

March 2020

Volume 31, Issue 3

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Northgate Community News

A Tradition Since 1989

UPCOMING EVENTS IN 2020

2020 MANAGEMENT OFFICE CLOSINGS

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.**

**ALSO, AS A REMINDER, WHEN THE
OFFICE IS CLOSED ON A MONDAY, IT
CLOSES EARLY, AT 12:00 THE FRIDAY
BEFORE. MPI HAS IMPLEMENTED THIS
POLICY THROUGHOUT NEW ENGLAND
FOR ALL THEIR EMPLOYEES, TO
REWARD THEIR DEDICATION AND
HARD WORK.**

THANK YOU

**NROC Annual Gathering –March 26, 5:30
p.m. to 7:00 p.m. Youth awards, volunteer
recognition, 2019 update, resident director
elections and CASH DOOR PRIZES! SEE
PAGE 8 FOR MORE INFORMATION. A
POST CARD WILL BE COMING TO
YOUR MAILBOX SOON!**

**NROC Spring Fun/Egg Hunt –April 4 Egg
hunt for 5 and under, 10:00 to 11:00;
Scavenger hunt 6 and up 1:00 to 2:30.**

**NROC Youth Fishing Derby #9 --June 27
Sign up soon! 8:00 – 12:00, barbeque to
follow at the community hall.**

**NROC FUN Day (formerly Kids' Day) FOR
THE WHOLE COMMUNITY--August 8
Friendly environment for all ages 11:00 –
2:00**

**NROC Harvest Festival --October 10
Thorne Apple Farms will be back with their
horses! 11:00 – 2:00**

**NROC Halloween Fun --October 24
Trick or Treat fun 11:00 – 12:30 and then
pizza at the hall 12:30 – 1:30; then go
home with a goody bag!**


**NROC Resident Craft Fair --November 7
10:00 – 3:00**

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

YOUTH CALENDAR

March 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 FAMILY OPEN GYM 11:30 - 1 at O.N.E COMMUNITY	2 MILLER CENTER INFANT/ TODDLER GRP 9- 10:30	3 PLAYDATE 10- 11	4 MILLER CENTER INFANT/ TODDLER GRP 9- 10:30	5	6 PLAYDATE 10- 11	7
8 FAMILY OPEN GYM 11:30 - 1 at O.N.E COMMUNITY	9 MILLER CENTER INFANT/ TODDLER GRP 9- 10:30	10 PLAYDATE 10- 11	11 MILLER CENTER INFANT/ TODDLER GRP 9- 10:30	12	13 PLAYDATE 10- 11	14
15 FAMILY OPEN GYM 11:30 - 1 at O.N.E COMMUNITY	16 MILLER CENTER INFANT/ TODDLER GRP 9- 10:30	17 PLAYDATE 10- 11	18 MILLER CENTER INFANT/ TODDLER GRP 9- 10:30	19	20 PLAYDATE 10- 11	21
22 FAMILY OPEN GYM 11:30 - 1 at O.N.E COMMUNITY	23 MILLER CENTER INFANT/ TODDLER GRP 9- 10:30	24 PLAYDATE 10- 11	25 MILLER CENTER INFANT/ TODDLER GRP 9- 10:30	26	27 PLAYDATE 10- 11	28
29 FAMILY OPEN GYM 11:30 - 1 at O.N.E COMMUNITY	30 MILLER CENTER INFANT/ TODDLER GRP 9- 10:30	31 PLAYDATE 10- 11			2 	4
5	6	Notes At the ECHO: Return of the Butterflies. Feb 8 - Sep 2. Mar 1,2,3: Circuit Circus; hands-on electric science show. \$2 passes available at the office. O.N.E. Community Center is at 20 Allen Street Burlington (Old North End). An adult must attend with children.				

