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Editor: Carol Jaramillo
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Northgate Community News

A Tradition Since 1989

The Focus of the next two years for Northgate is a healthy community. In that spirit, the newsletter will focus on components of wellness in each issue. This issue's focus is the importance of a positive outlook for wellness

NORTHGATE YOUTH

You may be aware that we stopped having our youth program(s) due to lack of participation—our kids are involved in after-school activities, sports, drama and *more*.

However, we recognize that there might be youth out in the community that would like to do something productive in their community, for their community; so—we are putting out feelers to see if we should put together a youth volunteer group...the youth would come up with a mission statement and decide how to help the community. You could earn any Community Service credits you need and to be a part of a group that has a mission of doing good.

The details have not been ironed out yet and if you'd like to be a part of something like this, call 802-658-2722, Ext. 19 or come into the office and speak with Carol.

UPCOMING EVENTS IN 2019

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

Due to the Thanksgiving Day holiday, the board of directors meeting will be held on

November 19. Supper is served at 5:30 pm and the business meeting starts at 6:00. All residents are most welcome to come and shape their community.

Childcare/babysitting payments (paid directly to your childcare/babysitting service) are available to parents who desire to come to a meeting. Please call 802-658-2722, Ext. 11 for a form.

November 9: 9:00 am-1:00 pm NROC Craft Fair Don't forget to let Carol know if you want a table at the event. We hope to sell soup and bread during the fair and we want to have a baked goods table this year too; **if you'd like to donate an item to help us with funding our regular events and programs, please contact Carol or drop it off that day!!** 802-658-2722 Ext. 19 or cjaramillo@maloneyproperties.com

MOMMY'S MOMENT

By Leean Sack

HERE IT COMES!

*There is a chill in air...*we all know what is coming, love it or hate it...**Winter**. I'm already thinking to myself "How am I going to survive this winter with 2 very active toddlers without going completely stir crazy?" I usually hit the "hibernation button" and call it until Spring but I must take the bull by the horns with this one, I'm not a fan of winter but perhaps the twins will convince me otherwise.

With the colder weather sometimes comes struggles with isolation, loneliness, boredom and depression. Be proactive; **make a plan** for this winter; be prepared; get out there if you can. Not all mommies enjoy the cold and snow but there are plenty of things to do to keep you out and about this winter. So, whether you are that outdoor sledding kind of mom or stay inside where its warm kind of mom, plenty of options and opportunities to have those moments, Mommy Moments.

Here are a few options that I will be checking out-- check out the websites for more info on the different programs they have to offer.

Burlington Parks and Recreation.

- Playdate at the Miller Center on Mondays and Wednesdays from 9:00am-10:30am. **(FREE)**
- Movies Nights at the O.N.E. Youth Center **(FREE)**

YMCA

- Family Gym on Fridays & Sundays from 10:15am-11:45am (\$5 per visit for non-member families with 1 child, \$8 per visit for non-member families with multiple children)
- Family Swim is \$15 for a day pass for non-members

Fletcher Free Library

- Babytime (ages birth to 18 months) Thursdays from 10:15am-10:45am **(FREE)**
- Family Playshop (ages 0-5) Saturdays 10:30am-12:00pm (Pre-register) **(FREE)**

Wiggle Room

- Indoor Play Area (daily passes, monthly passes, specials...check out their website for more details)

ECHO

- Did you know that Northgate receives \$2 vouchers for admission from ECHO? Come to the office and grab a few!

Flynn Theatre

- Did you know Northgate receives \$2 vouchers to select shows? Keep in the loop via Northgate's Facebook for announcements.

Don't forget Northgate has a Play Date Group on Tuesdays and Fridays (Fletcher Free Library Day, storytelling etc.) from 10am-11am right in the community hall (FREE).

-Leean

Leean is Mom to toddler twins and keeps them active and happy amid their abundant energy and inquisitiveness.

