



NORTHAMPTON  
HOUSING AUTHORITY

# Forsander

## A P A R T M E N T S

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

### Your Team



#### Property Manager

Annie Thompson

PmMgr3@NorthamptonHousing.Org

#### Office Hours:

Monday, Wednesday and Friday

9:00AM-4:00PM

#### Resident Service Coordinator

Kelly Bowler

RSC4@NorthamptonHousing.Org

413-320-0073

#### Hours:

Tuesday & Thursday 9am-2pm

#### Service Team

Biagio Cordiano & Mike Rose

Report work orders to the management office.

Our team meets by appointment.

Reach out to schedule yours today.

#### AFTER HOURS

If you have an after-hours maintenance emergency, please call 413-584-4030 and follow the prompt to PRESS 0. This will connect you to our on-call service technician.



### March 2026

#### Grow Food Weekly Market Table



*Has stopped for the season.  
We thank Grow Food for all they  
do for our residents!*

#### Fresh Van Schedule

Fruits & Vegetables, Milk,  
Eggs, Cheese, Meat, Bread  
Outside the Community Room  
EVERY Thursday, 1:30-2PM  
Call 413-586-6564.



Northampton  
Survival  
Center



#### Leprechaun Jokes To Make You Laugh!

Q: What do you call leprechauns who collect cans, bottles and cardboard boxes?

A: "Wee-cyclers!"

Q: Why are leprechauns so good at gardening?

A: Because they have green thumbs!

Q: What happened when the leprechaun walked in poison ivy?

A: He got a rash of good luck!

Q: What did the leprechaun say at the end of the soccer match?

A: "Game clover!"

## Work Orders

All work orders must be submitted to the office. Maintenance cannot do a repair without a work order unless it's an emergency.

## Smoking

A number of our residents suffer from asthma and COPD. Exposure to even a small amount of second-hand smoke is toxic and can be very harmful to our neighbors with breathing challenges, especially within closed spaces. The No Smoking Policy states that all smoking must be at least 25 feet away from all buildings.

## Garbage Disposal

Your garbage disposal is a sensitive appliance and can easily malfunction if used improperly. Please follow these tips to keep it running smoothly. ALWAYS run water before, during and after using. ALWAYS clean regularly with hot water and 2 ounces of dish soap. Never put anything soft down your garbage disposal. Soft items can easily clog it.

What NOT to put down garbage disposal:

- Cooking grease and oils
- Bones
- Egg shells
- Coffee beans and/or grounds
- Celery, banana peels, ANY vegetables or fruits
- Fruit pits or olive pits
- Pasta or bread items
- Rice



## A Rainbow of Natural Wonders

Chase the rainbow to these far-flung destinations, where you'll find colorful natural treasures.

*Rainbow spring.* In Yellowstone National Park, Old Faithful may get a lot of the credit, but Grand Prismatic Spring is a rainbow-colored pool that draws plenty of the park's visitors. About the size of a football field, the thermal pool is deep blue in the center and ringed by bands of green, yellow and orange. The spring is colored by bacteria that crave its hot water.

*Rainbow trees.* Take a drive down Hana Highway in Maui, and you can find rainbows in the trees. Along the roadside, rainbow eucalyptus trees catch eyes with their otherworldly bark, which looks like it's been painted with shades of neon pink, yellow and green.

*Rainbow mountain.* Vinicunca, also known as Rainbow Mountain, in Cusco, Peru, bears colorful stripes of red, yellow-green and teal, thanks to 14 different minerals. Prior to 2015 or so, the bright peak looked like any other mountain because its colors were covered by ice and snow.

## The Happiest Place on Planet Earth

Picture your happy place in honor of the International Day of Happiness on March 20. Now, picture the eight-time winner of happiest country in the world: a nation partly located in the Arctic Circle where neighborhoods go days without sunlight. So, what is Finland doing right?

*Sisu.* Finns value "sisu," a cultural concept that embodies perseverance and competence in the face of adversity. Of course, while the word "sisu" is Finnish, the underlying concept transcends national boundaries, and anyone can benefit from values of grit and resilience.

*Sauna.* There are 5.6 million people and 3.3 million saunas in Finland. Most Finns use the sauna at least once a week, making sure to shower before entering, and staying inside the sauna for multiple short periods of about 10 minutes, punctuated by cooling breaks with a cold shower or even a roll in the snow!

*Scenery.* Snow or shine, Finns prioritize being outside. During winter months, many people still bike to work, and some parents even trade strollers for sleds to take their kids to school.



## Division of Community Care- DCC

Monday through Friday  
8:30AM-4:30PM

1 Roundhouse Plaza, 1st Floor,  
Northampton  
(877) DCC-0413

### FREE Meals

MANNA Community Kitchen  
St. John's Church  
48 Elm Street, Northampton

### Brown Bag Program

If you are over 55 and would like to sign up, call the Food Bank at 413-247-9738.

### Northampton Survival Center

413-586-6564

## Highland Valley Elder Services

413-586-2000

## Northampton Senior Center

413-587-1228



TO GET STARTED,  
CONTACT US TODAY

413-774-7469

info@crg-collab.org

collaborativeresolutionsgroup.org

Mediation Resource

### Safe Passage

Confidential support to survivors of domestic violence.

Office Number .... 413-586-1125  
Hotline ..... 413-586-5066  
Toll Free ..... 888-345-5282  
TEXT START to ..... 88788

### 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](http://northamptonneighbors.org)

[www.northamptonneighbors.org](http://www.northamptonneighbors.org)



### CRISIS SERVICES

Hampshire County

413-586-5555

29 N. Main Street

Florence, MA 01062



### Poetry Puzzlers

Readers around the world celebrate World Poetry Day on March 21 each year. Roses are red, violets are blue, can you match these verses to writers and poems, too?

1. "Two roads diverged in a wood, and I—I took the one less traveled by, and that has made all the difference."

2. "But still, like air, I'll rise."

3. "What's in a name? That which we call a rose by any other name would smell as sweet."

4. "This being human is a guest house. Every morning a new arrival."

5. "Hope is the thing with feathers that perches in the soul ..."

6. "I love you without knowing how, or when, or from where ..."

7. "O Captain! my Captain! our fearful trip is done ..."

Answers:

1. Robert Frost, "The Road Not Taken"

2. Maya Angelou, "Still I Rise"

3. William Shakespeare, "Romeo and Juliet"

4. Jalaluddin Rumi, "The Guest House," translated by Coleman Barks

5. Emily Dickinson, "'Hope' is the thing with feathers"

6. Pablo Neruda, "Sonnet XVII"

7. Walt Whitman, "O Captain! My Captain"

