



# Florence HEIGHTS

178 Florence Road • Florence, MA 01062 • (413) 584-4030 Option #5

## May 2023

### Property Information

**Property Manager:**  
*Amanda Huertas*

On-site: Tuesdays and Thursdays  
Office hours: 9am-4pm  
PmMgr4@NorthamptonHousing.Org

### Resident Services Coordinator:

*Kenzie Kimble-Badgett*

On-site: Monday and Tuesday  
Office hours: 9am-4pm  
Phone: 413-341-5646  
Rsc2@NorthamptonHousing.Org

### After-Hours Emergency Work Orders

Call 413-584-4030  
Option 0 after 4pm

**For Police, Fire or Medical Emergencies, Call 911  
Non-Emergencies, Call 413-587-1032**

### Lucky Giants

Representing luck, prosperity and wisdom, elephants are popular symbols in many cultures. The decorating technique of feng shui—intentional placement of items to direct energy flow—states that placing an elephant figurine just inside your front entrance, facing indoors, brings good luck into the home.

### FREE Grocery Delivery Brought to You by



## Northampton Survival Center

### May Delivery Dates

- May 2: produce delivery only
- May 9: produce and monthly cans delivery
- May 16: produce delivery only
- May 23: produce delivery only
- May 30: produce delivery only

**To Sign Up for This Service,**  
Please call Alexander at  
413-586-6564.



### Summer On-Site FREE Market Starting May 3rd!

**WHAT:**  
A free, mobile farmer's market

**WHERE:**  
Your community garden!  
Located behind buildings 10 and 11

**WHEN:**  
Every Wednesday 4pm-5pm

**OFFERINGS:**  
Meat, eggs, berries, herbs, peppers, and more!

### Brought to You By



### Simple Pleasures

"Some old-fashioned things like fresh air and sunshine are hard to beat." —Laura Ingalls Wilder



### It's Outta Here!

A ballpark can be considered "home run friendly" based on several factors, such as field dimensions and climate! Sports analysts have named Coors Field, home of the Colorado Rockies, the best MLB ballpark to hit a dinger, thanks to the large outfield and mountain altitude that helps fly balls soar farther.

### Seat Switch-Up

Sitting too long can cause discomfort and potentially lead to other health issues. Doctors recommend changing your position every 30 minutes. If possible, stand up and take a short walk, even if it's just across the room and back, to loosen your muscles and get your blood pumping.

### A Dash of Derby Details

The first Saturday in May hosts the longest-running sporting event in the country, the Kentucky Derby. Since 1875, jockeys and their horses have been gathering at the Churchill Downs racecourse in Louisville for a 1 1/4-mile dash to the finish line.

Saddle up for these fun facts about the competition:

- Thoroughbreds that enter the race must be 3 years old.
- A blanket of roses is draped over the winner, providing the race's famous nickname "The Run for the Roses." Made of more than 400 roses, the blanket weighs about 40 pounds.
- Because of the typical time it takes a horse to run the course, another moniker for the race is "The Most Exciting Two Minutes in Sports."
- Secretariat, who won the race in 1973, still holds the record for the fastest Derby finish at 1:59.4. The 2010 film "Secretariat" tells the inspiring tale about the horse and his owner, Penny Chenery.
- Horse names cannot exceed 18 characters or contain horse terms, such as "filly" or "stallion."
- The current purse for the Derby is \$3 million, with \$1.86 million going to the first-place winner.
- Starting lanes No. 5 and No. 10 are the luckiest. Riders in these posts have won more times than those in other lanes.
- The mid-1960s brought a new tradition for women attending the event—wearing large, fancy hats.
- The 1892 Kentucky Derby only saw three horses race; today, 20 horses compete.
- The official drink of the Derby is the mint julep.

### Manager Reminders

#### Maintenance Requests

We want you to be completely comfortable in your home. If your home needs any kind of maintenance service, don't hesitate to call the office. We're here to serve you!



#### Smoke Detectors

Please remember that you must inform the office if any smoke detector in your home begins chirping or beeping because it needs batteries replaced. We will check the unit right away. Thank you.

### We Love Our Residents!

### Are We Up-to-Date?

If your emergency contact information has changed, please let us know. It is important to keep the office up-to-date on all your information. Come by the office and give us the name, relationship and phone numbers for your emergency contact and we'll keep it on file.

### Pets and Our Community

We know we have a lot of pet lovers living here, and we love pets, too! However, if you have a pet that is not registered at the office, you must update your records with us immediately or find your pet another home! Having an unregistered pet on property is considered a lease violation. Don't risk losing your pet; come by the office and register today! Regardless of registration, please remember to pick up after your pet. No one likes stepping in poop.



