

December 2019  
Volume 30, Issue 12  
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# Northgate Community News

## A Tradition Since 1989

### The POP-UP PANTRY BENEFIT HERE AT NORTHGATE

Each month, staff and volunteers drive to the University Mall to load hundreds of pounds of food for the residents of Northgate. They are glad to do it, as having fresh vegetables is an important part of a healthy and nutritious food plan...and it's important for a healthy community.

When the food is loaded, it's driven back and unloaded here at Northgate and our volunteers bag it up in the best way that will serve the most people. They give up their time and energy every month to hand the food out. All in all, it's a wonderful, beneficial process for all.

Occasionally however, staff and volunteers see the darker side of human nature. In November, one of our volunteers was pushed aside and their food was taken by a resident here at Northgate after it was explained that certain items were gone. This was disturbing on several levels; our volunteer could have been seriously injured and it's disturbing that this type of behavior even happened in our community.

As much as it hurts to say this, should this behavior continue, the program will have to be re-evaluated; our volunteers give up their time to help their neighbors, expecting nothing in return. To those who are patient and grateful—thank you!! YOU make it all worthwhile. We hope we can continue this wonderful, free benefit.

*Thank you*

### UPCOMING EVENTS IN 2019

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

**There is no board meeting in December.**

**Are you 55 or older?**

**Would You Like to Make a Difference in  
Your Community?**

**Volunteer with RSVP or Foster  
Grandparents!**

**My name is Danielle Williams;** I recruit volunteers 55+ for the Foster Grandparent and RSVP Programs at United Way of Northwest Vermont. This position is very important to me as I have been part of nonprofit organizations for many years and know how instrumental volunteers are for making a community a better place!

**Foster Grandparents work in early education settings** (schools, daycares) supporting children with math and literacy skills. The children Foster Grandparents support may have exceptional needs, as well as economic disadvantages.

**Volunteers receive a small non-taxable hourly stipend, free daily meal at site when available, paid time off, and more!**

RSVP volunteers work with programs that address specific community needs in Education, Income and Health. We partner with nonprofit agencies that meet critical community needs and welcome the life experience, talents and expertise of RSVP volunteers. How, where, and when you want to volunteer is up to you!

If you are interested in learning more about volunteer opportunities, please contact me at [daniellew@unitedwaynwvt.org](mailto:daniellew@unitedwaynwvt.org) or 802-861-7821.

# Youth Calendar

## December 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Play Group, Miller Center, 130 Gosse Ct. 9- 10:30	3 Play Date 10-11	4 Play Group, Miller Center, 130 Gosse Ct. 9- 10:30	5	6 Play Date 10-11 with Fletcher Free Library	7
8	9 Play Group, Miller Center, 130 Gosse Ct. 9- 10:30	10 Play Date 10-11	11 Play Group, Miller Center, 130 Gosse Ct. 9- 10:30	12	13 Play Date 10-11 with Fletcher Free Library	14
15	16 Play Group, Miller Center, 130 Gosse Ct. 9- 10:30	17 Play Date 10-11	18 Play Group, Miller Center, 130 Gosse Ct. 9- 10:30	19	20 Play Date 10-11 with Fletcher Free Library	21
22	23 Play Group, Miller Center, 130 Gosse Ct. 9- 10:30	24	25	26	27 Play Date 10-11 with Fletcher Free Library	28
29	30 ECHO--Winter Wonderland Camp k-5th grade	31 ECHO--Winter Wonderland Camp k-5th grade	1	2	3	4
5	6	<div style="text-align: center;">  </div> Notes END OF NOVEMBER AT THE ECHO...SLED DOGS LIVE! 11/30 11-2 MR. EDISON'S SECRET LAB THROUGH DECEMBER AT THE ECHO				

Hey Northgate kids!!!! The C.H.I.L.L. Program will be here soon! Call the office at 802-658-2722, ext. 11 to sign up, or come in and speak with Titus or Jillian!

# Resident Calendar

## December 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 commodities Guided Meditation 6-7	3 van 12-3 yoga 6-7	4	5 van 12-4	6 pop up pantry community hall 2-6	7
8	9	10 van 12-4 yoga 6-7	11	12 Our Night Out (ONO) 5:30-7:30	13	14
15	16 guided meditation 6-7	17 van 12-4 yoga 6-7	18 food pantry 5:30 - 7:30	19 van 12-3 food pantry 3:30- 5:30	20 food pantry 10- 11	21
22	23 van 12-3	24	25	26	27	28
29	30	31 van 12-3	1	2	3	4

**The Opera? At a movie theater?** That's right! The Palace 9 is pleased to be presenting the broadcast in glorious High Definition right from the Metropolitan Opera in New York City straight to our silver screen. Check out their website for opera here:  
<http://www.palace9.com/opera.php> or call 802-864-5610

## 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.

This schedule was agreed upon in the van meeting on 11/4/19.

