

August 2019

Volume 30, Issue 8

Contributors:

Donna Chagnon

Leean Sack

Editor: Carol Jaramillo

Publisher: Leean Sack

Northgate Community News

A Tradition Since 1989

UPCOMING EVENTS IN 2019

(Dates and times are subject to change, so please be sure to check your newsletter on a monthly basis)

Every Fourth Tuesday: Board of Directors Meeting at 6:00. All are welcome! **Next Meeting: August 27.**

August 10: 11-2 Kids' Day –THE BIG BLUE TRUNK WILL BE HERE WITH GAMES AND A TRAIN, POPCORN, COTTON CANDY...the Good Food Truck will be here once again as well as Face Mania, Portraits by Corrine and Joey the Clown! DON'T MISS IT!!!

August 24: 11-2 Adult BBQ Day

October 12: 11-2 Harvest Party

October 26: Halloween party 6-9 (DIGITAL DJ WILL BE BACK!)

November 9 NROC Craft Fair (times to be announced)

Management Office Closings

August 16 – Battle of Bennington Day

September 2 - Labor Day

October 14 - Columbus Day

November 11 – Veteran's Day

November 28 - Thanksgiving Day

December 25 - Christmas Day

Don't Fall for Scams

Be careful who you give information to over the telephone these days! People will call posing as a child or grandchild and just say "it's me!"...you may assume it is your child or grandchild—but, it may not be. Ask them to tell you their name or their parent's name—maybe a nickname. Better yet, consider setting up a secret word that only you and your family knows.

What about those IRS or Social Security calls? The IRS and Social Security will NEVER MAKE AN UNSOLICITED phone call to you! Don't fall for it!

And the calls regarding your credit card? Never give any information out! If you think it might be them, hang up and call your credit card company directly.

Don't be a victim of a scam!!!!

If you feel like you may have fallen victim to a scam, contact all three credit bureaus to report being a victim of fraud or place a freeze on your credit report.

Equifax – 1-866-349-5191

TransUnion – 1-800-916-8800

Experian – 1-800-509-8495

MOMMY'S MOMENT

By Leean Sack

Community Is Key

As summer finally arrives at Northgate, I see more and more people out and about, gathering with old friends and making new ones. I often am wandering through Northgate with the twins and think to myself, how great is it that I can walk out my door and every time I get a “hello, how are you, how are the kids.” I don’t ever feel lonely here.

Loneliness is something I hear a lot of mommies--especially new mommies talk about. We get stuck in the same old routine and desperately try to get our daily stuff done (and it’s a lot of stuff to do). We get lost in time and often forget that there are amazing people out there doing amazing things.

Just in our back yards, there are residents here that genuinely care about each other and have each other’s backs in times of need and share in our times of joy. You don’t see that much anymore these days and it makes me sad. Let’s change this!

Make it a point to say “hello” to your neighbors, introduce yourself to others, attend a community event/activity. We all need that sense of belonging. Make those connections, you never know where it could lead. Those connections could be just the thing you need to get by.

Community is key!

- Start a walking group
- Plan a weekly get together at the playground
- Do random kind gestures for your neighbors
- Host a courtyard get together

-Leean



YOUTH CALENDAR

August 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5	6 play date 10-11	7	8	9 play date with Fletcher Free Library 10-11	10 Kid's Day CARNIVAL!!! 11-2
11	12	13 play date 10-11	14	15	16 BENNINGTON BATTLE DAY; OFFICES CLOSED	17
18	19	20 play date 10-11	21	22	23 play date with Fletcher Free Library 10-11	24
25	26	27 NO PLAY DATE	28	29	30 play date with Fletcher Free Library 10-11	31
1	2	Notes				

