



NORTHAMPTON
HOUSING AUTHORITY

Hillside TERRACE

37 Main Street • Cummington, MA 01026 • (413) 634-5000

Property Information

Property Manager
Heather Maxwell

PmMgr1@NorthamptonHousing.Org
In Office Thursdays, Available M-F by phone
from 9-4

Resident Services Coordinator:
Netanya Ortiz
413-667-9258

Rsc3@NorthamptonHousing.Org
On site: M & W or by phone M-T from 9:30-1 &
Friday 9-2:30

Work Orders

ROUTINE WORK ORDERS

Can be submitted at any time. Leave a detailed
message at the office: 413-634-5000.

EMERGENCY WORK ORDERS

After-hours emergency work orders:
413-584-4030, option 3

Emergency work orders during regular business
hours: M-F, 9-4, call 413-584-4030, option 6.



May 2023



Free Doorstep Delivery From Hilltown Pantry

May Food Delivery Date:

Wednesday, May 24th, 2023, @ 12pm

Please sign up & submit food selections by 5/18/2023.

Art Class With Lena

You're invited to join us for an Art Class taking place in
the Hillside Community Room: No sign-up needed!

- 5/8/2023: Painting Terracotta Pots
- 5/22/2023: Leather Stamping

Crafty Idea

If you have crafting supplies that need some
organization, sort the items into large, plastic zipper
bags, then clamp each bag on a clothes hanger made
for pants. Hang the bags on a closet rod. You can easily
see what is inside each bag the next time you are ready
to work on a project.



Don't Get Bugged

Spring's warmer weather means unwelcome critters may come calling on your home. If you notice any pests around your apartment, please call the office so we can schedule a visit from the exterminator.

Maintenance Emergencies

These are some items considered an emergency:

- No water
- No hot water
- No heat
- Your refrigerator stops working.
- Your drain or sewer backs up.
- Your toilet overflows and water continues to run out.
- You lock yourself out of your home.



Quiet Consideration

Your neighbors need their sleep, so please be careful to keep noise levels low, particularly at night. To avoid disturbing others, please don't slam doors or carry on loud conversations, and keep the volume on your TV and stereo turned down. Thanks for your courtesy.

Spring Into a Clean Home

Spring cleaning—we may not look forward to it, but the results of our efforts can be satisfying. Here are a few tips to help you get your home sparkling and your sense of accomplishment soaring:

Make a plan and set goals. Write down what areas of your home you will clean and when. Plan to tackle only one area at a time. The best part of such a list is crossing off each item as it is completed.

Check your inventory. Make sure you have all the cleaning supplies you will need, including cleansers, cloths, sponges, and a mop, broom and dustpan. Gather the smaller items and put them in a bucket or basket so they are easier to carry and keep together.

Before cleaning, declutter. Consider paring down the knickknacks you have on display. Give away or recycle magazines. The fewer items you need to move while cleaning, the faster you will finish. Use a laundry basket to gather items you need someone else in the household to sort through.

Start at the top. Clean rooms from top to bottom—from ceilings to baseboards and everything in between. Don't forget to clean behind and under furniture and appliances, if possible. When you are finished, take some time to sit back, relax, and enjoy your spotless space!

Doggie Dos and Doggie Don'ts

We're happy to allow dogs in our community, but ask that you practice responsible pet ownership. Please keep your dog's vaccinations up-to-date. Never leave your pet alone for extended periods of time—especially in common areas. Keep them on a leash when outside, and always clean up after your pet. We're animal lovers, too, and want to make sure our community is a safe and pleasant place for all of our residents.



Board Games and the Brain

Besides being fun, board games also benefit the brain. The strategy and problem-solving skills involved in playing board games engages the parts of the brain that control memory and complex thinking. Research shows that participating in non-digital games helps keep the mind sharp, even for people who waited until their later years to start playing regularly.



Self-Care Corner: Dose of Daylight

Did you know sunlight is a natural mood booster? As spring starts, take advantage of longer daylight hours and schedule time for sunshine, whether it's eating lunch outdoors or going for a walk after dinner. Research shows that letting sunlight hit your eyes can raise levels of serotonin, which helps keep you calm, and regulate your sleep cycle.



FRTA Van Transportation

Once approved, call 413-296-4232 to make an appointment. Need to fill out an application? Schedule an appointment with your RSC today!



Resources at a Glance

Your Resident Services Coordinator Is Here for YOU!

To get connected to resources available to you, assistance with applications or more information, please don't hesitate to reach me at 413-667-9258.