**December 3: 12:00 -3:00** Costco

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

**December 10:** University Mall and Essex Outlet Stores **12:00 – 4:00**

**December 17: Williston** Van Crew Choice  
(Williston stores only please)  
**12:00 – 4:00**

**December 19: EXPRESS:** Trader Joes, Blue Mall, University Mall **12:00 – 3:00**

**December 23: Essex/Colchester** Dollar Tree, Big Lots, Lowes, Dollar General **12:00 – 3:00**

**December 31: Local** Banks, Ethan Allen Shopping Center, Food Shelf. **12:00 – 3:00**

Van Trip total for December: 24 hours

### Commodities Delivery for Senior Citizens

**Monday December 2** 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: Friday December 6 IN THE COMMUNITY HALL 2:00 – 6:00 (while the supplies last)**

**FRESH VEGETABLES AND POSSIBLY MORE**  
(Delivery is contingent upon the VT Food Bank)

### REGULAR Food Pantry Days/Hours

**Wednesday December 18 5:30 pm-7:30 pm**

**Thursday December 19 3:30 pm – 5:30 pm**

**Friday December 20 10:00 am-11:00 am**  
*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

### **OUR NIGHT OUT (50 and older)**

**December 12 5:30 pm – 7:30 pm**

**In the Community Hall...please call Carol to let her know you're coming; 802-658-2722 Ext. 19. 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 (Flynn vouchers are not guaranteed, and we cannot hold them—first come/first served basis).

802-658-2722, Ext. 11

**YOGA: November (Tuesdays) 12/3, 12/10, 12/17 at 6:00 IN THE COMMUNITY HALL**

**GUIDED MEDITATION (Mondays)  
12/3, 12/16 at 6:00 IN THE BOARD ROOM**

# MOMMY'S MOMENT

By Leean Sack

It all about that connection...Yes, connecting with your little ones, but I am talking about connecting with other adults. It's so easy to get wrapped up in the day to day stuff with our families that we end up disconnecting with friends, family and acquaintances. Your days and nights become a repetitive cycle of routines. It seems to never end and can be very lonely.

We need to take a step back sometimes and break away from that routine. Connect/Reconnect with other adults, connect with old friends, connect with new friends, connect with acquaintances. We need adult conversation without the talk of diapers, nighttime routines, laundry, shopping and baby talk.

Everything changes when you have a child and that's OK. I know it's close to impossible to go out and have a girl's night or to get away for the evening. Reliable childcare, time, and money are always a factor, but you work around and it and adjust.

Connect with other moms, make a pact to get together 1-2 times a month at the very least. So, what if it's a 15-minute phone conversation, a quick cup of coffee, meet out or stay in, throw a dinner party (even better a potluck and invite the kids if need be)...it still gets you out of that "mom-mode". And, getting out of that "mom-mode" is so very important; **it makes us better mothers.** It makes us feel like a "normal person" again and not "just a Mom".

Connect, Reconnect, and make time for those moments... Mommy Moments.

*- Leean*

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



# This Month's Scramble

Congratulations to our November anonymous winner who found the word **outreach on page 14** in the Northgate Community News. There were **4 players total** last month! Congratulations and great job to all who found the word!

## December's scrambled word:

ngtoireap

*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 15<sup>th</sup> 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...**

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**Dressers for Sale—To make an offer, please call 802-651-0104**



## UPDATES AND REMINDERS FROM OUR MANAGEMENT OFFICE

### PREVENTIVE MAINTENANCE INSPECTIONS

We have noted during our annual PM inspections, that some households have furniture blocking entryway doors.

As we have continually stated, under no circumstances should entryway doors be blocked! This is a serious health and safety issue. Should there be a fire in your apartment, egress (leaving) must be clear through doors and windows. This includes **NOT** placing Christmas trees in front of your door!

### SNOW REMOVAL

In this issue you will find a copy of the Northgate Snow Removal Policy. Snow removal at Northgate is a labor-intensive process. Please follow the policy closely so that staff can complete this in a timely process. **Your car should be removed in the morning by 8 a.m.** PLEASE take a moment to look at the decision-making process. Our goal is always to keep residents safe during the winter months. (Need a policy? Come to the office for one!)

