

NORTHGATE COMMUNITY NEWS, Spring 2021

Volume 32, Spring

Hello Northgate Neighbors. The NROC board of directors has voted approval for the offices in the community hall to be reconfigured so that we can **open the office and have a safe and physically distanced presence**. Stay tuned for that—it will look very different! Also look out for the **new food pantry**. The NROC board of directors also approved for the reconfiguration of the food pantry so that you will be able to receive a pantry box from **outside the building**. The new pantry will look a lot like the commodities program...everyone will receive the same box. If you do not care for some items, please consider sharing them with a neighbor or donating them to a local food pantry. After over a year of being closed, we are very excited that the offices and food pantry will have a new look and presence. Staff will still be working remotely. When all of this is completed, you will be notified.

Please remember that if you have subsidized rent, you must report **ANY** changes in employment, income, and household size. Enterprise Verification System (EIV) changes **MUST** be reported within 10 days of any of the above changes or you will be asked to **pay retroactive rent increases beginning the month after the change as per HUD guidelines**.

Phone Blasts: Just another reminder that the Management office uses phone blasts to get important information out to all residents. If you believe you are not receiving the phone blasts, one of two things are happening: either your phone number is incorrect in our phone blast database, or you are on a National Do Not Call list. These reasons could prohibit you from getting the phone blasts. Please call the office at 802-658-2722 and ask for a call back to see if your phone number is correct within our databases.

1-800-GOT-JUNK: This service is resuming in May. Watch for the notice in your mailbox to discover when the truck is coming to your area. You will also get a phone blast prior to the truck coming...it is OK to place your items out the night before...this is **ONLY** for 1800GOTJUNK and pre-arranged items. Trash and recycling go out Friday morning **ONLY**. No other items should ever be put out curbside without prior permission from the management office.

The LAUNDRY FACILITIES continue to be open. Two appointments are accepted per day: 10:00 am to 12:00 pm and 1:00 pm to 3:00 pm. Please call the answering service and leave a message for an appointment at 802-658-2722, or email Carol at cjaramillo@maloneyproperties.com. Your appointment will be scheduled when you speak with a management staff person (NOT the answering service) or hear back through email. The facilities will be sterilized between **appointments**. **A MASK MUST STILL BE WORN AT ALL TIMES WHEN YOU ARE IN THE LAUNDRY ROOM/COMMUNITY BUILDING.**

Preventative Maintenance Inspections will begin in April. You will be called between 3:30 p.m. and 7:30 p.m. the evening prior to your appointment and will be asked a series of health questions pertaining to the appointment. Please try to be available for these calls.

Yoga and Guided Meditation continue to be available on Facebook AND on Town Meeting TV (formerly channel 17) (**Burlington Telecom 17 / 217 / 317 and Comcast 1087**). **MONDAY AT 1:00 PM IS DEDICATED TO NORTHGATE ON CHANNEL 17.** Tune in to see what is on or tune in on a session from Facebook!

CONTINUED RESOURCES

- **3SquaresVT** – Has your household lost pay? Have your childcare expenses increased? 3SquaresVT is here for you and your family. You could be eligible to receive a 3SquaresVT benefit or increase the benefit you already receive. They can help you apply. Visit our 3SquaresVT page, email 3svt@vtfoodbank.org, call 1-855-855-6181 or text VFBSNAP to 85511.
- **CSFP** – The **Commodity Supplemental Food Program** (CSFP) is a federal nutrition program which offers free monthly nutrition information and nutritious foods to income-eligible older adults. Boxes are available for pick up if you are signed up to receive them every **FIRST MONDAY** at the Elks Club, 925 North Avenue at 11:15.
- **2-1-1** – The Vermont 2-1-1 database contains detailed descriptions of programs and services available to Vermonters that are provided by local community groups, social service and health-related agencies, government organizations, and others. **THIS IS ALSO A GREAT RESOURCE TO FIND OUT ABOUT THE COVID VACCINE.**
- **WIC:** Vermont WIC is open, and most services are being done by phone appointment to align with social distancing efforts. To connect with WIC in your area, visit www.healthvermont.gov/local. If you are pregnant, postpartum, breastfeeding, a caregiver or parent with a child under five you may be eligible for WIC.
- **Meal Programs for Older Vermonters:** People aged 60 and older are especially encouraged to stay at home to protect themselves from COVID-19 but staying well-nourished is also critical for your health. To help, you may be able to pick up meals to go or have meals delivered to your home. For more information about meals for older adults, please call the Helpline at 1-800-642-5119.

