

January 2020

Volume 31, Issue 1

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# Northgate Community News

## A Tradition Since 1989



**HAPPY NEW YEAR FROM THE NROC  
BOARD OF DIRECTORS AND MALONEY  
PROPERTIES!**

### 2020 MANAGEMENT OFFICE CLOSINGS

JANUARY 1 NEW YEARS DAY

JANUARY 20 MARTIN LUTHER KING, JR.  
BIRTHDAY

FEBRUARY 17 PRESIDENTS DAY

MAY 25 MEMORIAL DAY

OCTOBER 12 COLUMBUS/INDIGENOUS  
PEOPLES DAY

NOVEMBER 11 VETERANS DAY

NOVEMBER 26, 27 THANKSGIVING  
HOLIDAY

DECEMBER 25 CHRISTMAS DAY

**PLEASE CHECK BACK EACH MONTH AS  
ADDITIONAL DATES MAY BE ADDED  
THROUGHOUT THE YEAR**



### UPCOMING EVENTS IN 2020

NROC Winter-Fest --February

NROC Annual Gathering --March

NROC Spring Fun/Egg Hunt --April

NROC Youth Fishing Derby #9 --June

NROC FUN Day (formerly Kids' Day) FOR  
THE WHOLE COMMUNITY--August

NROC Harvest Festival --October

NROC Halloween Fun --October

NROC Resident Craft Fair --November

**TEEN VOLUNTEERS ARE MOST WELCOME TO  
HELP US WITH ALL OF THESE EVENTS!**

#### **DO YOU LIKE TO BAKE????**

**NORTHGATE WILL BE ACCEPTING BAKED  
GOODS AS DONATIONS FOR BAKE SALES  
THROUGHOUT THE YEAR DURING OUR 2020  
EVENTS. OUR FIRST SALE IS DURING THE  
WINTERFEST (SEE ABOVE)...PLEASE CALL  
CAROL AT 802-658-2722 EXT. 19 IF YOU CAN  
DONATE. ALL MONEY RECEIVED HELPS WITH  
OUR MANY PROGRAMS AND EVENTS HERE  
AT NORTHGATE.**

# Youth Calendar

## January 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 Office Closed	2	3 Play Date 10-11	4 Kids' Building Workshop 9-12 Home Depot Williston (free)
5	6 Miller Ctr Infant/Toddler play group 9-10:30	7 Play Date 10-11	8 Miller Ctr Infant/Toddler play group 9-10:30	9	10 Play Date 10-11	11 Kids' Building Workshop 9-12 Home Depot Williston (free)
12	13 Miller Ctr Infant/Toddler play group 9-10:30	14 Play Date 10-11	15 Miller Ctr Infant/Toddler play group 9-10:30	16	17 Play Date 10-11	18 Kids' Building Workshop 9-12 Home Depot Williston (free)
19	20 Office Closed	21	22 Miller Ctr Infant/Toddler play group 9-10:30	23	24 Play Date 10-11	25 Kids' Building Workshop 9-12 Home Depot Williston (free)
26	27 Miller Ctr Infant/Toddler play group 9-10:30	28 Play Date 10-11	29 Miller Ctr Infant/Toddler play group 9-10:30	30	31 Play Date 10-11	1
2	3	<b>AT THE ECHO:</b> THOMAS EDISON'S LAB THROUGH 1/4/20 SCIENCE AND STORIES EVERY WEDNESDAY 11-11:30 (SNOW/ ICE/ TRACKS IN THE SNOW/ SINK OR FLOAT!)				

**ALSO DON'T MISS THESE GREAT KIDS ACTIVITIES:**

**FAMILY PLAYSHOP THROUGH 1/25/20 10:30 – 11:30 Fletcher Free Library**

**1/5/2020: FAMILY SENSORY SUNDAY AT THE ECHO. FREE FOR FAMILIES WITH SENSORY PROCESSING DIFFERENCES**

**EVERY SATURDAY AT HOME DEPOT: KIDS LEARN HOW TO BUILD AND GET A FREE ORANGE HOME DEPOT APRON...CALL 872-0039 FOR MORE INFORMATION!**

# Resident Calendar

## January 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2 'K'northgate Knitters 6	3 POP UP Pantry	4
5	6 commodities Guided Meditation	7 Yoga 18+ Special Events mtg 5	8 VAN MEETING (café) Heineberg lunch	9 van ride ONO	10	11
12	13 Residents Advisory Committee mtg	14 van ride Yoga 18+	15 Heineberg lunch food pantry	16 van ride food pantry 'K'northgate Knitters 6	17 food pantry	18
19	20 office closed Guided Meditation	21 van ride Yoga EVERYONE	22 Heineberg lunch	23 van ride	24	25
26	27	28 van ride Yoga EVERYONE Board mtg 6	29 Heineberg lunch	30 van ride VHCB Legislative Day	31	1
2	3	<b>PLEASE SEE THE NEXT PAGE FOR DETAILS</b>  <b>NEW!!</b> 'K'northgate Knitters--all levels to learn or teach or just come for the company. <b>NEW!!</b> Two days per month, Northgate will feature Yoga for everyone--all ages and experience levels (kids, you need a parent to attend with you if under 13 and a permission slip)...				