Remember to take in all outdoor toys and lawn furniture. Northgate will not be responsible for any damaged items that are left outside.

### 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.



### A MESSAGE FROM YOUR PROPERTY MANAGERS

Northgate is a vibrant, thriving community; it is home to over 700 residents and has become one of the most sought-after places to live in Chittenden county, as witnessed by our lengthy waiting list. We have wonderful services for our residents such as the Internet Café, food pantry, shopping trips, yoga and meditation classes, play date, food truck, luncheons, dinners, the list goes on!

In order to keep Northgate operating at it's very best, there are some very basic things that residents need to remember and make a priority:

1. Pay your rent on time. Northgate operates solely on its rental income. In order to pay the bills, it is vital that everyone pay their rent on the first of each month and no later than the 5<sup>th</sup>. This is a requirement of your lease that **you** signed. Please honor it.
2. Report work needed immediately! If you have a leak, or something that is broken in your apartment, please call the management office right away! Failing to do this can often cause more damage to the apartment, therefore, costing more money to repair.
3. **BE KIND!** To your neighbors, to the apartment you live in, to the common areas, to the staff. SMILE! Have a kind word! **It doesn't cost a thing** and you will feel so good doing it!
4. If you see something that doesn't look right, call the office. Sara and Donna are here to listen. It's up to all of us to keep our community safe.

*From all of us at Maloney Properties - we wish you a happy, safe and joyful holiday season!*

### MANAGEMENT OFFICE CLOSINGS IN DECEMBER

**Wednesday, December 25**

**Northgate Residents Ownership Corporation**  
**Resident Policies:**  
**Snow Removal**

Staff will begin plowing roads, main walks, and a path down the center of each parking lot when approximately one to two inches (1-2") of snow has accumulated. Main walks consist of the roadside, walkways, and sidewalks around each parking lot. Sand/salt mix will be applied as needed. The decision-making procedure that the Maintenance staff uses, approved by the Board of Directors, for snow removal is on the backside of this policy.

**Sidewalks and Walkways**

Between 6:00 a.m. and 8:00 a.m., or as deemed necessary, staff will start to clear the doorways and sidewalks leading to the cars of residents who are on Management's disabled/elderly list. Staff will also clear around all mailboxes and fire hydrants.

Clearing of all other walkways will begin after all main walks, paths down the centers of parking lots, and doorways/sidewalks serving residents on Management's disabled/elderly list have been cleared and as time allows. "Other walkways" includes those in courtyards and common areas.

**Parking Lots**

Blinking yellow lights are in various locations on site. These lights are turned on in the early morning when staff are ready to begin plowing individual parking spaces after it has stopped snowing and the main roads have been cleared. **When the lights are blinking, vehicles must be removed that morning from the parking lots by 8:00 a.m. or they will be towed at the owner's expense.** Parking lots are cleared on a "first emptied" basis.

Vehicles should be moved back into parking spaces as soon as parking lots have been plowed and the sidewalks have been cleared. Residents will be informed parking lots and surrounding sidewalks have been cleared by the yellow light being turned off or by a call from Management.

Snowbanks at the end of parking lots will be moved to other locations on site as soon as possible, with priority given to snowbanks that block a driver's vision and ability to safely access any roadway.

During snowfalls, it is prohibited to park a vehicle:

- **In areas marked with orange traffic cones; these areas are "no parking" zones during snowstorms.**
- **On the roadway overnight, as it interferes with plowing.**
- **With front or rear bumpers extending over the sidewalk because it prevents staff from clearing walkways completely.**
- **Directly opposite to parking lot entrances because it hinders plow trucks.**

**Vehicles parked in violation of the above are subject to towing at the owner's expense.**

**Resident Services**

Residents in need of snow removal assistance can be added to the disabled/elderly list upon request and approval by Management.

Blue barrels with sand/salt mix are placed at six locations on site for residents' use.