RESIDENT CALENDAR

August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 Williston Free Concert 4:00	2 POP UP Pantry 2-6 (dependent on Food Bank)	3
4	5 Commodities Delivery 12-2	6 van trip 10-2	7 Heineberg Senior Luncheon 11:45	8 van trip 12-4 Our Night Out-- Community Hall 5:30	9	10
11	12	13 van trip 10-2	14 Heineberg Senior Luncheon 11:45	15 van trip 12-4 Williston Free Concert 4:00	16 Bennington Battle Day Office Closed	17
18	19	20 van trip 10-2	21 Heineberg Senior Luncheon 11:45 Pantry 6-7	22 van trip 12-3:30 Williston Free Concert 4:00 Pantry 3:30-5:30	23 Pantry 9-10	24 Adult's BBQ 11- 2
25	26	27 van trip 10-2	28 Heineberg Senior Luncheon 11:45	29	30	31
1	2	Notes Please NOTE: No Yoga or Guided Meditation this month. ONO night on August 8th is catered--no need to bring anything. Heineberg Senior Luncheon, \$5 per person--NROC can help with cost. Meet at the office at 11:45 for a van ride or call to get picked up.				

Our Night Out is catered this month—no need to bring anything (except \$10)...

Heineberg luncheon requires a reservation! If you didn't arrange a meal at the center at the prior luncheon, please call by 9:30 a.m. the Thursday before the Wednesday you would like to go. The number is: 802-863-3982, ext. 1.

Resident Events and Information

Van Rides

Some van rides on Thursdays are shortened by 1/2 hour as the van is needed at 4:00.

Tuesday August 6th: South Burlington #1 run:
Banks, South End City Market, Price Chopper, Dollar Tree, Home Goods, Good Will, Harbor Freight
10:00 – 2:00 **Kevin will be your driver.**

Thursday August 8th: Costco run 12:00 – 4:00 Steve will be your driver.

Tuesday August 13th: Williston run #1: Walmart, Home Depot, Christmas Tree Shop, Best Buy
10:00 – 2:00 **Kevin will be your driver.**

Thursday August 15th: South Burlington run #2: Michaels, U-Mall, Trader Joes, Healthy Living, Blue Mall, DMV (if needed) 12:00-3:30 **Steve will be your driver**

Tuesday, August 20th: Williston run #2:
Hannaford, AC Moore, Pet Smart, Resource, Good Will, Food Shelf 10:00 – 2:00 **Kevin will be your driver.**

Thursday, August 22nd: Essex/Colchester run:
Lowes, Dollar Tree, Big Lots, Costco, Dollar General, Price Chopper 12:00 – 3:30 **Steve will be your driver**

Tuesday, August 27th: Local run: Banks, Ethan Allen Shopping Center (i.e. If you have bottles and cans to return, the van will drop you at the drop off center and then park for shopping at Hannaford, Ace Hardware, Post Office, etc.) Food Shelf, Dollar General and stops that are local, if time permits.
10:00 – 2:00 **Kevin will be your driver.**

Commodities Delivery for Senior Citizens

Monday August 5th Your commodities will be delivered between 12:00 pm and 2:00 pm. (the first Monday of each month unless notified otherwise—our volunteers will leave your box(es) by your back door if you are not home). If for some reason, our volunteer(s) can't pick up your commodity box, you can pick them up at the Elks Club (in the back) at 925 North Avenue at 11:30 am. **Thanks to Brian Walker, Brien Hart and Steve Jaramillo for pickup and delivery every month!!**

POP UP PANTRY: August 2nd, 2-6 IN THE INTERNET CAFÉ FOR FRESH VEGETABLES AND POSSIBLY MORE! TAKE SOME AND SHARE WITH YOUR NEIGHBORS! (Delivery is dependent upon the VT Food Bank)

REGULAR Food Pantry Days/Hours

Wednesday Aug 21 6pm-7pm

Thursday Aug 22 3:30-5:30

Friday 9am-10am

OUR NIGHT OUT (50 and older)

August 8 at 5:30

In August we'll have a catered meal (\$10.00 person). Come and socialize, meet new people, reconnect with old friends and just get out of the house and have fun! We'll do some type of fun activity—we always have a great time. Please call the office at 802-658-2722, Ext. 19 (leave a message if I'm away from desk) to let us know you are coming, so we know how many plan to attend. -Carol

Thank you

NO YOGA OR GUIDED MEDITATION THIS MONTH, AS OUR INSTRUCTORS ARE TAKING A WELL-DESERVED VACATION! CHECK BACK IN SEPTEMBER!