YOUTH CALENDAR

November 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4 Play Group at Miller Ctr, 130 Gosse Ct. 9-10:30	5 play date 10-11	6 Play Group at Miller Ctr, 130 Gosse Ct. 9-10:30	7	8 play date with Fletcher Free Library 10-11	9
10	11 Play Group at Miller Ctr, 130 Gosse Ct. 9-10:30	12 play date 10-11	13 Play Group at Miller Ctr, 130 Gosse Ct. 9-10:30	14	15 play date with Fletcher Free Library 10-11	16
17	18 Play Group at Miller Ctr, 130 Gosse Ct. 9-10:30	19 play date 10-11	20 Play Group at Miller Ctr, 130 Gosse Ct. 9-10:30	21	22 play date with Fletcher Free Library 10-11	23
24	25 Play Group at Miller Ctr, 130 Gosse Ct. 9-10:30	26 play date 10-11	27 Play Group at Miller Ctr, 130 Gosse Ct. 9-10:30	28	29 NO PLAY DATE	30
1	2	<p>Notes</p> <p>Kids!!!! The Board of Directors at Northgate has approved a <u>GaGa pit</u> to be built in the Spring of 2020, right here at Northgate! Probably April or May--so stay tuned! Thomas Edison's Secret Lab is still at the ECHO! Passes available at the office.</p>				

RESIDENT CALENDAR

November 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 POP-UP Pantry 2-6	2
3	4 van mtg Commodities Guided Meditation 6:00	5 van ride 12-4 Yoga 6:00	6 Heineberg Luncheon 11:30	7 van ride Express 12-1:30	8	9 Northgate Craft Fair 9-1
10	11	12 van ride 12-4 Yoga 6:00	13 Heineberg Luncheon 11:30	14 50+ Our Night Out	15	16
17	18 Guided Meditation 6:00	19 van ride Express 12-1:30 Yoga 6:00	20 Heineberg Luncheon 11:30 Food Pantry 6-7	21 van ride 12-3 Food Pantry 3:30-5:30	22 Food Pantry 9-10	23
24	25	26 van ride 12-3 Yoga 6:00	27 Heineberg Luncheon 11:30	28 Thanksgiving	29	30

Heineberg Senior Center Luncheon -- every Wednesday at 11:30. \$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 1:00 p.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 if enough people sign up.

Resident Events and Information

Van Rides

If you are going to take the van on any of these dates, **PLEASE CALL TO RESERVE A SPOT**; if the times or dates have changed, we will let you know at that time.

VAN MEETING: NOVEMBER 4, 10:30, IN THE INTERNET CAFÉ.

November 5: South Burlington Price Chopper, Dollar Tree, Home Goods, Good Will, Harbor Freight **12:00-4:00**

November 7: EXPRESS: New North End Banks and Ethan Allen Shopping Center **12:00-1:30**

November 12: Williston Walmart, Home Depot, Christmas Tree Shop, Best Buy, Good Will **12:00 – 4:00**

November 19: EXPRESS: South Burlington Trader Joes, Blue Mall **12:00 – 1:30**

November 21: Essex/Colchester Dollar Tree, Big Lots, Costco, Shaws **12:00 – 3:00**

November 26: Local Banks, Ethan Allen Shopping Center, Food Shelf. **12:00 – 3:00**

OUR NIGHT OUT (50 and older) November 14th

In the Community Hall, 5-7"ish" ...please call Carol to let her know you're coming; 802-658-2722 Ext. 19 or Northgate pays for the meat and you bring a dish.

\$2.00 FLYNN THEATER VOUCHERS AND ECHO PASSES

A GREAT WAY to see a Flynn show with your family for a fraction of the regular price or spend the better part of the day at the Burlington waterfront, learning about conservation, Lake Champlain or seeing the latest exhibit! Please inquire at the office for both.

802-658-2722, Ext. 11

Commodities Delivery for Senior Citizens

Monday November 4th Your commodities will be delivered between 12:00 pm and 2:00 pm. As always, 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.

POP UP PANTRY: November 1st IN THE BOARDROOM (NOTE THE NEW LOCATION) FOR FRESH VEGETABLES AND POSSIBLY MORE! TAKE SOME AND SHARE WITH YOUR NEIGHBORS! (Delivery is dependent upon the VT Food Bank)

The location has changed so that we can better distribute the items and ensure that there is enough for everyone that has need.

REGULAR Food Pantry Days/Hours

Wednesday November 20 6pm-7pm
Thursday November 21 3:30pm-5:30pm
Friday November 22 10am-11am
available to all residents

Northgate gratefully accepts donations of non-perishable, non-expired food for the stocking of our pantry. If you have the means to buy extra when you shop, please consider the Northgate Pantry.