### Summer Gatherings

It seems only natural to gather together during the warm summer months when guests are able to spill out of the house and into the yard. But when you have visitors, we encourage you to remember that your neighbors are close by. Please ask guests not to park in front of anyone's other vehicle. Also, when the sun goes down, so should the volume of your party. Noise carries, and your neighbors may not appreciate your musical taste or want to hear that conversation about your

friend's new puppy. Successful community living requires showing consideration for your neighbors, even when an expanse of a yard separates you. Thanks in advance for thinking of others.

### Resident Appreciation ABCs

- B is for Being here with us
- E is for Exceeding our expectations
- S is for Sharing the good times
- T is for our Thanks
- R is for Respecting your neighbors
- E is for Extraordinary
- S is for being so Special
- I is for Impressing us
- D is for Doing your part to help out
- E is for Excited to serve you
- N is for your Neighborliness
- T is for Terrific
- S is for Spectacular!







### A Guide to Soft Skills

Not all jobs require the same knowledge or technical skills, but something they do have in common is the need for soft skills. Also called people skills, this term refers to personal traits that affect how you work, as well as how you interact with others. Examples of soft skills include creativity, teamwork and organization.

Unlike technical skills, which are usually acquired through formal schooling or training, soft skills are more likely to be picked up through experience. They're not as easy to define as knowledge-based skills that have a clear right or wrong. But they are just as important, if not more so, than technical skills, and can be applied to nearly every situation—not only in the workplace.

When surveyed by career experts, a staggering 93% of employers said soft skills play a critical role in their hiring process, and they want to see these skills listed on resumes. In a cover letter or interview, talk about a couple of your strongest soft skills and how you've used them in the past.

A list of employers' most desired soft skills include communication, time management, problem-solving, flexibility and a self-driven work ethic. Seek out opportunities where you can develop your soft skills further, such as with a volunteer group, career-building workshops and in personal relationships.

## Featured Recipe

### Rigatoni With Italian Sausage and Spinach

#### Ingredients:

- 8 ounces rigatoni pasta
- 1 tablespoon olive oil
- 1/2 cup onions, chopped
- 4 cloves garlic, minced
- 1/2 cup mushrooms, sliced
- 16 ounces ground Italian sausage
- 1 jar (24 ounces) marinara sauce
- 2 cups fresh baby spinach
- Salt and pepper, to taste
- Parmesan cheese, for garnish

#### Directions:

Bring a large pot of water to boil. Add pasta and cook following package instructions. Drain pasta; set aside.

In a separate pan, warm olive oil over medium heat. Add onions, garlic and mushrooms. Sauté until vegetables begin to soften. Add Italian sausage and cook until done, breaking meat into small pieces. Add marinara sauce and bring to a low boil.

Add baby spinach and cook until mostly wilted. Season with salt and pepper. Add drained pasta to pan and toss to coat. Garnish individual servings with Parmesan cheese.

*Find more recipes at Bertolli.com.*



### Wit & Wisdom

“Green is the prime color of the world, and that from which its loveliness arises.”

—Pedro Calderon de la Barca

“Nature’s first green is gold.”

—Robert Frost

“Green is the fresh emblem of well-founded hopes. In blue the spirit can wander, but in green it can rest.”

—Mary Webb

“Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon.”

—Doug Larson

“Scrub and polish, sweep and clean, fling your windows wide!

See, the trees are clad in green!

Coax the spring inside!”

—Louise Bennett Weaver and Helen Cowles LeCron

“Green calm below, blue quietness above.”

—John Greenleaf Whittier

“I just need green. I need to wake up and see grass and squirrels.”

—Andre Leon Talley

“Never stay up on the barren heights of cleverness, but come down into the green valleys of silliness.”

—Ludwig Wittgenstein

“Keep a green tree in your heart and perhaps the singing bird will come.”

—Chinese proverb

“For still there are so many things that I have never seen:

In every wood in every spring there is a different green.”

—J.R.R. Tolkien

# May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>Rent is Due</i>	2	3 Mobile Market 4pm-5pm	4	5	6
7	8	9	10 Mobile Market 4pm-5pm	11	12	13
14 <i>Mother's Day</i>	15 Board Meeting 5:30 PM	16	17 Mobile Market 4pm-5pm	18	19	20
21	22	23	24 Mobile Market 4pm-5pm	25	26	27
28	29 MEMORIAL DAY REMEMBER AND HONOR	30	31 Mobile Market 4pm-5pm	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	7	8	3	1	2	4	5	9
5	4	9	8	6	7	3	1	2
1	2	3	4	5	9	6	7	8
2	1	7	6	8	4	9	3	5
8	3	9	6	5	1	7	2	4
9	5	4	7	2	3	8	6	1
3	8	5	9	2	6	1	4	7
7	6	4	1	2	8	5	9	3
4	1	6	7	3	5	2	8	9

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