



NORTHAMPTON
HOUSING AUTHORITY

Forsander APARTMENTS

137 High Street • Northampton, MA 01062 • (413) 584-4030 Option #7

Property Information:

Property Manager:

Mia Weibel

PmMgr3@NorthamptonHousing.Org

Office Hours:

Tuesday, Thursday, Friday

9:00AM-4:00PM

RSC Manager:

Danielle McColgan

RSC@NorthamptonHousing.Org

RSC Office Hours:

Mondays

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

May 4th: Custom/Produce

May 11th: Produce Only

May 18th: Produce Only

May 25th: Produce Only



On-Site Market Table

When: Every Thursday 10:00AM-10:30AM

Where: In Front of the Office Building

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.

Reminders from Management:

Maintenance Emergencies

If you experience any of the following problems, please call the office immediately:

- No water.
- No hot water.
- No heat.
- Your refrigerator isn't working.
- Your drain or sewer backs up.
- Your toilet overflows and the water keeps running out.
- You lock yourself out of your apartment.

Stickers Required

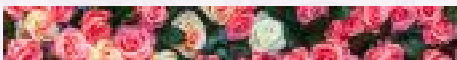
Please remember that all vehicles parked in our community parking lots must display the appropriate parking sticker. If you don't have one, please stop by the office to register your vehicle.

Friendly Reminders

With the nice weather coming, more and more people get outside. Please drive slowly in our parking lots. Also we are finding many cigarette butts on the ground, please dispose of responsibly. Thank you and stay safe.

Here's to You, Mom

Happy Mother's Day to all of the mothers and grandmothers in our community! We hope you enjoy your special day.



Don't Be a Noisy Neighbor

Noise can carry easily through shared walls, floors and ceilings. While some noises are unavoidable, there are several ways to keep the sound down for your neighbors. Empty walls and floors can amplify voices, so use wall décor and rugs to absorb sounds. Don't wear shoes inside, as they can make even the lightest footsteps sound like stomping. Finally, keep music and television volumes at a moderate level, and avoid using loud appliances early in the morning or late at night.

Unwanted Guests

If you've noticed uninvited pests around your apartment, call the office and we will schedule your apartment for the next time the exterminator comes to the property. It's important to control the problem as soon as you notice it.

Daily Decluttering

Spend five minutes every day straightening up your home so it never gets out of control.

You'll 'Dig' Our Gardening Club

Want to get some exercise while enjoying the warm weather outside? Then "plant" yourself into our Gardening Club! Check the calendar or the front desk for meeting times.

We Love Our Residents!

Stretching Exercises

Hand exercise. Open your hands, stretching the fingers as much as you can. Then make a tight fist with each hand. Do this as quickly as you can 10 times. When finished, shake your hands to loosen the muscles.

Leg stretch. Extend your legs outward as far as you can and hold, then return to your resting position. Repeat as many times as is comfortable. This exercise is particularly helpful in reducing knee joint pain.

Upper mobility stretch. Hold your hands together and gradually lift your elbows. Push your hands together as hard as you can. Hold for 10 seconds, then release.



Pick Up After Your Pets

We love your pets, but we don't love what they leave behind! Please remember to pick up your pet's waste so we can keep the grounds enjoyable for everyone.



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



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 	2	3	4 Market Table 10:00-10:30	5	6
7	8	9	10	11 Market Table 10:00-10:30 Brown Bag 10:00-11:00	12	13
14 	15 Board Meeting 5:30 PM	16	17	18 Market Table 10:00-10:30	19	20
21	22 Podiatrist On-Site 9:30-10:30	23	24	25 Market Table 10:00-10:30	26	27
28	29 	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

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