Heineberg lunches need a reservation. Call 802-635-3343 ext. 1 the Thursday before. If you want a takeout meal, you must indicate this when you call, or call by 11:00 on the day of the meal.

## 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: JANUARY 8, 2020 11:00 – 11:30 IN THE INTERNET CAFE**

**JANUARY 9: 12:00 -3:00** Costco (Food Court on NROC)

**JANUARY 14: South Burlington** Shaw's (if desired), Dollar Tree, Price Chopper, Home Goods, Good Will, Harbor Freight **12:00-4:00**

**JANUARY 16:** Ethan Allen Shopping Center and Colchester Price Chopper, Walgreens and Dollar General **12:00 – 3:00**

**JANUARY 21: Williston** Van Crew Choice (Williston stores only please) **12:00 – 4:00**

**JANUARY 23:** Trader Joes, Healthy Living, Michaels, Blue Mall, University Mall **12:00 – 4:00**

**JANUARY 28: Essex** Van Crew Choice (Essex stores only please) **12:00 – 4:00**

**JANUARY 30: Local** Banks, Ethan Allen Shopping Center, Food Shelf. **12:00 – 3:00**

Van Trip total for January: 25 hours

### **YOGA 6PM COMMUNITY HALL**

**18 YEARS OF AGE AND OLDER:** 1/7/20 AND 1/21/20

**ALL AGES:** (CHILDREN MUST BE ACCOMPANIED BY AN ADULT) 1/14/20 AND 1/28/20

### Commodities Delivery for Senior Citizens

**Monday January 6** Your commodities will be delivered between 12:00 pm and 2:00 pm. Please be home or arrange for an alternate delivery spot. 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 January 3** **IN THE COMMUNITY HALL 2:30 – 5:30** (while the supplies last—please note time change)

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

### REGULAR Food Pantry Days/Hours

**Wednesday January 15 5:30 pm-7:30 pm**

**Thursday January 16 3:30 pm – 5:30 pm**

**Friday January 17 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 (ONO) (50 and older)**

**January 9 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.**

### **GUIDED MEDITATION 6 PM NROC BOARD ROOM**

**1/6/20 AND 1/20/20**

# MOMMY'S MOMENT

By Leean Sack

As the holiday and giving season wraps up please do not forget to give to yourself. We are so focused and almost pressured to give, give, give as mothers. We need to take a step back and we need to refill our cups too. New Year...New You!

I hear all the time “how are the kids?”, but I rarely hear “how are you?” I have found that even when I am not with my twins, I am constantly in mommy mode. Telling funny stories, the struggles, upcoming things etc.... Even when asked “Hey how are you?”, I answer, “Well the twins are teething etc....” I realize I didn’t answer the question on how I was doing.

So now that the giving season is over and you see a mommy out there, ask “how are you” if their response is something to do with their child, please repeat the question “how are YOU doing?” We always know how our kids are doing, but we rarely stop to think how WE are doing.

Let’s give back to ourselves and other mommy’s out there this year, because we all need our own moments and sometimes, we struggle to take those moments; so, GIVE that moment to another mother, fill her cup. GIVE her a moment...A Mommy’s Moment.

*- 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 **operating on page 7** in the Northgate Community News. There were **7 players total** last month! Congratulations and great job to all who found the word!

January's scrambled word:

tivtiaiein

*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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## NOW ACCEPTING NOMINATIONS FOR THE ANNE MARIE DENNIS COMMUNITY SERVICE AWARD

IS THERE SOMEONE IN THIS COMMUNITY THAT YOU BELIEVE  
SHOULD BE RECOGNIZED FOR THEIR VOLUNTEER WORK OR  
KIND-HEART?

IT COULD BE A VOLUNTEER, A NEIGHBOR WHO LOOKS OUT  
FOR YOU AND HELPS YOU FROM TIME TO TIME OR A RESIDENT  
DIRECTOR.

PLEASE SUBMIT YOUR NOMINATION TO CAROL IN THE  
MANAGEMENT OFFICE OR SLIP YOUR NOMINATION IN THE  
MAINTENANCE REST SLOT.

