

February 2020

Volume 31, Issue 2

Contributors:

Donna Chagnon

Leean Sack

Carol Jaramillo

Editor: Carol Jaramillo

Publisher: Leean Sack

Northgate Community News

A Tradition Since 1989



UPCOMING EVENTS IN 2020

2020 MANAGEMENT OFFICE CLOSINGS

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**

DO YOU LIKE TO BAKE????

**NORTHGATE WILL BE ACCEPTING BAKED GOODS
AS DONATIONS FOR BAKE SALES THOUGHOUT
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.**

**NROC Winter-Fest –February 15 11 am-
2 pm** Come and join the fun for our
Winter-fest!! Decorate **Polar bear and
Penguin** cookies, get your face painted by
Face Mania, make **bear paws from donuts**
and learn about how the animals live and
survive in the north! **A light lunch will be
served.**

**NROC Annual Gathering –March 26 5:30
pm** Youth awards, volunteer recognition,
2019 update, resident director elections
and CASH DOOR PRIZES!

NROC Spring Fun/Egg Hunt –April 4 Egg
hunt for 5 and under
Scavenger hunt 6 and up

NROC Youth Fishing Derby #9 --June 27
Sign up soon!

**NROC FUN Day (formerly Kids' Day) FOR
THE WHOLE COMMUNITY--August 8**
Pirates!!!!

NROC Harvest Festival --October 10
Thorne Apple Farms will be back with their
horses!

NROC Halloween Fun --October 24
Trick or Treat and then pizza at the hall!

NROC Resident Craft Fair --November 7
TEEN VOLUNTEERS ARE MOST WELCOME TO
HELP US WITH ALL OF THESE EVENTS!

STAY TUNED FOR TIMES!

February 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3 Miller Center Infant/Toddler Grp 9-10:30	4 Playdate 10-11	5 Miller Center Infant/Toddler Grp 9-10:30	6	7 Playdate 10-11	8 Brrrrlington Winter Bash 12-3 Miller Center
9	10 Miller Center Infant/Toddler Grp 9-10:30	11 Playdate 10-11	12 Miller Center Infant/Toddler Grp 9-10:30	13	14 NO Playdate	15 Winter Fest 11-2
16	17 Miller Center Infant/Toddler Grp 9-10:30	18 Playdate 10-11 Yoga 6-7 (everyone)	19 Miller Center Infant/Toddler Grp 9-10:30	20	21 Playdate 10-11	22
23	24 Miller Center Infant/Toddler Grp 9-10:30	25 Playdate 10-11 Yoga 6-7 (everyone)	26 Miller Center Infant/Toddler Grp 9-10:30	27	28 Playdate 10-11	29
1	2	Notes PERMISSION SLIPS NEEDED FOR KIDS WHO WANT TO COME TO YOGA. ANYONE UNDER 12 MUST BE ACCOMPANIED BY AN ADULT.				

Check out these kid-Friendly Activities!!!! (ECHO \$2 VOUCHERS AVAILABLE AT THE OFFICE!)

ECHO: Return of the Butterflies!! 2/8/20 – 2/29/20

ECHO: Science and Stories: 2/5, Shadows; 2/12, Owls; 2/19, Colors

ECHO: Magic Science Day Camp (k-5) Week of 2-24/20

EVERY SATURDAY AT HOME DEPOT: KIDS LEARN HOW TO BUILD! CALL 872-0039 FOR MORE INFORMATION

RESIDENT CALENDAR

February 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3 Senior Commodities Guided Meditation	4 Yoga 6-7 (adults)	5 Heineberg Lunch 11:30	6 van ride 12-3	7 POP UP Pantry 2:30 - 5:30	8
9	10	11 van ride 12-4 Yoga 6-7 (adults)	12 Heineberg Lunch 11:30	13 van ride 12-3 OHIO 5:30	14	15 Winter Fest 11-2
16	17 Guided Meditation	18 van ride 12-4 Yoga 6-7 (everyone)	19 Food Pantry 5:30-7:30 Heineberg Lunch 11:30	20 van ride 12-4 Food Pantry 3:30 - 5:30	21 Food Pantry 10-11	22
23	24	25 van ride 12-4 Yoga 6-7 (everyone)	26 Heineberg Lunch 11:30	27 van ride 12-3	28	29
1	2	Notes Don't forget to register for the Heineberg lunches at 802-635-3343 ext. 1, the Thursday before the upcoming Wednesday. If you want a take-out meal, please call before 11:00 am by the day of the meal at the number above.				

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.

