

McDonald HOUSE

49 Old South Street • Northampton, MA 01060 • (413) 584-4030 Option #5

Property Information:

Property Manager:

Amanda Huertas

PmMgr4@NorthamptonHousing.Org

Office Hours:

Monday, Wednesday, Friday

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 11:30AM-12:00PM

Where: Outside the Back of the 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.

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.

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.

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.

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.

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!

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.



Maintenance Needs

Please let us know if you see any area of your apartment, the buildings or grounds that needs maintenance. The entire staff here at our community takes pride in making this a great place to live. Thanks for your help in identifying areas that need attention!



Pets

To keep our community clean, pleasant and safe, we ask that all pet owners keep their pets leashed and clean up after them promptly. Your cooperation is greatly appreciated.



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.



Balconies

Just a reminder that our balconies make a great place for relaxing and enjoying a pleasant evening, but they are not for storing your belongings. Please keep your balconies tidy. Thank you.

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 (RSC) 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!

Resources

Highland Valley Elder Services

413-586-2000

Survival Center

413-586-6564

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 11:30-12	5	6
7	8	9	10	11 Brown Bag 10:00-11:00 Market Table 11:30-12:00	12	13
14 	15 Board Meeting 5:30 PM	16	17	18 Market Table 11:30-12	19	20
21	22	23	24	25 Market Table 11:30-12	26	27
28	29 	30	31	Please Note that 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	6	8	4	1	2	9	7	5
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