Heineburg Senior Center Luncheon -- every Wednesday at 11:45. \$5 per person. NROC can help with the cost, should you need it. Lovely people, a lot of laughter—great to get out (and the food's good and in healthy portions)! Reservations are required so, please call the center at 863-3982 ext. 1 by 9:30 a.m. the Thursday before the next Wednesday (meals are catered) or, after the luncheon, put your name in for the next week. The NROC van is available for a ride to the center.

This Month's Scramble

Congratulations to **Mirza Korajkic** who found the word IDENTITY in the Northgate Community News. There were **14 players total** last month (a new record!). Congratulations and great job to all who found the word!

August's scrambled word:

scoidlituen

Thanks for playing!

Find the word in the newsletter articles and bring the following information to the office for your chance to win \$20.00!

Bring the following information to the office (or place in the Maintenance mail slot)

attention Carol Jaramillo:

the page number,

the name of the article

your name and

your apartment number.

Please indicate on your submission if you do

NOT wish to have your name published as the winner...

August Dumpster

There will be one dumpster on site on Wednesday, August 21, near to the management office. Please do not overload the dumpster—in September, we'll be having another Saturday for dumpsters and will try to have 3 here once more. We will have one last dumpster in October as well.

If you have any questions, please call the management office at 802-658-2722 Ext. 11.

Need tomato cages for those tomato plants that got bigger than you expected?

Call or stop by the office—we have some for the taking!!

We also have other gardening supplies like stakes and a trellis that have been donated and that you can take away.

Call us at 802-658-2722, Ext. 11 or stop by.

Set of 6 stainless steel cannisters for free! Call 802-497-3073.

UPDATES AND REMINDERS FROM OUR MANAGEMENT OFFICE

Happy Summer to everyone! We hope you are enjoying the long days and sunshine. We have a lot going on—so if you have questions, don't hesitate to call! Below is some information and reminders to help everyone enjoy this season and stay informed!

BURLINGTON TELECOM

The long-awaited Burlington Telecom work will be starting this month at Northgate! You will soon have another provider (if you choose) for your phone, internet and cable. Keep watching for information coming to you from Burlington Telecom their various programming options and rates.

ONGOING EXTERIOR WORK

If your building is one of the ones having exterior siding installed this year, please pay close attention to notices sent from the management office. These notices will tell you when the contractor will be working on your building and what you need to do to prepare. If you have any questions, please contact Titus Valoricristo at ext. 16.

Also, a safety reminder to parents to be sure you children are not playing in the areas of the work being done.

PREVENTIVE MAINTENANCE INSPECTIONS

As staff continues to complete our annual preventive maintenance inspections in each apartment, a reminder to be certain that all rooms are accessible for this important inspection. Also, if you have an assistance animal, please be certain that it is either out of the unit, crated or being held by a responsible party for the duration of the inspection.

RENT PAYMENTS

As residents at Northgate, it is a requirement of your lease that you pay your rent each month on the first of the month. **Any rent payments received after the 5th of each month are considered late payments. It is important for the financial well-being of the property that every household pay their rent on time each month. (and remember, any future landlord or mortgage references will ask if the applicant has made their payments on time!)**

ITEMS ATTACHED TO NEW TRIM

We have noticed that some households have attached various items to the new trim on the buildings.

The notice that was sent to every household prior to the beginning of the work on each building very clearly states: "After the new wood trim has been installed and per the Northgate Home Improvement Policy there is to be no drilling or nailing into the vinyl siding, outside trim or fencing."

Please be advised that if you have installed these items they need to be removed immediately.

ASSISTANCE DOG OWNERS!

A reminder to all assistance dog owners: Please make sure you clean up after your dog! It's very annoying and unsanitary for other residents to be stepping in dog waste!! Also, your backyard area must ALWAYS be clean of dog waster !

