



NORTHAMPTON
HOUSING AUTHORITY

Cahill

A P A R T M E N T S

35 Fruit Street • Northampton, MA 01060 • (413) 584-4030 Option #4

Property Information:

Property Manager:

Kaitlin Hanning

PmMgr5@NorthamptonHousing.Org

Office Hours:

Tuesday and Thursday

9:00AM-4:00PM

RSC Manager:

Danielle McColgan

RSC@NorthamptonHousing.Org

RSC Office Hours:

Wednesdays

9:00AM-4:00PM

RSC Phone Number: (413) 341-5672



Celebrate Cinco de Mayo

Cinco de Mayo is celebrated in many areas of the United States with colorful parties, but do you know the history behind the holiday? Frequently confused with Mexico's Independence Day (Sept. 16), it's actually a celebration of the Mexican victory over the French in the Battle of Puebla on May 5, 1862. An underdog Mexican force, led by Gen. Ignacio Zaragoza, defeated the well-trained forces of Napoleon III's French Army. The victory symbolized Mexico's resistance to foreign occupation, its patriotism and unity. Happy Cinco de Mayo to all residents who are celebrating this year!

May 2023

Thursday Food Delivery Schedule

To sign up for delivery or cancel delivery, call Alexander at 413-586-6564



Northampton
**Survival
Center**

May 4th: Produce Only
May 11th: Produce Only
May 18th: Produce Only
May 25th: Custom/Produce

On-Site Market Table

When: Every Thursday 10:45-11:15AM

Where: Outside the Community Room

Stop by to pick up FREE local produce, meats, cheeses, bread and more!



Quiche

Endlessly customizable, a quiche is the perfect dish for breakfast, brunch, lunch or dinner. Don't let the fancy French name fool you—this savory tart is quick to put together and calls for basic ingredients like eggs, milk and cheese, plus the proteins or vegetables of your choosing. For convenience, you can use a frozen pie crust and prepare the quiche the day before you plan to serve it. A quiche is a great method of sneaking in veggies, and mini versions, made in a muffin tin.

Pick Up After Your Pets

Have you discovered an unpleasant present on your shoe after walking on the grounds of our property? Make sure your pet isn't one that is delivering such surprises. Don't forget the leash when you head out the door. The responsibilities of pet ownership are keeping your pooch safe and picking up after them. So snap on a leash, and enjoy your time with your pet!



Poison Prevention for Pets

SAFETY FIRST!

Medications. Painkillers (especially acetaminophen and NSAIDs), antidepressants, and vitamin supplements are all extremely toxic to pets. Keep all medications secured safely so your pet can't reach them.

Plants. Lilies, tulips, amaryllis and mums are all popular houseplants that are harmful to pets. Check the list of toxic plants at www.ASPCA.org before bringing a houseplant into your home.

Household chemicals. Cleaning supplies, pesticides and similar substances should always be safely locked away.

Walk This Way

You probably know that walking is one of the best things you can do for your physical health and fitness. It's the most popular exercise in the U.S. Making a point to hit the ground walking during your personal downtime can provide major mental health benefits.

The act of walking allows your mind to refocus, which may reduce stress.

Walking outdoors in the sunshine and fresh air of a park, nature trail or any green space has been shown to activate parts of the brain that can calm worries and relax the body. Taking a walk near a body of water such as a pond, river or beach—can also shift your mood to a positive mode.

If traditional meditation isn't for you, get the same peaceful perks with a walking version by concentrating on your steps and breathing. Or make it an exercise in mindfulness by focusing on your senses. Search for things you can see, hear, touch and smell. This can be an engaging activity if kids are tagging along.

When is the last time you felt a sense of wonder? Go for a 15-minute walk someplace new. Researchers say observing even the small details of different surroundings can spark feelings of happiness and awe.



The Art of Upcycling

Transforming trash into treasure—that's the philosophy of upcycling. Whether you want to save money, help the environment, stretch your creative muscles or all of the above, let these projects inspire you to upcycle something.

