



McDonald HOUSE

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

Your Team

Property Manager

Jessica Sastre

PmMgr4@NorthamptonHousing.Org

Jessica is On-Site Tuesdays

Resident Service Coordinator

Danielle McColgan

413-341-5672

Meets by appointment.

Service Team

Jonathan Hernandez

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.

Silence Scammers

Scammers stole a record-setting \$12.5 billion in 2024, according to the Federal Trade Commission. Here are three strategies to protect yourself from fraud:

Download an app. Most wireless carriers offer their customers free apps that block scam calls and texts.

Let it ring. If you receive a call from an unknown number, let it go to voicemail, where legitimate callers will likely leave a message.

Use your settings. Many phones have settings that allow you to silence unknown callers, label calls as likely spam, or enter "do not disturb" mode during times when you frequently receive unwanted calls.

March 2026

In Need of Foot Care?

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

Grow Food Market



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 of the Community Room

EVERY Thursday, 11:15AM-12PM

To sign up, call 413-586-6564.

Walter Salvo BINGO Every Wednesday!

Doors open at 5:30 and the BINGO game starts at 6:30PM. This will take place every Wednesday and is open to all residents of Northampton Housing Authority. You must be a resident to attend; this is not open to the public. The address is 81 Conz St.

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.



Wit & Wisdom

"Diligence is the mother of good luck."

—Benjamin Franklin

"If one is lucky, a solitary fantasy can totally transform one million realities."

—Maya Angelou

"Good luck beats early rising."

—Irish proverb

"I think we consider too much the good luck of the early bird and not enough the bad luck of the early worm."

—Franklin D. Roosevelt

"Luck is believing you're lucky."

—Tennessee Williams

"Luck is not chance; it's toil. Fortune's expensive smile is earned."

—Emily Dickinson

"Nothing is as obnoxious as other people's luck."

—F. Scott Fitzgerald

"People always call it luck when you've acted more sensibly than they have."

—Anne Tyler

"The day you decide to do it is your lucky day."

—Japanese proverb

"I busted a mirror and got seven years' bad luck, but my lawyer thinks he can get me five."

—Steven Wright



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



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."



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@](mailto:info@northamptonneighbors.org)

northamptonneighbors.org

www.northamptonneighbors.org

Medal of Honor

The Medal of Honor is the highest honor of military valor in the United States, granted to those who risk life and go above and beyond the call of duty. Recipients are given the award in the form of a medal at the end of a neck ribbon—the only American military award that is presented as such.

Commemorate Medal of Honor Day on March 25 by thanking one of the heroic recipients or reading some of their stories.



Highland Valley Elder Services

413-586-2000

Northampton Senior Center

413-587-1228

Northampton Survival Center

413-586-6564

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

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.

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	9	6	3	5	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		