Remember, when you were approved for your assistance dog, you agreed to follow the rules. Please be a good neighbor!

NORTHGATE'S 7TH ANNUAL FISHING DERBY

The Northgate Fishing Derby took place on June 22 at the Colchester boat launch, with 13 Northgate kids in attendance. The weather cooperated and everyone had a great time. ALL the kids did a great job with superb sportsmanship and positive attitudes! Everyone received a tackle pack and at least one prize. The winners and categories are below:

Biggest Fish Caught

First Prize: Madelyn Robtoy

Second Prize: Madelyn Robtoy

Third Prize: Lily Robtoy

Most Fish Caught

First Prize: Mason Sweetser

Second Prize: Madelyn Robtoy

Third Prize: Lily Robtoy

Smallest Fish Caught

Mason Sweetser



The fishing derby is always “catch and release”, so the fish caught were released and went on their way!

We couldn't have done it without our **volunteers**!

Mike and Monica Elwood have been with the fishing derby since the very first. **Mike** was a coach and helped the kids with worms, hooks, release and weighing the fish.

Monica kept the kids in snacks and drinks and was there to cheer them on and give them words of encouragement.

Colby Waite was our first youth coach and did an awesome job. Colby is a 6-time winner in previous derbies and decided this year to become a coach. Colby helped with worms, casting, netting the fish and release.

Kevin Bean was our Weighmaster and was there to weigh and measure the fish.

Linda Romeo was the fishing derby judge, dutifully recording the weights and lengths of each fish.

Brian Walker was an event volunteer, just doing whatever was needed. Many, many thanks to our volunteers!

We couldn't have pulled the derby off if it hadn't been for our **Northgate parents** as well! The parents of our “fisher-kids” rose early on a Saturday morning so the kids could participate. Thank you, Fishing Derby parents!! You rock and you make a great difference in your kids lives!
(Continued on next page)

Our two first place winners also won a fishing cruise on Lake Champlain with Captain Mick Maynard in July.

And our sponsors... they are always a huge part of our derby! A BIG thank you goes out to:

Jeff Winkler: (yes—sent all the way from Oregon!): Fishing rod and reel and tackle box.

Mike Elwood: Fishing equipment and 2 “Rodfather” tee shirts.

Monica Elwood: Snacks, juice and ice to make it cold!

Dave Harnett and Jolley: Supplying a case of nightcrawlers.

Ray Smith from Green Mountain Sporting Goods: Supplying “Wacky Willow” lures.

Bibens Ace Hardware on Lakeshore Drive in Colchester: Supplying many packages of sinkers.

The TTI-Blakemore Fishing Group and Ron Stallings: Supplying us with 40 packages of hooks.

Captain Mick Maynard: Supplying us with an amazing chartered fishing trip at a very reduced price.

Northgate Residents Ownership Corporation: bagels and coffee, trophies, prizes (cash and raffle).



Congratulations to all our Northgate fishing derby participants!

You are all stars!!!

THE EQUIPMENT LENDING LIBRARY IS AVAILABLE

The NROC equipment library has tools for short term use. The library is available to residents on Monday, Tuesday and Thursday 8:00 to 4:00 and Friday 8:00 to 2:00. We also have a limited supply of donated tomato cages and fencing for the taking this year. Please inquire at the Management Office or call 802-658-2722, ext. 11.

The tools below are available for you to borrow (just come to the office to sign them out and back in):

Push Broom

Dolly

Extension cord

Weed Whacker

Goggles

Rake

Garden Claws

Garden Hoe

Wheelbarrow

Hammer

Hand Clipper

Shovel

Bulb digger

If you would like a garden box built for you in your courtyard side green area for your garden this year, please call the office at 802-658-2722, ext. 11.



NROC MANAGEMENT DIRECTORY and OFFICE HOURS

Monday, Tuesday, Thursday: 8:00 – 4:30

Wednesday: By Appointment Only

Friday: 8:00 – 2:30

OFFICE PHONE

(802) 658-2722

****Our answering service will answer calls outside of normal business hours listed above****

OFFICE STAFF & EXTENSION NUMBERS

Reception; Ext 11

Work Orders, Lending Library, Appointments Scheduled.