Want to pay your rent online? Call 802-658- 2722 or email Carol at cjaramillo@maloneyproperties.com. You will get a code and instructions by email.

Gardens: Are you planning to plant a vegetable or flower garden this summer? Please remember, **NO rototilling** is allowed at Northgate; the reason is that ALL our electrical and gas lines are underground, and it is **not safe to rototill**. If you need a policy reminder about where you can garden around your apartment, or would like our maintenance department to help you determine the safest place, please call the office (802-658-2722), and ask for the Green Space policy, a visit from Rick, or email Carol at cjaramillo@maloneyproperties.com.

Trash and Recycling Toters/Boxes: **Please** keep these within your fences for 2- and 3-bedroom apartments. Thank you!

As the weather gets warmer, folks will open their windows and get that wonderful spring air inside. Please remember this as your children play outside or as you gather with friends...**please teach your children to play in the common areas, not underneath apartment windows, in gardens or on a neighbor's porch.** And please remember that **NO climbing in trees at Northgate is allowed.** We ask the adults here at Northgate to please **PARENT AND TEACH** their children and to think about the people living here who want to have a peaceful existence within their own homes. For adults who like to gather with neighbors in the courtyards; please be respectful of your noise level in the common areas and back yards. **To be a successful community we ask that we all strive to be thoughtful/considerate neighbors and to teach our children respect and make choices to be safe.**

Keep your private information safe!! Who doesn't love a clean car or weeding out the mountains of paperwork that sometimes overwhelm us! **When you do decide to clean out, please make sure that there is no personal information that anyone can share...**personal information is: social security number, date of birth, mother's maiden name, the year, and the school from which you graduated, where you have worked or are working now, your pay rate...there is more, but these are the basics. **DON'T** just recycle without shredding or blacking-out pertinent information! And, while cleaning your car, remember, things can fall out and blow around the site—be aware!

MOMMY'S MOMENT

By Leean Sack

What is better than Springtime? Snow melting, birds chirping, trees budding, kids playing, folks conversing etc....? Springtime after a very long winter heading out of a very long and trying winter.

Do those things you been talking about doing. Take what you have learned from this past year and apply it, do not waste it. Now is the time to get the ball rolling and sponsor growth for yourself.

Springtime represents growth, new beginnings, starting over with a fresh start... a new perspective.

A chance to stop and say, "why not."

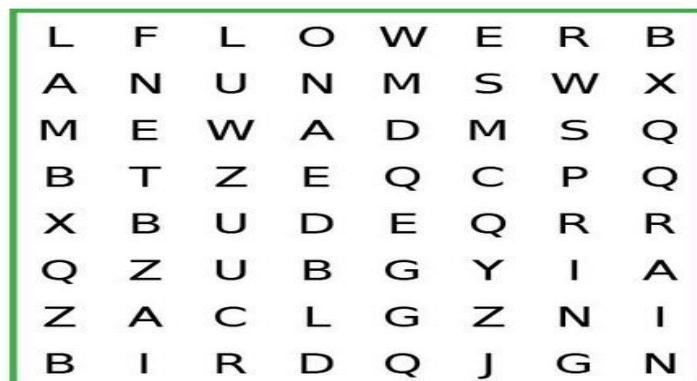
Don't ever ask why when you can say why not? Why not use those fancy dishes, why not reach out to someone you have been thinking about, why not dress up in those fancy clothes sitting in your closet, why not participate in a random act of kindness, why not be silly with friends, why not start a new tradition...why not? You do not need a special occasion; every day is a special occasion.

If you have been thinking about making changes in your life, whether its personal or career, individual or "family" ... Now is the time to say why not?

So, when your little ones are asking to do something, or try something new; make it a moment... A Mommy Moment and say, "why not?"

Happy Spring!

Spring Word Search



BIRD
BUD
EGG
FLOWER

LAMB
NET
RAIN
SPRING