If a beloved knitted sweater or flannel shirt has a few holes or no longer fits, give it a second life as a cozy cover for a throw pillow.

Before you recycle glass jars, bottles and tin cans, ask yourself if they can fulfill a storage need. These containers can be decorated in a variety of ways to fit your style, from covering them in paper, colored tape or paint; wrapping them in twine, yarn, burlap or ribbon; or gluing on twigs, buttons or flat glass marbles.

Corks have lots of creative reuses. Try this easy project: Glue the corks together in any shape you want, with the flat ends facing out. Hang it up as a quirky memo board or use it as a trivet for a hot pan.

Apply for Affordable Connectivity Program (ACP)

Enrolling in ACP can save you up to \$30 a month on your internet service. Go to: www.AffordableConnectivity.gov to submit an application. If you need help with this, call Danielle at 413-341-5672.

VITA Free Tax Assistance Program

VITA helps taxpayers with low income maximize their refund. VITA services are free and offered from February through April. To schedule an appointment, call 413-376-1136 or visit www.communityaction.us/taxes.

Brown Bag Program

If you are over 55 and would like to sign up, call the Food Bank at 413-247-9738.

Northampton Neighbors

FREE of charge and offers a range of social and volunteer opportunities, as well as services and supports for members 55+ in Northampton, Florence and Leeds.
413-341-0106
info@northamptonneighbors.org
northamptonneighbors.org
www.northamptonneighbors.org



Dial 988 ...

... to receive 24/7, FREE, CONFIDENTIAL support for people in emotional distress or suicidal crisis.

Safe Passage

Offers resources, peer support, counseling, and emergency confidential shelter to survivors of domestic violence.

See phone numbers below:

Office Number 413-586-1125
Hotline 413-586-5066
Toll Free 888-345-5282
TEXT START to 88788



FREE Meals

MANNA Community Kitchen
St. John's Church
48 Elm Street, Northampton
Monday, Tuesday, Thursday,
11:30-12:30
Wednesday, 6:00-7:00
Edwards Church
297 Main St., Northampton
Friday & Saturday
11:30-12:30
413-584-1757

We Love Our Residents!

Highland Valley Elder Services

Homemaking Services
Meals on Wheels
413-586-2000

Northampton Survival Center

413-586-6564

Northampton Senior Center

413-587-1228




Stay Grounded

If you're relaxing outdoors, take a moment to connect with the Earth—literally. A type of therapy called grounding is known for its effects on chronic pain, sleep quality and mental health. Stand or walk on the grass while barefoot. You can also place your hand on the ground. Some research suggests that the Earth's electricity links to the body to reduce inflammation and improve mood, while other health experts believe the benefits are mostly due to the calming effects of being in nature.



May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <div style="border: 1px solid black; padding: 2px; display: inline-block;">Rent is Due</div>	2	3	4 Market Table 10:45-11:15	5	6
7	8	9	10	11 Brown Bag Day ¹¹ 10:00-11:00 Market Table 10:45-11:15	12	13
14 	15 Board Meeting 5:30 PM	16	17	18 Market Table 10:45-11:15	19	20
21	22	23	24	25 Market Table 10:45-11:15	26	27
28	29 ☆☆☆☆ MEMORIAL DAY REMEMBER AND HONOR ☆☆☆☆	30	31	Please Note: Our offices are closed Monday May 29th in observance of Memorial Day.		

SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

Solution

6	5	4	2	1	3	8	7	9
2	1	3	7	6	8	9	4	5
8	7	6	9	5	4	3	2	1
5	3	9	4	8	6	7	1	2
4	2	7	1	6	5	9	3	8
1	9	8	3	7	2	4	5	6
7	4	1	9	2	6	5	8	3
3	8	5	9	2	6	1	4	7
3	9	6	5	8	4	1	2	7
9	8	2	5	3	7	1	6	4

9			5		7			4
		5	8					
7		1	9					
		8				4	5	
4			1		5			8
	3	6				7		
					4	3		1
					8	6		
			2		3			9