Donna Chagnon: Ext 14

Property Manager - Questions about the property or your unit, rent questions, site policy compliance, lease compliance.

Sara Noth: Ext. 15

Property Manager - Questions about the property or your unit, site policy compliance, subsidy and income re-certification questions.

Titus Valoricristo: Ext. 16

Systems and Operations Coordinator - Access coordinator for inspections and special projects, work order coordination and property management software specialist.

Leean Sack; llund@maloneyproperties.com

Food Pantry Coordinator/Office Assistant – Staffing, ordering and stocking the NROC Food Pantry and office administration, newsletter publishing and newsletter author, “Mommy’s Moment”.

Carol Jaramillo: Ext. 19

Community Builder – Support for the NROC Board of Directors; represents resident thoughts and concerns to the Board of Directors and Property Management. cjaramillo@maloneyproperties.com

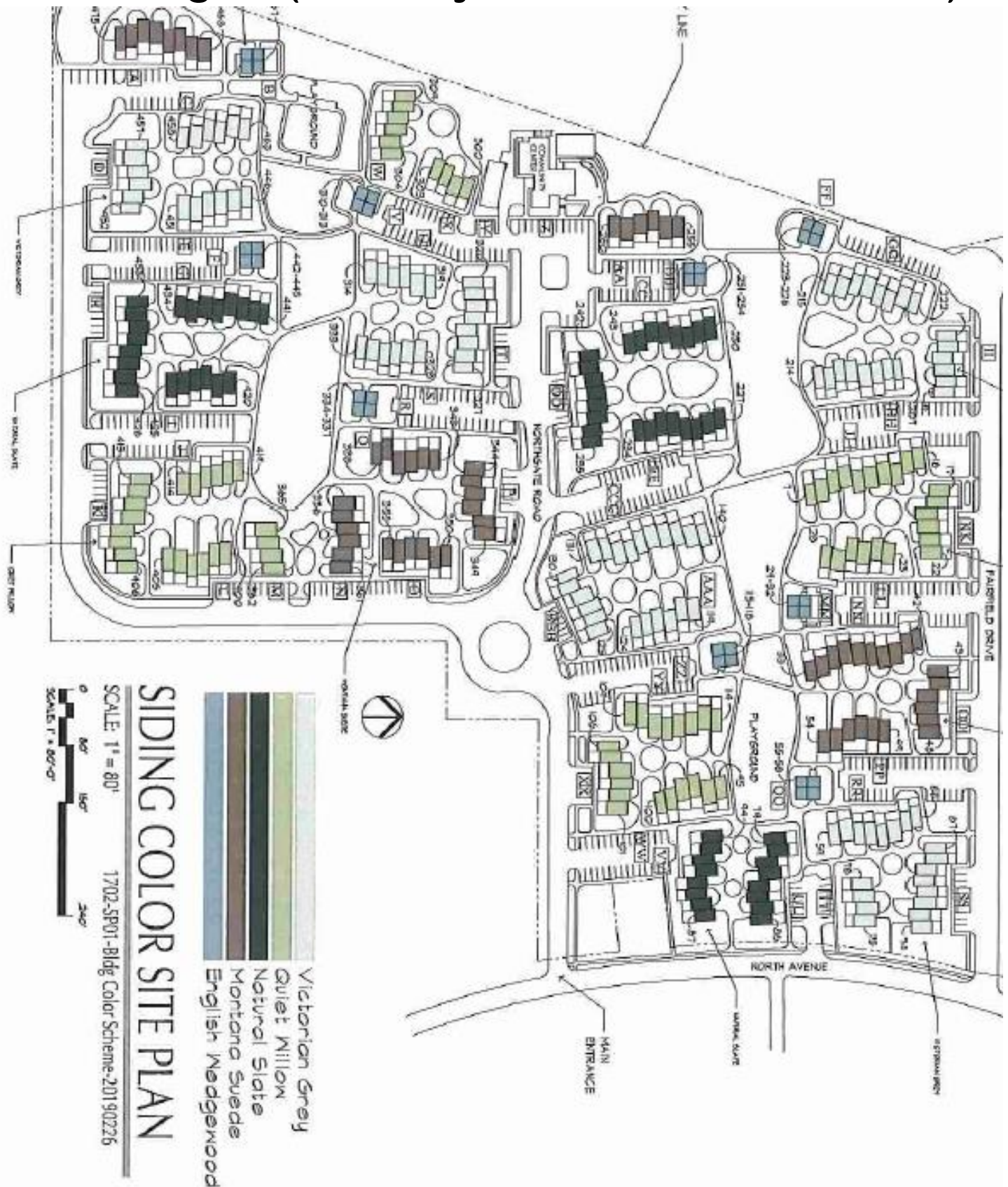
NROC Fax Number: 802-864-4005 (Need the office equipment to copy or fax? Fax: Locally or Toll-Free, it’s 10 cents per page and long distance, 25 cents per page; the copier is 5 cents per page).