THANK YOU

The **NROC Resource Center and Café** is available to residents who would like to stop in for a cup of coffee or tea and a treat (Mondays are muffin day!). To ensure that everyone can be served who would like coffee/tea or a treat, please take one treat only and please only take a coffee pod or a tea bag for use in the café. NROC is pleased to offer this benefit--please do not take handfuls of tea bags or treats to take home—that is not intended purpose of the café.

Thanks!

YOGA: November (Tuesdays) 5th, 12th, 19th, 26th at 6:00

**GUIDED MEDITATION (Mondays):
November 4th and 18th at 6:00
IN THE COMMUNITY HALL**

This Month's Scramble

Congratulations to **Ludmila Romanova** who found the word **supplemental on page 12** in the Northgate Community News. There were **6 players total** last month! Congratulations and great job to all who found the word!

November's scrambled word:

rathecou

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) by the **15th of each month**, attention Carol Jaramillo: the page number, the name of the article your name and apartment number. Please indicate on your submission if you do NOT wish to have your name published as the winner...

Read, Smile, laugh...Repeat



UPDATES AND REMINDERS FROM OUR MANAGEMENT OFFICE

FALL CLEAN UP

It's that time of year! Please be sure to put away your lawn furniture, sports equipment, planters, strollers and children's toys for the winter. **Northgate will not be responsible for any damage done to resident's items if they are left outside.**

Northgate is offering paper leaf bags at the management office to residents who would like to clean up leaves in their yards. Two bags per household please! Bags are to be left curbside for staff pick up. Please be sure to close them tightly.

IF YOU SEE SOMETHING..... SAY SOMETHING!

We are running this article again this month due to its importance to the Northgate Community!

If you see unusual activity at an apartment, i.e., lots of people in and out all hours of the day and/or night, please notify Sara or Donna at the management office. We have a strong working relationship with all area law enforcement agencies and if you tell us what you are seeing, we will report it to the appropriate agency.

AND, if you see something that requires police response, please **call 911 immediately!** If you live here and you see it, you should report it.

You do not need to give your name.

It's up to all of us to help keep Northgate a safe and healthy community.

TRIM REPLACEMENT

Please be mindful to not kick the new trim around your backdoor. We have numerous units that we have had to replace the trim due to damage from kicking snow or mud off shoes.

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.

From all of us here at Maloney Properties, we wish everyone a safe, happy and healthy Thanksgiving!

Management Office Closings 2019

November 11 – Veteran's Day

November 28 & 29 - Thanksgiving Holiday

December 25 - Christmas Day

THE IMPORTANCE OF A POSITIVE OUTLOOK FOR WELLNESS

Excerpts from: <https://www.webmd.com/mental-health/positive-thinking-overview#1>

Positive thinking, or an optimistic attitude, is the practice of focusing on the good in any given situation. It can have a big impact on **your physical and mental health**.

That doesn't mean you ignore reality or make light of problems. It simply means you approach the good and the bad in life with the expectation that things will go well.

The Benefits of Positive Thinking

Many studies have looked at the role of optimism and positive thinking in mental and physical health. It's not always clear which comes first: the mindset or these benefits. But there is no downside to staying upbeat.

Some physical benefits include:

- Longer life span
- Lower chance of having a heart attack
- Better physical health
- Greater resistance to illness such as the common cold
- Lower blood pressure
- Better stress management
- Better pain tolerance

The mental benefits include:

- More creativity
- Greater problem-solving skill
- Clearer thinking
- Better mood
- Better coping skills
- Less depression



First, Nix the Negative. Before you put positive thinking into practice, look for any negative thoughts that may be running through your mind. These include:

- **A bad filter.** Do you overlook the good things about the present as you sift it through the filter of past negatives? For example, did you have a negative experience of some kind in your past? Constant focus on this event can steal your present and your future; it can even erase your current happiness. When you think of this negative event, know it's in the past and try to learn from it or even grow from what you've learned.
- **Taking the blame.** Do you tend to take on the blame for something bad or disappointing that happens? For example, a friend declines an invitation from you, so you assume it's because she doesn't want to spend time with you.
- **Predicting disaster.** This means you have one setback and then expect the worst to happen. For example, your car won't start in the morning, so you think the rest of your day is destined to be doomed.