FEBRUARY 6: 12:00 -3:00 Costco (Food Court on NROC)

FEBRUARY 11: South Burlington Shaw's (if desired), Dollar Tree, Price Chopper, Home Goods, Good Will, Harbor Freight **12:00-4:00**

FEBRUARY 13: Ethan Allen Shopping Center and Colchester Price Chopper, Walgreens and Dollar General **12:00 – 3:00**

FEBRUARY 18: Williston Van Crew Choice (Williston stores only please) **12:00 – 4:00**

FEBRUARY 20: Trader Joes, Healthy Living, Michaels, Blue Mall, University Mall **12:00 – 4:00**

FEBRUARY 25: Essex Van Crew Choice (Essex stores only please) **12:00 – 4:00**

FEBRUARY 27: Local...Banks, Ethan Allen Shopping Center, Food Shelf. **12:00 – 3:00**

Van Trip total for February: 25 hours

YOGA 6PM COMMUNITY HALL

18 YEARS OF AGE AND OLDER: 2/4/20 AND 2/11/20

ALL AGES: (CHILDREN MUST BE ACCOMPANIED BY AN ADULT) 2/18/20 AND 2/25/20

Commodities Delivery for Senior Citizens

Monday February 3 -- 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: TENTATIVE Friday February

7 IN THE COMMUNITY HALL 2:30 – 5:30 ...THIS MAY

BE CANCELLED IF STAFF HAS TO PLOW...WE WILL SEND OUT A PHONE BLAST TO CONFIRM

(Delivery is contingent upon the VT Food Bank)

REGULAR Food Pantry Days/Hours

Wednesday February 19th 5:30-7:30

Thursday February 20th 3:30-5:30

Friday February 21st 10:00-11:00

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)

February 13th 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

2/3/20 AND 2/17/20

MOMMY'S MOMENT

By Leean Sack

Its officially 2020! You made it through another year! 2019 for me was all about survival, my only New Year's resolution last year was to survive. It's true, everyone says it, the 1st year is about survival.

This year, it's all about dedication. Dedication to my twins, yes of course, but I am talking about dedication to MYSELF. I have spent the past 2 years dedicating myself to my twins; my time, my energy, my lack of sleep, my desperation of trying to keep up with appointments, housework, job, relationships.

Now it's my time to start rededicating to myself to who I was before the twins. It feels awkward, not going to lie. Leaving the house without my kids, doing something just for myself; it feels foreign to me. I have recently dedicated myself to get back into Zumba, something I enjoyed and was a positive part of my life before the twins. I made a commitment to myself to get back into it. I took that leap and it was **exactly** what I needed to get myself back.

Yes, we are mothers, but we are soooo much more than that. We are artists, musicians, dancers, athletes, activists, chefs, etc. Take a minute and think about what you are *besides a mom* and dedicate yourself to doing **that** again. It may be a struggle at first and feel really awkward and maybe even a little different, but make that dedication to yourself for 2020!

- Leean

Leean is Mom to toddler twins and keeps them active and happy amid their abundant energy and inquisitiveness. Her column is about motherhood and retaining your identity!



HAVE YOU SEEN THESE FELLOWS AT NORTHGATE?



OFTEN REVILED AS RAT-TAILED, beady-eyed, trash-eating pests, opossums could be viewed as the Rodney Dangerfields of the animal kingdom: They just don't get respect. Leann Kanda of New York's Ithaca College has studied and admires the species, but she concedes that cute, fuzzy baby opossums grow up to become "pretty ugly little beasts. "Why such a bad rap? "I think it's their tail," says William Krause, professor of anatomy at the University of Missouri–Columbia and an ardent fan of opossums. One look at that long, naked appendage and people instantly think "rat," an association not to the opossum's advantage. Yet the tail itself is much to the opossum's advantage, serving as a veritable fifth limb.

Like monkeys, opossums can wrap their tails around branches to help them climb trees. They can even carry grass and other vegetation—material they use to line their dens—in their coiled tails. And that's just one of many intriguing twists about opossums, North America's only marsupials (animals that carry their young in a pouch).

Serving as inadvertent innkeepers, opossums may turn out to be good for your health. Scientists at the Cary Institute of Ecosystem Studies in Millbrook, New York, have learned that **opossums act like little vacuum cleaners when it comes to ticks, including those that can spread debilitating Lyme disease to humans and other animals.**

It turns out that the fastidious opossums kill ticks in the process of grooming—scratching, licking and chewing away at ticks in their fur. Examination of opossum feces confirmed that some of the ticks had been eaten.

This is significant because during late summer, when ticks are most abundant, the average opossum may be walking around with roughly 200 ticks on its body, according to the researchers. Based on their study results, they calculate that **a single opossum might kill an astonishing 4,000 ticks in a week.** By "hoovering up and killing" so many ticks, he says, opossums are "not only protecting themselves, they're protecting us because we know that human risk is a function of the abundance of infected ticks out in the environment."

So, for all their homely quirks, opossums vacuum up garden pests and thousands of nasty ticks and also may hold the secrets to antivenom in humans—a good deal all around.

They may have faces only their mothers can love, but, they are great for our eco-system! They don't get rabies and won't get lyme disease. They eat fleas as well. If you see one, just walk on by and know that these fellows are just doing their job!

Source: <https://www.nwf.org/Magazines/National-Wildlife/2015/AprilMay/Animals/Opossums>

SMILE!



**HAPPINESS
COMES WHEN
WE STOP
COMPLAINING
ABOUT THE
TROUBLES WE
HAVE AND
OFFER THANKS
FOR ALL THE
TROUBLES
WE DON'T HAVE.**

DIFFERENCE BETWEEN A CAT AND A DOG



THESE PEOPLE FEED ME, SHELTER ME AND LOVE ME... THEY MUST BE GOD.