**Please remember that snow removal is always reliant on the weather and this procedure can never be an exact science, but Northgate staff will do their best to remove snow in the safest and most efficient manner.**

### **Snow Removal Decision Making Process**

1. When snow is in the forecast, the Maintenance Supervisor determines how long the storm will be (as accurately as is possible)
2. When it is snowing, and the snow has accumulated to 1-2 inches, the Maintenance Supervisor instructs Maintenance staff to do the following:
  - a. Plow the main roads
  - b. Plow the centers of each parking lot
  - c. Salt and sand the main roads
  - d. Clear and salt main sidewalks (not courtyard sidewalks)
  - e. Shovel the elderly/handicapped units on list
3. If it is **determined that the snow will stop the next business day**, the Maintenance Supervisor instructs Maintenance staff to do the following:
  - a. Put out a phone blast instructing residents to move their cars
  - b. Turn on Yellow Blinking lights at 6:00 am
  - c. Plow the parking lots
  - d. Clear sidewalks in parking lots and sand walks
4. If it is **determined that the snow will stop** the next day, **but it is a weekend**, residents will **NOT** be asked to move their cars\*\*
5. If it is **determined that the snow will NOT stop the next business day**, residents **will not** be asked to move their cars
  - a. There is a chance that the weather will turn colder and wetter with high winds
  - b. This could potentially make for **more difficult snow removal** when the snow does stop, and staff may not be able to plow down to the pavement
6. Courtyard and Common area walks will be cleared when time and weather permits

### **\*\*ADDITIONAL INFORMATION:**

It is not possible to have a process in which the parking lots are staggered for moving their cars...the yellow lights go on all at the same time and this model for moving cars was determined to not be efficient. Moving cars on weekends was tried years ago, and emergency vehicles were obstructed from being able to maneuver on the site. The site cannot accommodate all the cars on site to be on the street at the same time; to make the moving of cars as easy as possible, some vehicles need to be off the property (that is: most residents are at work for the day). Due to obstruction of Emergency vehicles, it is strongly recommended that Northgate residents do not park their cars on Woods Street.

# Are you feeling stressed out?



These days, many people are stressed (especially around the holidays). Luckily, there are numerous ways to try to reduce stress. But how do you know which to choose when your time is already stretched to the max? That depends on the type of stress you are dealing with. Is the event controllable? Is the stress *chronic* — for example, from your job — or *situational*, from a recent experience? Are you already in a high-stress state, or are you hoping to build skills that help you ward off future stress?

Following are six effective ways to reduce stress when you are already totally stressed out:

1. Exercise. When you start to feel your stomach get knotted, exercise is the best medicine. Exercise is commonly applauded for its positive impacts on disease and overall health, but exercise has also reliably been shown to boost mood. The higher the intensity of the workout, the more you will benefit. (You breathe deeply, and the endorphins are released—which is the feel-good hormone).
2. Breathe deep. Deep breathing activates the parasympathetic nervous system, which is sometimes referred to as the “brakes” for stress. Stop and take a few deep breaths when you start to feel yourself getting tense or agitated. **(Or try Northgate’s Guided Meditation on the first and third Mondays of the month).**
3. Practice acceptance (not judging yourself or others). The common adage, “Accept the things you cannot change” is indeed good advice when it comes to stress. Reflect on whether you can change what is causing you stress, or if you should try to accept it.
4. Find solutions. The second half of the adage above is “change the things you can.” Indeed, finding solutions to the problems that are causing your stress is a more effective way to reduce stress when what is causing your stress can be changed. So, if you can change your situation, choose this technique.
5. Limit caffeine. Caffeine affects your body in ways that increase anxiety and reduce sleep, prohibiting your recovery from stress. So, to decrease your overall stress level, cut out the coffee and soda. (If you’re visiting our internet café, we do offer herbal teas and decaf coffee).
6. Develop a challenge mindset. Just about any event in life can cause stress, depending on whether it’s interpreted as a challenge or a threat. If you feel threatened by a situation, you’ll be stressed. But if you instead view it as a challenge — or an opportunity to overcome adversity — you may be able to transform some of your stress into invigoration. So practice viewing your stress as a challenge — and have confidence that you can overcome that challenge.

In sum: Stress is never easy, but if you understand its origins, you can begin to make wiser decisions about how to stop it. And these six stress-busting techniques can help.

source: <https://www.psychologytoday.com/us/blog/click-here-happiness/201712/6-ways-beat-stress>

# **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](mailto: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](mailto: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](http://www.northgateapartmentsvt.org)** – newsletters, Board of Director meeting agendas and minutes, helpful links, make online rental payments, NROC blog.

### **From the Board of Directors**

Two of our long-time board members have stepped down from the NROC Board of Directors. Theresa McGarghan and Kathy Miles served as resident directors for decades and NROC is so very thankful and grateful for their service. Lois Griffin and Margaret (Peggy) Richardson will be completing their terms and the Board of Directors welcomes them!