TTY: 711

NROC Monthly Info Line for Van Rides: 802-862-4815

Website: www.northgateapartmentsvt.org – newsletters, Board of Director meeting agendas and minutes, helpful links, make online rental payments, NROC blog.

Replacement Siding and Canopy Installation at Northgate (In case you missed it last month!)



SERVICES, PROGRAMS AND EVENTS AT NORTHGATE—“AT A GLANCE” (ALL TIMES ARE SUBJECT TO CHANGE)

NAME	DAY OF WEEK/MONTH	TIME	NOTES
BOARD OF DIRECTOR MEETINGS	4 TH TUESDAY	6-7	SUPPER AT 5:30
PLAYDATE	EVERY TUESDAY/FRIDAY	10-11	HALL/FRIDAYS FLETCHER FREE LIBRARY STORYTIME
OUR NIGHT OUT (ONO)	2 ND THURSDAY	5-7	HALL EVERY OTHER MONTH/OUT ALTERNATE MONTHS
FOOD TRUCK	EVERY TUESDAY	5:00	STAYS UNTIL 6-ISH
POP UP PANTRY	1 ST FRIDAY	2-6 IN CAFÉ	ITEMS PICKED UP AT U-MALL 11 AM
COMMODITIES	1 ST MONDAY	11:00	DELIVERED
VAN RIDES	TUESDAYS AND THURSDAYS	10-2 AND 12-4	VAN
YOGA	EVERY TUESDAY	6-7	HALL
GUIDED MEDITATION	1 ST AND 3 RD WEDNESDAYS	6-7	HALL (OR BOARD ROOM)
FOOD PANTRY	TYPICALLY, 3 RD WEDNESDAY, THURSDAY AND FRIDAY	TIMES VARY EARLY AFTERNOON, EVENING AND MORNING	PANTRY/CAFÉ
SENIOR LUNCHEON AT HEINEBERG SONIOR COMMUNITY CENTER	EVERY WEDNESDAY- RESERVATIONS ARE A MUST (THE THURSDAY BEFORE). CALL 863-3982 TO RESERVE A SPOT, OR RESERVE AFTER THE LUNCHEON	11:45	VAN AVAILABLE TO TAKE NROC RESIDENTS. \$5 PER PERSON; NROC CAN HELP WITH COST.
NEWSLETTER	EVERY MONTH	N/A	TYPICALLY PUBLISHED AND MAILED A WEEK BEFORE THE NEXT MONTH
ANNUAL GATHERING	BEFORE SEPT 1	VARIES	TIME FOR ELECTING NEW RESIDENT DIRECTORS, AWARDING OUTSTANDING YOUTH AND VOLUNTEERS
EVENTS	THROUGHOUT YEAR		
WINTERFEST	FEBRUARY		HALL
CHILI CONTEST	APRIL	11-1	HALL
GREEN UP	MAY	9:30 – 11:30	SITE/HALL
FISHING DERBY	JUNE	8-12	COLCHESTER BOAT LAUNCH
FISHING DERBY WINNERS FISHING TRIP	JULY	PER CAPTAIN MICK	LAKE CHAMPLAIN
KIDS DAY	AUGUST	11-2	SITE/HALL
ADULT BBQ	AUGUST	11-1	HALL
HARVEST PARTY	OCTOBER	11-2	SITE/HALL
HALLOWEEN PARTY	OCTOBER	6-9	SITE/HALL
CRAFT FAIR	NOVEMBER (EARLY)	9-1	HALL