- **Black-and-white thinking.** Do you see things as either good or bad, with no middle ground? In this mindset, if things aren't perfect, they're automatically bad.

How to Practice Positive Thinking

Once you have a handle on negative thinking, it's time to play up the positive. Try these ways to do that:

Smile more. In a study, people who smiled (or even fake-smiled) while doing a stressful task felt more positive afterward than those who wore a neutral expression. You'll benefit more if the smile is genuine, though. So, look for humor and spend time with people or things that make you laugh.

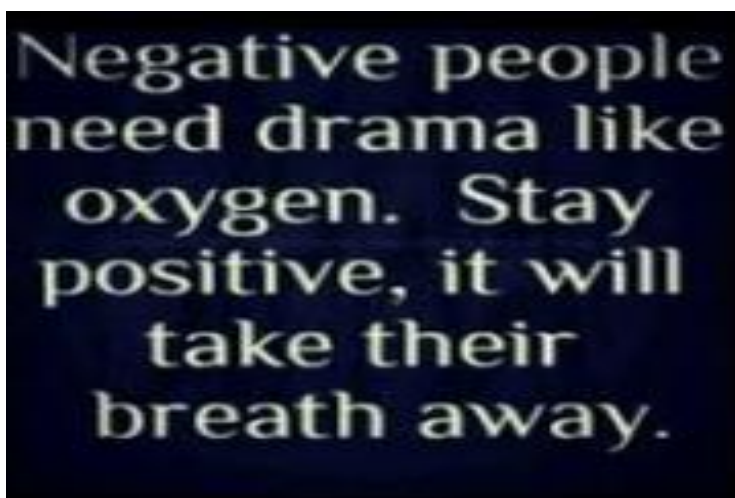
Reframe your situation. When something bad happens that's out of your control, instead of getting upset, try to appreciate the good parts of the situation. For example, instead of stressing about a traffic jam, recall how convenient it is to have a car. Use the time that you're stuck behind the wheel to listen to music or a program you enjoy.

Keep a gratitude journal. This may sound cheesy, but when you sit down each day or week to write down the things that you're thankful for, you're forced to pay attention to the good in your life. A study found that people who kept gratitude journals felt more thankful, positive, and optimistic about the future. They also slept better.

Picture your best possible future. Think in detail about a bright vision for your future -- career, relationships, health, hobbies -- and write it down. When you imagine your life going well, research suggests, you'll be happier in the present.

Focus on your strengths. Each day for a week, think about one of your personal strengths such as kindness, organization, discipline, or creativity. Write down how you plan to use that strength in new ways that day. Then, act on it. People in a study who did that boosted their happiness and lowered their symptoms of depression at the end of the week. Six months later, those benefits were still going strong. Lastly, don't let other's negative thoughts invade your head. Stay away from people who tend to be negative or might even be toxic to your positive outlook.

With practice, you can add more positive thoughts to your life and enjoy the benefits that come with optimism.



Negative people
need drama like
oxygen. Stay
positive, it will
take their
breath away.

NROC MANAGEMENT DIRECTORY and OFFICE HOURS

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

Wednesday: By Appointment Only

OFFICE PHONE

(802) 658-2722

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

OFFICE STAFF & EXTENSION NUMBERS

Jillian Metzger: Ext 11

Administrative Assistant - Work Orders, Lending Library, Hall Usage, 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 publisher and newsletter author, “Mommy’s Moment”.

Carol Jaramillo: Ext. 19; cjaramillo@maloneyproperties.com

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

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.