RESIDENT CALENDAR

March 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Shuttle 10-11:30 Commodities Guided Med 6-7	3	4 Heineberg Luncheon	5 Knitting/crochet-- all levels	6 Shuttle 2-3:30 POP UP Pantry 2:30 - 5:30	7
8	9 Yoga-parents and kids 5-6	10 van ride Yoga-adults 6-7	11 Heineberg Luncheon	12 van ride ONO	13	14
15	16 Shuttle 10-11:30 Guided Meditation 6-7	17 van ride Yoga-adults 6-7	18 Heineberg Luncheon Pantry 5:30 - 7:30	19 van ridePantry 3:30 - 5:30	20 Pantry 10-11 Shuttle 2-3:30	21
22	23 Yoga-parents and kids 5-6	24 van ride Yoga-adults 6-7	25 Heineberg Luncheon	26 van ride Knitting/crochet-- all levels	27	28
29	30	31 van ride Yoga-adults 6-7	1	2	3	4
5	6	Notes RSYP NEEDED FOR HEINEBERG THE THURSDAY BEFORE THE WEDNESDAY LUNCH. CALL ADELE AT 802-863-3982 EXT. 1. IT'S OK TO LEAVE A MESSAGE. IF YOU WANT IT "TO GO" YOU MUST CALL BY 11:00 THE DAY OF THE LUNCHEON.				

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.

MARCH 5: Price Chopper (South Burlington) 10:00 – 12:00 (KEVIN)

MARCH 10: Costco (Food Court on NROC) 12:00 -3:00 (STEVE)

MARCH 12: South Burlington Shaw's (if desired), Dollar Tree, Price Chopper, Home Goods, Good Will, Harbor Freight **10:00 – 2:00** (KEVIN)

MARCH 17: BURLINGTON/COLCHESTER Ethan Allen Shopping Center and Colchester Price Chopper, Walgreens and Dollar General **12:00 – 3:00** (STEVE)

MARCH 19: Williston Van Crew Choice (Williston stores only please) 10:00 – 2:00 (KEVIN)

MARCH 24: SOUTH BURLINGTON Trader Joes, Healthy Living, Michaels, Blue Mall, University Mall **12:00 – 4:00** (STEVE)

MARCH 26: Essex Van Crew Choice (Essex stores only please) **12:00 – 3:00** (STEVE)

MARCH 31: Local...Banks, Ethan Allen Shopping Center, Food Shelf. **12:00 – 3:00** (STEVE)

Our van can now take you up to Hannafords and take you home. We are calling it Our Northgate Shuttle

Naš kombi te sada može odvesti do Hannafords i odvesti te kući. Zovemo ga naš Northgate šatla

Notre van peut maintenant vous emmener à Hannafords et vous ramener à la maison. Nous l'appelons Notre navette Northgate

***See below for shuttle runs.

***Pogledajte ispod za trkom šatla.

***Regardez ci-dessous pour la navette de course.

Commodities Delivery for Senior Citizens

Monday March 2 -- Your commodities will be delivered between 12:00 pm and 2:00 pm. **(by STEVE, BRIAN AND BRIEN)**. 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 March 6
IN THE COMMUNITY HALL 2:30 – 5:30 ...THIS MAY BE CANCELLED IF WEATHER IS BAD...WE WILL SEND OUT A PHONE BLAST WILL BE SENT OUT IF CANCELLED

(Delivery is contingent upon the VT Food Bank)

REGULAR Food Pantry Days/Hours

Wednesday March 18th 5:30-7:30

Thursday March 19th 3:30-5:30

Friday March 20th 10:00-11:00

available to all residents

Knitting/Crocheting group—all levels welcome to come and learn, teach or just visit. 1st and 4th Thursday (3/5 and 3/26) 5:30 in the community hall.

YOGA 6PM COMMUNITY HALL

18 YEARS OF AGE AND OLDER: EVERY TUESDAY 6:00 p.m. to 7:00 p.m.

PARENTS AND KIDS: 3/9/20 and 3/23/20 (every 2nd and 4th Monday) 5:00 p.m. to 6:00 p.m.

OUR NIGHT OUT (ONO) (50 and older)

March 12th 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

3/2/20 AND 3/16/20

DO YOU TAKE THE BUS AND HAVE HEAVY PACKAGES TO CARRY BACK?

Northgate is starting a program in March; we'll start slowly to see how it is received and if it's truly needed. Here is what the program would look like:

On Monday, the van would leave Northgate at 10:00, drop you off at Hannaford's. At 11:30, the van will pick you up at Hannaford's and drive you to your home.

On Friday, the van would leave Northgate at 2:00, drop you off at Hannaford's. At 3:30, the van will pick you up at Hannaford's and drive you to your home.

You would need to reserve a seat on the van by calling 802-658-2722, ext. 11.

DA LI ĆEŠ UZETI AUTOBUS I IMATI TEŠKE PAKETE ZA PONIJETI?