A huge thank you goes to all our directors who give their time and talent to make sure decisions are made in a logical, efficient and timely manner.

## 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 <sup>TH</sup> 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 <sup>ND</sup> THURSDAY	5:30-7:30	HALL EVERY OTHER MONTH/OUT ALTERNATE MONTHS
FOOD TRUCK	EVERY TUESDAY (May to Mid-November)	5:00	STAYS UNTIL 6-ISH
POP UP PANTRY	1 <sup>ST</sup> FRIDAY OF MONTH (dependent upon the VT Food Bank)	2-6 IN COMMUNITY HALL	ITEMS PICKED UP AT U-MALL 11 AM
COMMODITIES	Typically, 1 <sup>ST</sup> 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 <sup>ST</sup> AND 3 <sup>RD</sup> WEDNESDAYS	6-7	HALL (OR BOARD ROOM)
FOOD PANTRY	TYPICALLY, 3 <sup>RD</sup> WEDNESDAY, THURSDAY AND FRIDAY	TIMES VARY EARLY AFTERNOON, EVENING AND MORNING	PANTRY/CAFÉ
DUMPSTER DAYS	WEDNESDAYS/SATURDAYS	APRIL – OCT.	VARIES
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	Elections/Awards
<b>EVENTS</b>	<b>THROUGHOUT YEAR</b>		
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](mailto: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:



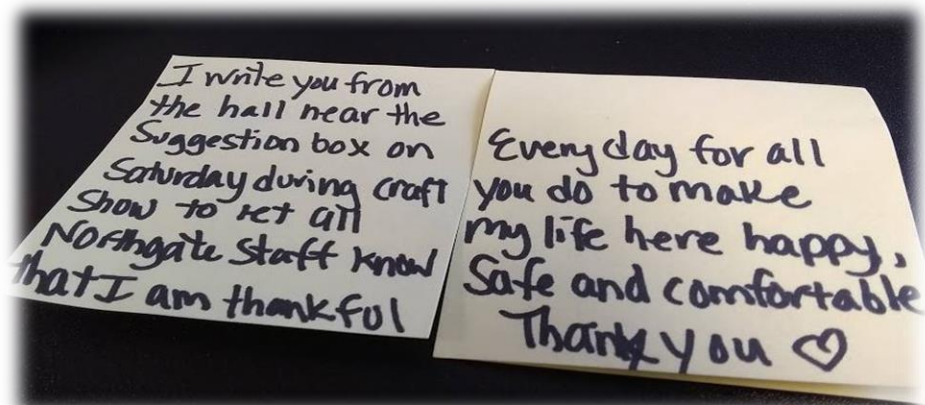


- Benefits Call Center:** 1-800-479-6151 **Child Abuse Hotline:** 1-800-649-5285 **Child Care Helpline:** 1-800-649-2642  
**Child Support Helpline:** 1-800-786-3214 **WIC:** 802-863-7333
- **ECHO:** 1 College St, Burlington, VT 05401 802-864-1848 **NEW!**
  - **Feeding Chittenden** (formerly the Chittenden County Emergency Food Shelf): 228 North Winooski Ave, Burlington VT 05401 (802) 658-7939 Also find them on Facebook
  - **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/>
    - 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](https://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!)
  - **Mr. Delivery** (local food delivery—must have a computer or smart phone/iPhone): [www.mrdelivery.com](http://www.mrdelivery.com)
  - **No Waste Compost:** 802-373-1707 (NROC's composting partner) [www.nowastecompost.com](http://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](http://www.uvmhealth.org)
  - Appointments: [uvmhealth.org](http://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
  - 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*

**THANK YOU FOR THE THANK YOU!**





# NROC

Northgate Residents'  
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## NEWSLETTER BULLETIN BOARD

**Need a number in your immediate community?  
Check out the handy numbers for healthcare, dry  
cleaners and take out! Pages 11-13**

**POP UP PANTRY NEWS, SEE PAGE 1**

**Going to college in 2020, or need a course for  
career advancement? Apply for the NROC  
Scholarship to help with expenses.**

**NEW Mommy's Moment! Page 5**

**It's CHILL season very soon! Want to be part of  
the CHILL team? Call 802-658-2722, Ext. 11.**

**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 too (as well as school  
closings, weather and other handy links) at  
<http://www.northgateapartmentsvt.org>**



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