THESE PEOPLE FEED ME, SHELTER ME AND LOVE ME... I MUST BE GOD

SOURCE: https://www.google.com/search?q=inspirational+memes+funny&rlz=1C1EJFC_enUS884US884&tbm=isch&source=iu&ictx=1&fir=7ObPsAwlMAOsM%253A%252CympzY_kx1XWUTM%252C_&vet=1&usg=AI4_kRBgnuWwuqSsA4hoFLLhV1j6FIJ9g&sa=X&ved=2ahUKEwjol-a4zJXnAhWNmuAKHQGcDZAQ_h0wEHoECAwQBg&biw=1600&bih=789#imgsrc=Xo1gBnawlybeHM:&vet=1

This Month's Scramble

Congratulations to our January winner, Dawn Lawrence, who found the word **initiative** on page 7 in the Northgate Community News. There were **6 players total** last month! Congratulations and great job to all who found the word!

February's scrambled word:

gexegedrata

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...

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 RENT SLOT.

THANK YOU



THERE'S NO PLACE LIKE HOME....

HELPFUL TIPS

Big projects, no matter what they are, can feel overwhelming. This can be especially true about house cleaning. But there really is an easier way to do it.

Try doing one task at a time and enjoy feeling good about completing it. You could start in one room, like the kitchen. Wash the dishes and clean, declutter and organize the counters. Step back and look at it! Chances are you will be so proud of the way it looks, you will want to do something more in the kitchen, like sweep the floor and maybe give it a good mopping.

As the saying goes: "Rome wasn't built in a day." You can do another room on another day. Sometimes just picking up the "stuff" and throwing away what is trash, putting away the treasures and a general "straightening up" will make you feel so good.



And that is how you should feel...happy, peaceful and enjoying your home.

Remember too that we will have another 12 dumpsters on site to help rid your apartments of unwanted/no longer needed items.

REAC INSPECTION

We would like to give a truly heartfelt thanks to Northgate residents for their patience as we prepared for the HUD REAC inspection. We are very happy to report that Northgate scored a 94 (excellent) on this important inspection.

As always, if there is something in your apartment that needs repair, please call the office as soon as possible. All too often failure to report a repair can cost the property much more than if it had been called in immediately.



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.

PHONE BLASTS

Two years ago, in an effort to efficiently reach as many households as possible, Northgate began using a "robo" (robotic) phone service to send messages to each household regarding important upcoming events such as snow plowing, schedule changes for trash removal, pop up pantry, etc.

If you are unable to answer your phone for a "robo" call, the system will leave you a voice mail. Please be sure to listen carefully to the automated call or your voice mail message before calling of office for additional information.



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	5:30-7:30	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 ST 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 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
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
EVENTS	THROUGHOUT YEAR		
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.bsdvt.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

- 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) 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
- 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
 - 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

NOTES

SELF ESTEEM

What is it? **Self-esteem and self-worth** are two concepts that are very much linked to one another, although there is a difference between the two. Both **self-esteem and self-worth** emphasize the **value** of the individual in two contrasting manners.

What is it NOT? “Self-esteem” does not consist of grandiosity, feeling of superiority, exaggerated notions of one’s accomplishments, and “favorable self-evaluations” induced by drugs and alcohol.

Feeling comfortable in our own skin—that’s how I like to think of self-esteem. It really has nothing to do with anyone’s opinion or view of you! Below are some tips for how we all can make ourselves feel better on the inside.

10 tips to increase your self-esteem

Remember these top tips to help you build your self-esteem.

- Do activities that you enjoy.
- Spend time with positive, supportive people.
- Be helpful and considerate to others.
- Try not to compare yourself to other people.
- Try to do regular exercise, eat healthily and get enough sleep.
- Be assertive – don’t let people treat you with a lack of respect.
- Use self-help books and websites to develop helpful skills, like assertiveness or mindfulness.
- Learn to challenge your negative beliefs.
- Acknowledge your positive qualities and things you are good at.
- Get into the habit of thinking and saying positive things about yourself.





NROC

Northgate Residents'
Ownership Corporation

275 Northgate Rd • Burlington VT 05408

ECRWSH
PrstStd
US Postage Pd
Burlington VT
Permit 400

DON'T MISS THE WINTER FEST! FUN FOR ALL RESIDETS AND VERY KID-FRIENDLY! DECORATE A POLAR BEAR OR PENGUIN COOKIE, MAKE A BEAR-PAW FROM A DONUT, GET YOUR FACE PAINTED!! LEARN ABOUT THE ANIMALS FROM CORRINE AND CAITLIN! A LIGHT LUNCH WILL BE SERVED. 2/15/20, 11-2

Are you applying to college in 2020, or need a course for career advancement? Apply for the NROC Scholarship to help with expenses. DEADLINE FOR APPLY AT VSAC IS 2/12/20.

The NROC Annual meeting is coming up in March! Don't miss the updates about 2019, youth awards, volunteer appreciation and CASH PRIZES!!!! MORE DETAILS COMING—STAY TUNED!

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>



"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!