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

NAME	DAY OF WEEK/MONTH	TIME	NOTES
BOARD OF DIRECTOR MEETINGS	4 TH TUESDAY (UNLESS NOTED IN NEWSLETTER)	6-7	SUPPER AT 5:30
PLAYDATE	EVERY TUESDAY/FRIDAY	10-11	HALL/FRIDAYS FLETCHER FREE LIBRARY STORYTIME
OUR NIGHT OUT (ONO) (RESIDENTS 50+)	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 OF MONTH (dependent upon the VT Food Bank)	2-6 IN BOARDROOM	ITEMS PICKED UP AT U-MALL 11 AM
COMMODITIES	Typically, 1 ST MONDAY OF MONTH	11:00 -1:00	DELIVERED
VAN RIDES	TUESDAYS AND THURSDAYS	10-2 AND 12-4	VAN—VOLUNTEER DEPENDENT
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	MARCH	VARIES	TIME FOR ELECTING NEW RESIDENT DIRECTORS, AWARDING OUTSTANDING YOUTH AND VOLUNTEERS
EVENTS	THROUGHOUT YEAR		
RESIDENT WINTERFEST	FEBRUARY	11-2	HALL
KID’S FISHING DERBY	JUNE	8-12	COLCHESTER BOAT LAUNCH
FISHING DERBY WINNERS FISHING TRIP	JULY	PER CAPTAIN MICK	LAKE CHAMPLAIN
RESIDENT FUN DAY (FORMERLY KIDS DAY)	AUGUST	11-2	SITE/HALL
RESIDENT HARVEST PARTY	OCTOBER	11-2	SITE/HALL
HALLOWEEN PARTY (CHILDREN 12 AND UNDER)	OCTOBER	5-7	SITE/HALL
RESIDENT CRAFT FAIR	NOVEMBER (EARLY)	9-1	HALL

HANDY “AT-A-GLANCE” INFORMATION

Northgate/City of Burlington 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.
- Northgate Fax: 802-864-4005
- Northgate TYY: 711
- **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 Office of Economic Opportunity (CVOEO):** 802-862-2771 or online at <https://www.cvoeo.org/>
- **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
- **Community Health Centers of Burlington**
 - Riverside Health Center (medical/dental) 617 Riverside Avenue, Burlington VT 05401 802-864-6309
 - Pearl Street Youth Health Center (walk-in), 179 Pearl Street, Burlington VT 05401
 - South End Health Center (medical/dental) 789 Pine Street, Burlington VT 05401 802-864-0693
 - Winooski Family Health 32B Mallets Bay Avenue, Winooski VT 05404 802-655-4422
 - Safe Harbor Health Center 184 South Winooski Ave (walk-in), Burlington VT 05401
 - Champlain Islands Health Center 52 Community Lane, South Hero VT 05486 802-372-4687
- **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 **WIC:** 802-863-7333
- **Feeding Chittenden** (formerly the Chittenden County Emergency Food Shelf): 228 North Winooski Ave, Burlington VT 05401 (802) 658-7939 Also find them on Facebook **(new!)**
 - **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
 - **Heineberg Senior Center:** 802-635-3343 <https://heinebergcsc.org/> **(new individual listings!)**
 - Wednesday Luncheon: 11:45, 802-863-3982 (front desk) Ext. 1 (Reservations by Thursday 9:30 am for the following Wednesday because meals are catered, and a count is needed).
 - Tuesday Luncheon: 11:45, 802-863-3982 (front desk) Ext. 1 (Reservations by Thursday 9:30 am for the following Wednesday because meals are catered, and a count is needed).
 - Blood Pressure Clinic: Tuesdays at 11:00 No Appointments needed
 - Bone Builders Exercising: Tuesdays and Thursdays 1:00 – 2:00. Wear comfortable clothing
 - Book Club: Every second Monday of each month, 1:00
 - Bridge Club: Thursdays 12:30 – 3:00—all levels welcome!
 - Chair Massage: \$10 Second Tuesday of each month, 12:30 – 2:30. Reservations required; call 802-863-3343.
 - Cribbage: Thursdays, 12:30 – 3:00—all levels welcome!
 - Adult Coloring: Every Monday at 12:30. All supplies provided.
 - Computer Support: Mondays at 10:45. Reservations required. Make an online reservation (heinebergcsc.org) or call 802-863-3343.
 - Food Day: Every Thursday at 8:45, Heineberg distributes food from Hannaford's. Selections vary, but usually includes nutritious options such as meats, cheese, fruits and vegetables.
 - Foot Care Clinic: Scheduled Tuesdays 9:45 – 12:45. \$10 suggested donation. Reservations required. Call 802-863-3982.
 - Knitting and Crocheting Group: Mondays 11:00. No instruction or leader...just come and enjoy support and conversation.
 - Scrabble: Meets Thursdays at 12:3 in the library.
 - Tai Chi: Novice Tai Chi Monday and Friday at 9:45; Tai Chi Wednesday and Friday, 10:45.
 - Yoga: chair or Standing Yoga. Mondays 11:00; Independent Yoga Wednesdays and Thursdays at 9:40.
 - **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
 - **Miller Community Center** 130 Gosse Court Burlington VT 05408 (802) 540-1058 (activities for kids and seniors!) **(new!)**
 - **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
 - Radiology: Main Campus, 1 South Prospect St, Fanny Allen, Tilley Drive. Call 802-847-0000
 - 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
- UVM Medical Center Tilley Drive: Tilley Drive South Burlington VT **(new!)**
 - Orthopedics and Rehabilitation: 192 Tilley Drive South Burlington VT 05403 802-847-2663
 - Endocrinology: 62 Tilley Drive Suite 202, South Burlington VT 05403 802-847-8637
 - Pain Management: 62 Tilley Drive Suite 201, South Burlington VT 05403 802-847-3737
 - Sports Medicine: 192 Tilley Drive, South Burlington VT 05403 802-847-7573
- Vermont Student Assistance Corporation (VSAC): 802-654-3798 Grants, Scholarships, Private Loans, Outreach for High School students, financial aid questions answered.

