



# Hampshire HEIGHTS

241 Jackson Street • Northampton, MA 01060 • (413) 584-4030 Option #6



## May 2023

### Property Information

**Property Manager:**  
*Heather Maxwell*

On-site: Mon, Tues, Wed, and Fri  
Office hours: 9am-4pm  
PmMgr1@NorthamptonHousing.Org

**Resident Services Coordinator:**  
*Kenzie Kimble-Badgett*

On-site: Wednesday, Thursday, Friday  
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

### Happy Shavuot

Many blessings to our residents who are celebrating Shavuot.

### Comfort in Creativity

“Instead of worrying about what you cannot control, shift your energy to what you can create.” —Roy T. Bennett



### FREE Grocery Delivery Service 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 farmers' 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



### A Flower for Moms

Because of its beauty, hardiness and prevalence, the carnation is regarded as the official flower of Mother's Day. The holiday's founder, Anna Jarvis, chose the frilly, fragrant bloom because it was her mother's favorite flower, and 500 white carnations were handed out at the first Mother's Day observance in 1908.

### 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.

### 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.



### Stay Sun Safe

With summer right around the corner, we can expect warmer weather and longer, brighter days. Keep in mind that while UV rays are their strongest between 10 a.m. and 4 p.m., active sun-safe practices are important all day long. If your shadow is shorter than you are, then you should seek shade.

Wear sunscreen every day to reduce the risk of skin cancer—doing so can lower the chances of squamous cell carcinoma by 40% and melanoma by 50%. A daily use sunscreen with SPF 15 is sufficient,

### Remember and Honor

This Memorial Day, we remember all the brave men and women who gave their lives for our country. Our heartfelt thanks goes out to them and to all of our community's veterans for their service.



but if you spend extended time outdoors, you should steer toward SPF 30 or higher. Choose a sunscreen that protects against UVA (rays that cause tanning and premature aging) and UVB (rays that cause sunburn).

Clothing choice is the easiest protection against harmful UV radiation, since there is no need for reapplication. UPF is the Ultraviolet Protection Factor for clothing. UPF 30–49 is considered very good protection, and 50-plus is excellent. Just because an item of clothing is missing a UPF label doesn't mean it won't help protect your skin, though. Dark or brightly colored, densely woven fabrics—such as denim, canvas, wool or synthetic fiber—are prime choices for protection. Sunglasses and hats with 3-inch brims are helpful for shading your eyes, face and neck.



### 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.



### Mass 211 Is a 24/7 Call Answering Service

Dial 211 if you need support in finding local childcare, home heating subsidies, social or emotional support, help with a family member, and more.



### What's Find Help?

A one stop shop to find local resources and opportunities in the Northampton area. Search for financial assistance, food pantries, medical care, and other free and reduced-cost help. Visit [findhelp.org](http://findhelp.org) and enter in our zip code 01060 to find the help you need.

### Upcoming Virtual Events for Caregivers!

#### Old Books, New Glasses, Reading with Young Children

Join Early Childhood Educator Suzanne Stillinger for tips, tricks, and scripts for helping you answer big questions raised by young children. Thurs., May 4, 8pm-9pm on Zoom. RSVP for link at: [Bit.ly/ECCpresents](https://bit.ly/ECCpresents)

#### Asperger Autism Network: Finding your Community and Building a Connected Life

This workshop, facilitated by a parent of an autistic child, will offer personal insights and recommendations from a parent for other parents and caregivers of autistic children. Thursday, May 25th, 7:30pm on Zoom. RSVP for link at: [Bit.ly/ECCpresents](https://bit.ly/ECCpresents)

### Local Resources



#### Manna Community Kitchen

Free Hot Meals for EVERYONE  
Mondays, Tuesdays, and Thursdays  
11:30am-12:30pm  
48 Elm St., Northampton, MA  
Wednesdays  
6pm-7pm  
48 Elm St., Northampton, MA  
Fridays and Saturdays  
11:30am-12:30pm  
97 Main St., Northampton, MA

#### Safe Passage

Resources, support, counseling, and confidential shelter to survivors of domestic violence.  
76 Carlon Dr., Northampton, MA

Office ..... 413-586-1125  
Hotline ..... 413-586-5066  
TEXT ..... START to 88788

#### Northampton Recovery Center

57 Armory St., Northampton, MA  
Do you need help accessing resources? Stop by during one of our weekly drop-in times to talk with experienced staff who are ready to assist and support you.

- Resume building
  - Job hunting
  - Filling out applications
  - Interview preparation
  - MassHealth and snap benefits
  - Housing information and advocacy
  - Detox substance use programs
- Any questions, call Vuthy at (413) 584-5911. All are welcome!

# 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.		

## MY Monthly PLAN

### To Do:

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### Goals:

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### Don't Forget!

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