NORTHGATE'S ANNUAL MEETING IN PICTURES

(JUNE 1, 2019)





HANDY “AT-A-GLANCE”

INFORMATION

Northgate Information

- **Northgate is owned and operated by its residents.** NROC has hired Maloney Properties, Inc. (MPI) **to manage** Northgate—**MPI does not own Northgate.** The decisions at Northgate are made by a Board of Directors; 9 residents and 4 community representatives. The **Board of Directors meetings** are always on the **fourth Tuesday of every month at 5:30 pm, unless indicated otherwise.**
- Northgate is in **Ward # 4. Northgate residents vote at St. Marks Youth center, 1271 North Avenue.**
- Northgate’s **zip code** is **05408**, for the New North End.
- **Council meeting schedule:** <https://www.burlingtonvt.gov/CityCouncil/City-Council-Meeting-Schedule> or call 802-658-7000
- **City Hall** phone number: 802-865-7000
 - **Mayor:** Miro Weinberger **Web:** <https://www.burlingtonvt.gov/>

Emergency Information

- **Police non-emergency:** phone number: 802-658-2704
- **Police EMERGENCY:** phone number: 911

Handy Numbers

- **Age Well:** 76 Pearl St #201, Essex Junction, VT 05452 802-865-0360
- **Burlington Bagel Café and Deli:** (802) 660-9693 1127 North Ave. Burlington VT 05408
- **Burlington High School:** (802) 864-8411 52 Institute Rd. Burlington VT 05408
- **Burlington School District:** (802) 865-5332 150 Colchester Ave. Burlington VT 05401 <https://www.bsdt.org/>
- **Casella Trash Removal:** 888-485-1469 <https://www.casella.com/>
- **Car-Share Vermont:** 802-861-2340
- **Champlain Valley Agency on Aging:** 802-658-6126 <https://www.manta.com/c/mbydt47/champlain-valley-area-agency-on-aging-inc> 1 Mill St. #315 Burlington VT 05401
- **Champlain Valley Office of Economic Opportunity (CVOEO):** 802-862-2771 or online at <https://www.cvoeo.org/>
- **Chittenden Emergency Food Shelf:** 802-658-7939
- **Chittenden Solid Waste District (CSWD):** 802-872-8111 or online at: <https://cswd.net/>
- **Commodity Supplemental Food Program (CSFP):** 1-800-214-4548 The Vermont Foodbank Commodity Supplemental Food Program 33 Parker Rd. Barre, VT 05641
- **Community and Economic Development Office (CEDO):** 802-865-7144 or online at cedofd@burlingtonvt.gov
- **C.P. Smith elementary School:** (802) 864- 8479 332 Ethan Allen Pkwy. Burlington VT 05408
- **Domino’s Pizza:** (802) 658-6558 1548 North Ave. Burlington VT 05408
- **Dr. Dynasaur (SCHIP—healthcare for kids):** 1-800-250-8427 or online at <http://www.greenmountaincare.org/vermont-health-insurance-plans/dr-dynasaur>
- **Department of Children and Families:** (3 Squares, Fuel Assistance, Life Line, Reach Up, Reach Ahead, Housing Assistance, Emergency Assistance, childcare Subsidy, and more...): online at <http://dcf.vermont.gov/> or call: **Benefits Call Center:** 1-800-479-6151 **Child Abuse Hotline:** 1-800-649-5285 **Child Care Helpline:** 1-800-649-2642 **Child Support Helpline:** 1-800-786-3214
- **Fletcher Free Library:** 235 College St, Burlington, VT 05401 802-863-3403