Cummington Council on Aging

33 Main Street
Cummington, MA 01026
413-634-2262

Northern Hilltown Food Pantry

40 Main St., Goshen, MA 01032
413-268-7578

Wayfinders

256 Pleasant Street
Northampton, MA 01060
413-233-1500

DTA Assistance Line

877-382-2363

Preventing Falls

Each year, more than a third of seniors will fall. Falling can cause bone fractures and other health problems. To prevent falls, the U.S. Department of Health and Human Services recommends that older adults exercise to improve leg strength, get regular eye exams and keep floors and stairs free of clutter such as books, papers and shoes.



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.

May Flower

Lily of the valley is the birth flower for May. The fragrant flower symbolizes sweetness, humility and happiness.

We Love Our Residents!



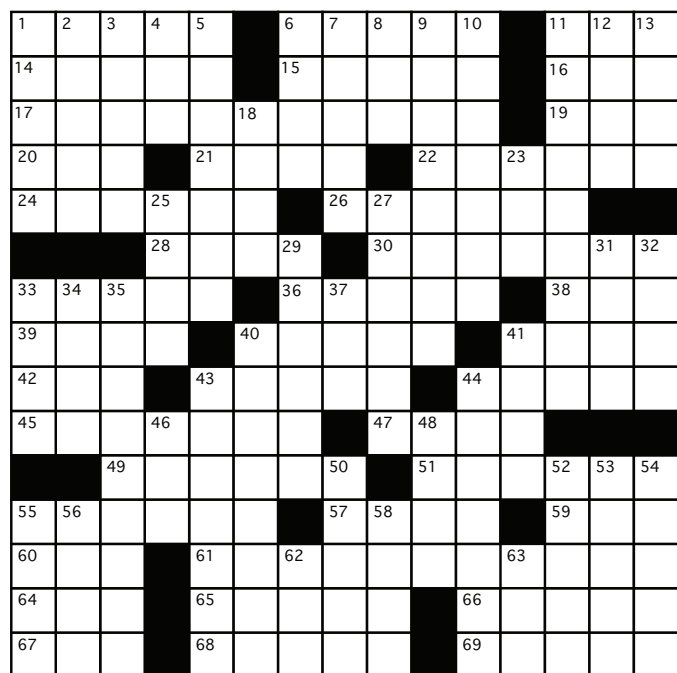
Neighborhood News

Don't Miss the Fun!
Your neighbors have been enjoying our new, monthly, art classes and we want you to join! You don't want to miss it!

May 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---------|--|---|--------|----------|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 Art Class Painting Terracotta Pots at 10am | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 Food Selections Due! | 19 | 20 |
| 21 | 22 Art Class Leather Stamping At 10am | 23 | 24 Food Delivery Pantry 12-1pm Board Meeting 2:30 PM | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | Please Note: Our offices are closed Monday, May 29th, in observance of Memorial Day. | | |

Crossword Puzzle



ACROSS

1. Use foolishly
6. A la __
11. Persian, for one
14. Early April baby
15. Otherwise known as
16. Be dishonest
17. Breakfast treat
19. Beverage
20. __ out; dress
21. Lengthy period
22. Large numbers
24. Brushes away debris
26. Raises the spirits of
28. Upper garment
30. Former
33. Hair net
36. Sponsorship
38. Head topper
39. Antiquity
40. Final letter
41. Lessen
42. Unpleasant spouse
43. Fifth tire
44. Noisy fight
45. Piece of personal property
47. Funny person
49. Approached
51. Warm and cozy
55. Mark of disgrace
57. Smell

DOWN

1. Floats on the wind
2. Pointer
3. Encirclement by an enemy
4. (14 x 11) - (48 x 3)
5. Got away
6. Roman statesman
7. Unattached
8. Inlet
9. Australian state
10. Grand homes
11. Type of music
12. Helpmate
13. Pegs for Els
18. Notorious German
23. Use hair rollers
25. Bacchanals' cry
27. Paul Bunyan, for one
29. Mexican food
31. Navy buddy

32. Sword
33. Out of __; poorly timed
34. Ark builder
35. Tidy
37. Suffix for musket or profit
40. Word heard by one who dials "O"
41. Alpha's follower
43. Endurance
44. Dock
46. Young sheep
48. "Take __ leave it"
50. Recipient
52. Smart
53. Here and __
54. Words of agreement
55. Do the breaststroke
56. Grow weary
58. Farmer's home, in song
62. Common contraction
63. Color