Northgate počinje program u martu; Počet ćemo polako da vidimo kako će se to primiti i ako je zaista potrebno. Evo kako bi program izgledao: Svakog ponedjeljka, kombi bi napustio Northgate u 10:00, i ostavio te kod Hannaforda. U 11:30, kombi će te pokupiti kod Hannaforda i odvesti te kući. Svakog petka, kombi bi napustio Northgate u 2:00, i ostavio te kod Hannaforda. U 3:30, kombi će te pokupiti kod Hannaforda i odvesti te kući.

Morate rezervisati mjesto u kombiju nazvavši 802-658-2722, Ext. 11.

PRENEZ-VOUS LE BUS ET AVEZ-VOUS DES COLIS LOURDS À TRANSPORTER?

Northgate lance un programme en mars; Nous allons commencer lentement pour voir comment il est reçu et si elle est vraiment nécessaire. Voici à quoi ressemblerait le programme: Tous les lundis, le van quittait Northgate à 10 h, vous dépose chez Hannaford. À 11 h 30, le van viendra vous chercher chez Hannaford et vous conduira chez vous. Tous les vendredis, le van quittait Northgate à 14 h, vous dépose chez Hannaford. À 15 h 30, le van viendra vous chercher chez Hannaford et vous conduira chez vous. Vous devez réserver une place sur la fourgonnette en composant le 802-658-2722, l'arrière 11.

NEW! SHUTTLE RUN/ ŠATL RADI/ COURSE DE NAVETTE

MARCH 2, MARCH 16:

- LEAVES FROM THE OFFICE AT 10:00 TO HANNAFORDS AND PICK UP WILL BE AT 11:30 AT HANNAFORDS
- LIŠĆE IZ UREDA U 10:00 ZA HANNAFORDS I POKUPI ĆE BITI U 11:30 U HANNAFORDSU
- Le van quittait Northgate à 10 h, vous dépose chez Hannaford. À 11 h 30

MARCH 6, MARCH 20:

- LEAVES FROM THE OFFICE AT 2:00 TO HANNAFORDS AND PICK UP WILL BE AT 3:30 AT HANNAFORDS
- LIŠĆE IZ UREDA U 2:00 ZA HANNAFORDS I POKUPI ĆE BITI U 3:30 U HANNAFORDSU
- Le van quittait Northgate à 2 h, vous dépose chez Hannaford. À 3 h 30

ATTENTION/ATTENTION/ Pažnju

The following things must not be put down your sink or toilet: grease, oil, baby wipes, hygiene wipes, diapers, pet droppings, food. Placing these things down your toilet or sink will cause a sewer back up and your basements and the apartments in your whole courtyard could be affected with flooded, sewage-filled water.

Slijedeće stvari se ne smiju spustiti u vaš umivaonik ili zahod: mast, ulje, maramice za bebe, higijene maramice, pelene, izmet ljubimaca, hranu. Stavljanje ovih stvari u šolju ili sudoperu će izazvati kanalizaciju nazad i tvoje podrumne i apartmane u celom dvorištu mogu da budu pogođene poplavljenom, sa vodom koja je puna vode.

Les choses suivantes ne doivent pas être posées dans votre évier ou vos toilettes : graisse, huile, lingettes pour bébés, lingettes d'hygiène, couches, excréments d'animaux de compagnie, nourriture. Placer ces choses dans vos toilettes ou évier causera un égout de retour et vos sous-sols et les appartements dans toute votre cour pourraient être touchés par l'eau inondée et remplie d'eaux usées.

MOMMY'S MOMENT

By Leean Sack

Spring is almost here! When you think about Spring, some things come to mind: reborn, fresh, new beginnings. But also, perseverance comes to my mind; pushing forward.

I barely remember the newborn months, but what I do remember is that I somehow got through; got through the endless sleepless nights, the constant need of my twins, the struggles of getting by (mentally and physically). I pushed forward. Some days I couldn't push forward so I stayed where I was. Somedays I couldn't even do that, and I felt defeated.

We all have those days where you feel like you are struggling just to stay afloat. It's those days that you need a push to get by. You need a push to see everything is going to be ok. You need a push to get through the tough times. Sometimes we just need to be heard. Sometimes we just need some acknowledgement. Sometimes we need to be inspired. Sometimes we need some encouragement. Sometimes we need that pat on the shoulder or a hug. Be that for someone. Be that push they need to *keep going!*

- Leean

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

NROC TO COME TOGETHER AS A COMMUNITY AGAIN!

