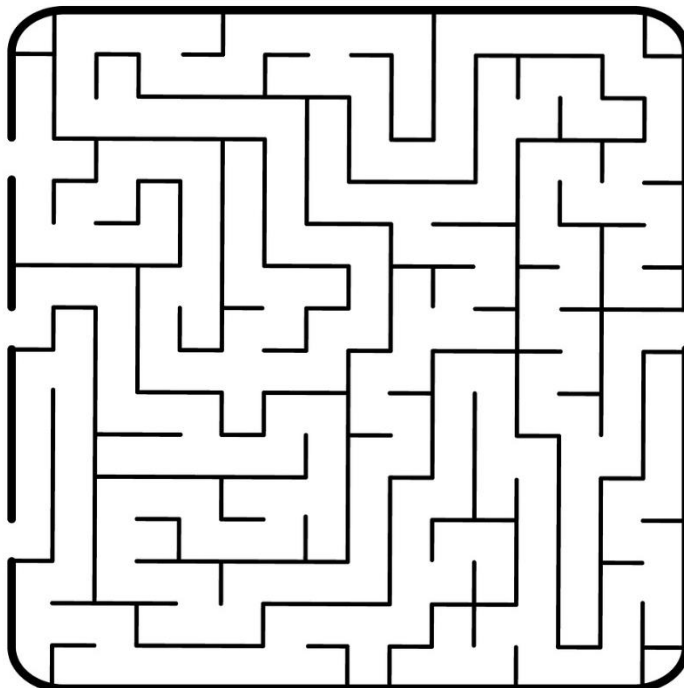
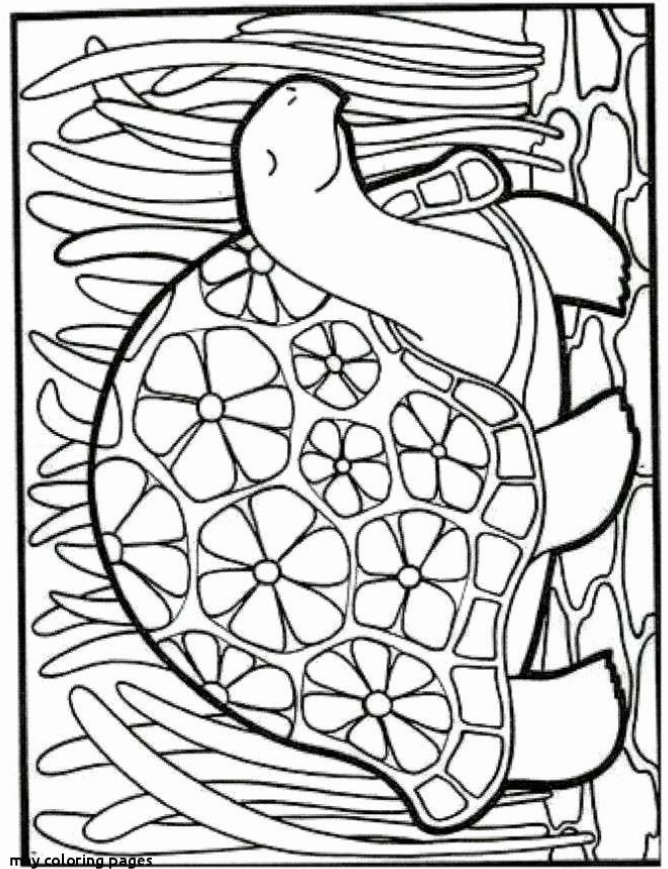
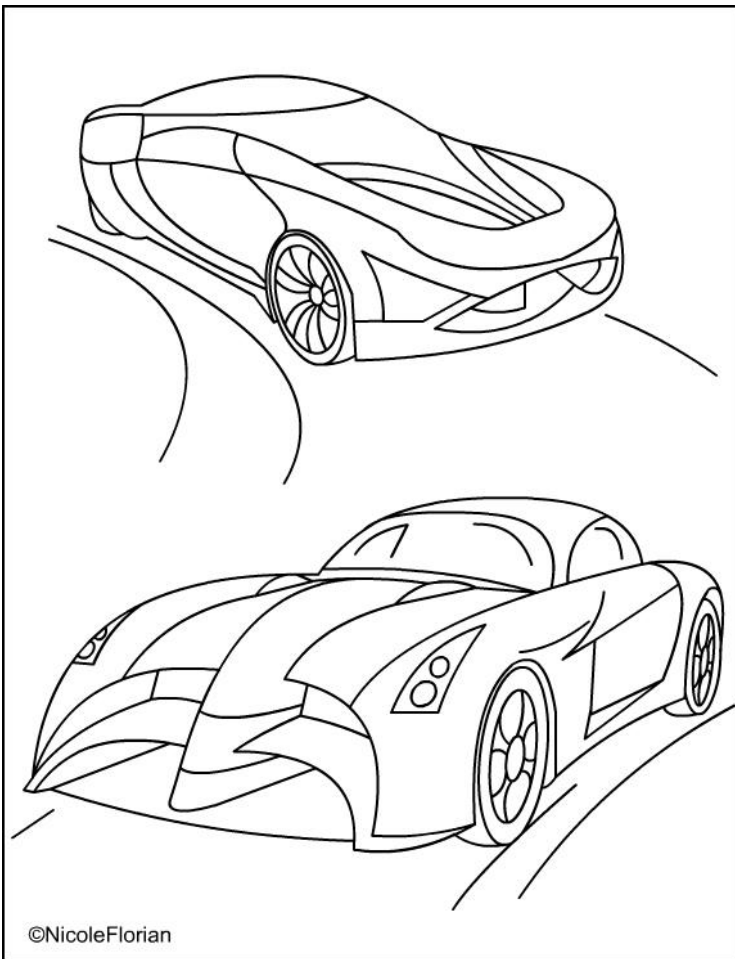
National Domestic Violence Hotline:

1-800-799-7233

For anyone affected by abuse and needing support, but unable to speak safely, you can log onto theholine.org or text **LOVEIS** to **22522**.

If you experience thoughts of harming yourself or anyone else, call 911 immediately.









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Simple and *delicious* recipes are all over the web. Try downloading the “Tasty” app or “Tasty Junior” app on your mobile phone to search hundreds of easy to learn recipes using the ingredients you already have in your home.



Pear, Grape, and Cucumber Salad

This refreshing fruit salad is a great way to get kids involved in the kitchen, with simple ingredients for them to wash and chop.

Ingredients

- 2 teaspoons olive oil
- 2 tablespoons lime juice, adjusted to taste
- ¼ teaspoon salt, adjusted to taste
- 1 cucumber, diced (peel if waxed)
- 1½ cups seedless red grapes, sliced in half
- 2 pears, diced

Directions

1. In a large bowl, whisk oil, lime juice, and salt.
2. Add grapes, cucumber, pears, and toss.

✿ Tip: Sprinkle with ground chili for a little kick.



Gardening in the community garden may be on pause at this time but gardening indoors is still an option.

Try growing your own herbs indoors to literally spice up your kitchen!

