



Walter Salvo HOUSE

81 Conz Street • Northampton, MA 01060 • (413) 584-4030 Option #3

Property Information:

Property Manager:

José Cruz

PmMgr6@NorthamptonHousing.Org

Occupancy Specialist:

Christina Williams

PhOccsp@NorthamptonHousing.Org

Office Hours:

Monday-Friday
9:00AM-3:30PM

RSC Manager:

Danielle McColgan

RSC@NorthamptonHousing.Org

RSC Office Hours:

Thursdays
9:00AM-4:00PM

RSC Phone Number: (413) 341-5672

May 2023

Thursday Food Delivery

To sign up for delivery or cancel delivery,
call Alexander at 413-586-6564



Northampton
Survival
Center

Produce Delivery is
EVERY Thursday

- May 11th:
Canned Goods Floors 1-4
- May 18th:
Canned Goods Floors 5-7

On-Site Market Table

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

Where: In Front of the Building

Stop by to pick up FREE local produce, meats, cheeses,
bread and more!



Celebrate Cinco De Mayo

Cinco de Mayo is celebrated with colorful parties, but do you know the history behind the holiday? Confused with Mexico's Independence Day (Sept. 16), it's a celebration of the Mexican victory over the French in the Battle of Puebla on May 5, 1862. A Mexican force, led by Gen. Ignacio Zaragoza, defeated the 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 celebrating!



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.



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.



Spring Cleaning Tips

The last week in March is National Cleaning Week. Make the task more manageable with these tips:

- Tackle a room or area each day.
- Schedule cleaning as a part of your regular routine.
- Get motivated. Turn off the TV, stop checking emails and focus on the job at hand.
- Dress comfortably in old clothes.
- Invest in the proper tools, cleaning products and a caddy to tote them around.
- Pick up clutter first.
- If you can, work as a team. Two pairs of hands are better than one.

Brainteaser

Question: Ed planted four rows of flowers. The daffodils are right behind the tulips, but before the dahlias. The zinnias aren't in the first or last rows, and the flowers in the first row don't begin with the letter D. What's the order of the flowers?

Answer: First, tulips, then the daffodils, zinnias and dahlias.

Para Los Que Leen Español

Deje las alergias en la puerta

El polen, la suciedad y otros alérgenos se pueden enganchar y dar un paseo por su casa en las suelas de los zapatos. Deja tus zapatos en un lugar seguro cerca de la puerta para prevenir el rastreo de los factores de temporada que pueden estallar a través de su espacio.



Páginas populares: 'Los Muchachos de Verano'

Las experiencias de Roger Kahn tanto como reportero deportivo de Nueva York y fanático de la infancia de los Brooklyn Dodgers le dan un toque sentimental a su libro "The Boys of Summer," publicado en 1972. El best-seller de no ficción repite los momentos históricos de los Dodgers de la década de 1950, como La victoria de la serie mundial de 1955 del equipo. Kahn entrevistó a más de una docena de jugadores, incluidos los íconos Jackie Robinson, Pee Wee Reese y Duke Snider, quienes reflexionan sobre los días de gloria del club y sus roles durante esa época crucial de la Liga Mayor del Beisbol.

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

We Love Our Residents!

Resources

Highland Valley Elder Services

413-586-2000

Survival Center

413-586-6564

Senior Center

413-587-1228





Staying 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; font-family: cursive;">Rent is Due</div>	2	3	4 Market Table 10:00-10:30	5	6
7	8	9	10	11 Market Table 10:00-10:30 Brown Bag Day 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	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

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