THANK YOU

## UPDATES AND REMINDERS FROM OUR MANAGEMENT OFFICE

### **THERE'S NO PLACE LIKE HOME....**

Such a true statement, isn't it? When the world just gets to be too stressful, too loud, too crazy, our homes become our sanctuary. It's the place where we can be safe, warm and relaxed....peaceful.

But, guess what? **Studies have shown that messy homes can leave us feeling anxious, helpless and overwhelmed. Dishes piled in the sink, toys throughout the house, stuff covering every flat surface not only looks bad but makes us feel bad too.**

During our 2019 preventive maintenance inspection program, we have noticed a trend in our community of residents not taking care of, or pride in, their homes. And I emphasize the word "home." It's not just an apartment, it's where you live, love, make memories with your loved ones. It's your sanctuary!

In keeping with our 2020 Building Healthy Community Initiative, we hope that residents will take a good look at their homes. Is it neat? Clean? Is it the place that when you walk in the door you breathe a sigh of relief, look around and feel happy to be home? If the answer is "no", do yourself a favor, make it that place! You'll feel better -- I promise!

### **CHRISTMAS TREE DISPOSAL**

Christmas trees can be placed on the grassy area next to the rotary for pick up to be recycled. Be sure all ornaments and decorations have been removed.

### **WORK ORDERS**

Please be sure if you need work done in your apartment that you call extension 11 at the management office. Do not leave a voice mail message on individual staff phones; if staff is out of the office your work order will not be addressed.

### **ASSISTANCE DOGS**

Our office has received reports that some assistance dog owners are allowing their dogs to run loose on Northgate property without a leash. This is dangerous to other residents and it's very dangerous for the dog. This is a violation of the Assistance Animal policy and the Burlington City Ordinance regarding dogs.

A dog running loose could easily cause an elderly person or a small child to fall. Also, with the many cars and delivery trucks that enter Northgate daily, a dog running loose is at risk of being hit by a car.

**Please be a responsible dog owner and keep them and others safe.**

### **CARE OF PETS/ASSISTANCE ANIMALS IN AN EMERGENCY**

It's a really good idea that all residents who have pets or assistance animals should always have at least two people who can care for your animals if you are unable to care for them due to an accident or hospitalization. You can let the office know who they are in the case of an emergency. Unfortunately, this is not something that Northgate staff can do.



## **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.



## 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 THURDAY 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
<b>EVENTS</b>	<b>THROUGHOUT YEAR</b>		
ANNUAL GATHERING	MARCH	VARIES	Elections/Awards
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
- **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** 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

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- 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](mailto: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*

## **Northgate's Healthy Community--Signs that a Friendship is Toxic**

Dr. Perpetua Neo talks about friendships that could put your mental and ultimately your physical health at risk. These are called "toxic relationships". Learn how to identify a toxic relationship; once you do, you are better able to safeguard yourself. Excerpts from: <https://www.businessinsider.com/signs-your-friendship-is-toxic-2018-2>

### **There's a whole lot of drama**

One thing you can guarantee from a toxic person is drama. Chaos seems to surround them somehow, either because they're always arguing with someone and causing problems, or because unbelievable things keep happening to them.

"Drama is a very big thing when we talk about toxic friends," Neo said. "A toxic friend tends to be someone who sucks us in either by being very amazing, very grandiose, or by being this sad creature that needs our help. "Whatever their story, you can guarantee you'll hear about it, or worse, get dragged into it.

### **Everything is about them**

A toxic friend will never really listen to you. They will always be waiting for their turn to speak, or to turn the conversation back to them. "In a novel conversation between people, you can say this thing happened to me too, which is OK because that's where empathy happens, and you form a connection," Neo said. "But then with a toxic person, everything revolves around them. They'll twist it."

A good way to test for this is by bringing up random topics that have nothing to do with either of you. A toxic person will have the uncanny ability to manipulate the conversation back around to them again, whatever the topic, without skipping a beat.

### **They constantly put you down**

Neo said a toxic friend will never compliment you. They'll never pick you up or congratulate you on your achievements. In fact, they're much more likely to kick you when you're down.

You'll realize you're never actually happy or relaxed around them because they don't make you feel good about yourself, Neo said. No friendship should be transactional, but if someone is draining all your energy, you should ask yourself whether you're getting anything out of it at all.

### **Toxic friends are obsessively needy**

Neo said you might feel like you've gotten yourself an obsessive boyfriend or girlfriend without even asking for it. They'll call and text you at all times of the day, even if you said you're busy.

"They want all your time, so it's a very codependent kind of friendship," she said. "So they'll text you all the time and expect a reply. Even if you say I'm going to be really busy over the next six hours, they'll text you just before, and throughout. And if you don't reply, they will kick up a storm."

### **They secretly copy you**

The competition can go one step further, and a toxic person will start to mimic you. They might buy the same bag you bought the week before or start using the same slang words as you.



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