Do you see a number that is no longer valid or a number you'd like to add? Please let Carol know and she'll update the list. 802-658-2722, Ext. 19



NORTHGATE SCHOLARSHIP

There is no doubt that education after high school will help you earn more money within your lifetime. But how much and what type of education?

Here are some facts from <https://smartasset.com/retirement/the-average-salary-by-education-level>:

Having some college credits but no degree still improves your earnings over having just a high school diploma. The average salary of someone with some college and no degree is \$738 per week, \$38,376 per year. The unemployment rate for people in this category is 5%.

Having an associate degree gives you an edge over someone with no degree, but lower average earnings than someone with a bachelor's degree. Median weekly earnings for workers with an associate degree are \$798, for an annualized salary of \$41,496. The unemployment rate in this category is 3.8%, which is lower than the average across all educational attainment levels.

Americans with a bachelor's degree earn a weekly average of \$1,137. That's higher than the median weekly earnings for workers at all education levels, \$860. Average earnings for workers with bachelor's degrees work out to \$59,124 per year. The unemployment rate for Americans with a bachelor's degree is 2.8%.

Any type of education is expensive these days. Well, NROC is pleased to be able to offer **15 scholarships** for the 2020-2021 academic year to help with costs...this is free money! The scholarship is targeted for those who are attending college, university, trade school or a career development class; you are a Northgate resident (you live at Northgate at least 51% of the time) and you meet the financial criteria.

Here are the scholarships offered:

- 4 SCHOLARSHIPS OF \$3000 EACH FOR POST SECONDARY EDUCATION (Bachelor/Associate)—ANY MAJOR
- 1 SCHOLARSHIP OF \$3000 FOR POST SECONDARY EDUCATION (Bachelor/Associate)—ART MAJOR
- 10 SCHOLARSHIPS OF \$1000 EACH FOR TRADE SCHOOL OR CAREER DEVELOPMENT CLASSES (also known as non-degree)

CONTACT VERMONT STUDENT ASSISTANCE CORPORATION TO APPLY (802-654-3798) AND YOU MUST FILL OUT A CERTIFICATION FORM FROM THE NORTHGATE MANAGEMENT OFFICE, WHICH WILL BE SENT TO VSAC ON YOUR BEHALF.





NROC

Northgate Residents'
Ownership Corporation

275 Northgate Rd • Burlington VT 05408

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US Postage Pd

Burlington VT

Permit 400

NEWSLETTER BULLETIN BOARD

Friendly Reminder: All vegetable gardens must be pulled and cleaned of all vegetable matter, wire, stakes, cages and anything else by November 1.

NEW Mommy's Moment! See Page 2.

GOING TO COLLEGE IN 2020? NEED A COURSE FOR YOUR CAREER DEVELOPMENT BUT DON'T HAVE THE FUNDS? GOING TO TRADE SCHOOL IN 2020???? There are NROC Scholarship(s) available for Undergraduate Degree, Graduate Degree, Trade School and Career Development; call VSAC for a Scholarship booklet at 802-654-3798 and come to the NROC office for a certification form or call 802-658-2722, Ext. 11 to have one mailed to you. See page 15 for more info.

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.

Don't like the newsletter in paper format? You can get it online (as well as school closings, weather and other handy links) at <http://www.northgateapartmentsvt.org>



"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 and benefits!