- Gadue's Dry Cleaning at Ethan Allen shopping Center: (802) 863-6706 1127 North Ave #25, Burlington, VT 05408
- Good News Garage: 802-864-3667
- Good Will: 1080 Shelburne Road, South Burlington 802-658-5359 or
64 Harvest Ln, Williston, VT 05495 (802) 879-0088
- Hannaford's Grocery Store at Ethan Allen Shopping Center: (802) 862-8040 1127 North Ave #11 Burlington VT 05408
- Home Instead Senior Care: 802-860-4663
- Heineburg Senior Center: 802-635-3343 and for Wednesday Luncheon: 802-863-3982 Ext. 1 (RSVP by Thursday 9:30 am for the following Wednesday because meals are catered, and a count is needed). **(new!)**
- Howard Center (mental health and developmental issues): 802-488-6000 (downtown) or 802-488-6100 (Pine Street)
- J.J. Flynn Elementary School: (802) 864-8478 1645 North Ave. Burlington VT 05408
- Leonardo's Pizza: (802) 862-7700: 83 Pearl St. Burlington VT 05401
- Lyman C. Hunt Middle School: (802) 864-8469 1364 North Ave. Burlington VT 05408
- Mailbox Keys: Keys available at the post office on Pine Street; 800-275-8777
- Meals on Wheels: 802-862-6253
- Mr. Delivery (local food delivery—must have a computer or smart phone/iPhone): www.mrdelivery.com
- No Waste Compost: 802-373-1707 (NROC's composting partner) www.nowastecompost.com
- Papa John's Pizza: (802) 652-5222 135 Pearl St. Burlington VT 05401
- Post Office for the New North End: 802-658-4503
- Re-Source: (a place for old furniture and household items) 329 Harvest Ln #200, Williston, VT 05495
802-658-4143 <https://resourcevt.org>
- Sara M. Holbrook Center: 802-862-6342
- Social Security: 1-800-772-1213 TTY: 1-800-325-0778 128 Lakeside Ave, Suite 107, Burlington VT 05401
- Spectrum Youth and Family Services: 802-864-7423
- Support and Services at Home (SASH) (medical services in your home): 802-863-2224 or email: SASH@cathedralsquare.org and online at <https://sashvt.org/> (Must have Medicare)
- UVM Medical Center: 111 Colchester Ave, Burlington VT 05401 802-847-0000 or 800-358-1144 (toll free), www.uvmhealth.org
 - Appointments: uvmhealth.org
 - Billing: 802-847-8000
 - Emergency Department: 802-847-2434
 - Human Resources: 802-847-2825
 - Request Medical Records: 802-847-2846
 - Patient Information: 802-847-0000
 - Case Management and Social work: 802-847-3553
 - Patient Transport/Support: 802-847-2811
 - Registration Main Campus: 802-847-2830
 - Registration Fanny Allen Campus: 802-847-1121
 - Spiritual Care Department: 802-847-2775
 - Volunteer Services: 802-847-3536
 - Patient Relations (Patient and Family Advocacy): 802-847-3500
 - Health Assistance Program: 802-847-6984



NROC

Northgate Residents'
Ownership Corporation
275 Northgate Rd • Burlington VT 05408

ECRWSH

PrstStd

US Postage Pd

Burlington VT

Permit 400

NEWSLETTER BULLETIN BOARD

Dumpster Day for AUGUST-See page 6!

What color will YOUR building be? See page 12

Don't fall victim to a phone scam: See page 1

Do you want to pay your rent online? Call 658-2722 EXT. 11 to get your code mailed or emailed to you to sign up! It is easy and secure.



“Like Us on Facebook” and follow us for daily news, updates and events – just type in Northgate Apartments. NOTE: The newsletter is STILL the best way for you to find out about all NROC-sponsored events!

Check out the newsletter on the NROC website at: (click on Community, then newsletter or Blog)—you can also find handy links for school closings, the weather, the city of Burlington and the state of Vermont.

<http://www.northgateapartmentsvt.org>