

Hillside TERRACE



NORTHAMPTON
HOUSING AUTHORITY

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Your Team

Property Manager

Liz Sanchez

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On Site- Fridays

Assistant Property Manager

Leslie Keller

phasstmgr2@Northamptonhousing.org

Resident Service Coordinator

RSC Manager:

Danielle McColgan, 413-341-5672

RSC@NorthamptonHousing.Org

Call or email for an appointment

Our team meets by appointment.
Reach out to schedule yours today.

Service Team

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Report work orders to the management office.

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

In Need of Foot Care?

Call Simonne at 413-336-4518 to request an appointment. The cost is \$20 per session.

Food Delivery Program

Food Delivery Date:

Wednesday, March 25th

In the Affirmative

Studies show that repeating a positive daily affirmation for a few minutes twice a day may help lower stress and enhance emotional regulation. Here are a few sample affirmations to get started:

"I am worthy of love."

"I release what no longer serves me."

"I am a problem solver."

"I belong."

"I deserve grace and compassion."



Puppy Dog Eyes

National Puppy Day, March 23, celebrates the irresistible charm of puppies. Scientists have recently discovered that the mournful expression affectionately called "puppy dog eyes" is a trait that domesticated dogs developed over generations in order to communicate with people. Unlike their close relative the wolf, dogs have facial muscles that enable them to raise their eyebrows, which triggers a nurturing emotion in humans.

EXPERIENCING CONFLICT WITH YOUR NEIGHBOR?

CRC'S FREE HOUSING MEDIATION
PROGRAM MAY BE ABLE TO HELP!



TO GET STARTED,
CONTACT US TODAY

413-774-7469

info@crg-collab.org

collaborativeresolutionsgroup.org

Count Your Caffeine Intake

For many people, caffeine provides an energy boost on sleepy mornings or drowsy afternoons. Medical experts agree that 400 milligrams of caffeine a day is safe for most adults, but consuming too much or at the wrong time can interrupt your sleep or make you feel anxious. During Caffeine Awareness Month in March, refresh yourself on the typical amount of caffeine in an 8-ounce serving of popular beverages:

Coffee: 96 milligrams

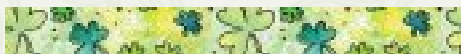
Black tea: 47 milligrams

Green tea: 28 milligrams

Energy drink: 29 milligrams

Cola: 22 milligrams

Keep these numbers in mind, and read labels, to adjust your caffeine intake as needed.



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.





Blood Pressure: Know Your Numbers

Seven in 10 adults age 65 and older have hypertension, also known as high blood pressure, and many don't even realize they have it. Hypertension increases the risk of major health complications such as stroke, heart attack, dementia and kidney disease. Fortunately, checking your blood pressure—for free—can be pretty straightforward.

Routine medical visits, which

are covered by Medicare, include high blood pressure checks. Be prepared to discuss with your doctor any family history or lifestyle factors that may affect your risk factors for hypertension.

Many health insurance providers offer at-home monitors with no out-of-pocket cost. Charitable organizations may also provide at-home monitors to qualifying individuals.

The American Heart Association (AHA) often provides blood pressure kiosks around the country, which provide free readings and recommendations. Visit heart.org to learn more.

Coping With Chronic Conditions

According to recent research, more than 90% of adults age 65 and older have at least one chronic health condition, and nearly 80% have multiple chronic conditions. Here are some of the most common chronic health conditions, according to the Centers for Disease Control and Prevention (CDC), along with lifestyle changes recommended by the National Council on Aging (NCOA) that can help reduce the risk for developing these diseases and improve management of already diagnosed conditions. As always, all health choices should be

discussed with your individual health care provider.

High cholesterol. Reduce consumption of alcoholic beverages and food with saturated and trans fats, like red meat, deep-fried foods and baked desserts.

Arthritis. Exercise for 30 minutes five times per week to improve mobility, circulation, strength and flexibility.

Hypertension. Small changes like reducing the amount of salt you consume, exercising regularly and maintaining a healthy weight are all helpful in lowering blood pressure.



**Health
& Wellness**



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"

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

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

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