It's March and time to gather as a community to hear what we did in 2019, honor our youth and volunteers, vote for your resident directors and just grab a bite to eat and visit with your neighbors.

The event is Thursday, March 26 from 5:30 to 7:00. We'll have cash door prizes of \$100, \$50 and \$25. The youth who are chosen for the awards receive \$100 each.

We live in a beautiful community—come and celebrate it!

NROC PONOVO DOLAZI KAO ZAJEDNICA!

Ožujak i vreme je da se okupimo kao zajednica da čujemo šta smo uradili u 2019, da odamo počast našoj omladini i dobrovoljcima, da glasamo za vaše specijalizacije i samo odemo da pojedemo nešto i posetimo se sa komšijama. Manifestacija je u četvrtak, 26. mart od 5:30 do 7:00. Imat ćemo nagrade za keš od \$100, \$50 i \$25. Omladina koja je izabrana za nagrade dobiva \$100 svaki. Mi živimo u prelepom društvu. Dodjite i proslavite!

Le NROC se rassemblera en tant que communauté

C'est le mois de mars et le temps de se réunir en tant que communauté pour entendre ce que nous avons fait en 2019, honorer nos jeunes et nos bénévoles, voter pour vos directeurs résidents et juste prendre une bouchée pour manger et visiter avec vos voisins. L'événement a lieu le jeudi 26 mars de 17 h 30 à 19 h. Nous aurons des prix de présence en argent de 100 \$, 50 \$ et 25 \$. Les jeunes qui sont choisis pour les prix reçoivent 100 \$ chacun. Nous vivons dans une belle communauté, venez la célébrer!

IF YOU SEE SOMETHING, SAY SOMETHING--Northgate has been experiencing a series of vandalism lately. It has been site wide. PLEASE, PLEASE if you see suspicious activity (a lot of coming and going from one apartment), teenagers out late at night, the sound of breaking glass, please call the police and let the management office know. Police reports are vital if and when the case is litigated; we will depend upon it. Your information is 100% anonymous! Protect your community before it affects you!

Northgate je zadnjih par puta vidio niz vandalizma. To je bilo široko mjesto. Molim vas, ako vidite ikakve sumnjive aktivnosti (mnogi dolaze i odu iz stana, male djece ili studenti srednje klase kasno noću, razbiju čaše, molim vas nazovite policiju i javite da ured zna Upravljanje. Uprava ne može ništa bez policijskog izvještaja i ako i kad je stvar sporna, ovisit ćemo o tome. Tvoja informacija je 100% anonimna! Zaštitite svoju zajednicu prije nego što utječe na vas!

SI VOUS VOYEZ QUELQUE CHOSE, DITES QUELQUE CHOSE --Northgate a connu une série de vandalisme ces derniers temps. Il a été à l'échelle du site. S'il vous plaît, s'il vous plaît si vous voyez une activité suspecte (beaucoup d'aller et venir d'un appartement, les petits enfants ou les élèves du milieu de classe tard dans la nuit, briser le verre, s'il vous plaît appeler la police et en faire savoir au bureau de gestion. La direction ne peut rien faire sans un rapport de police et si et quand l'affaire est litigieuse, nous en dépendrons. Vos informations sont 100% anonymes! Protégez votre communauté avant qu'elle ne vous affecte!

This Month's Scramble

Congratulations to our February winner, Krno Gubic, who found the word **exaggerated** on page 15 in the Northgate Community News. There were **8 players total** last month! Congratulations and great job to all who found the word!

March's scrambled word:

rtudarcoy

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...

I am an 18-year-old female who is looking for work in childcare for children 6 months to 5 years of age. I have 4 plus years' experience in babysitting and most recently I've been helping within a childcare setting. My rate is \$16.50 per hour but will negotiate. I also can walk/care for your dog or cat; these prices are negotiable. Call 802-777-4931 if interested. Please do not leave a message; if I don't answer immediately, please try again.

LETTER TO THE EDITOR

This is your home! Do you care about YOUR community? There's a lot of recycling flying around our green spaces. Recycling needs to be broken down or tie it down with a cord. Better yet, get a large recycling container (editor: free of charge to residents). It remains your recycling until the truck comes to pick it up. And trash—young and old can pick it up! You don't have to wait for Green Up Day! If you see trash, pick it up! Help your neighbors. Thank you—a neighbor.

(editor's note: 1940's cinema star, Catherine Hepburn always went for a walk with a bag, so she could pick up loose trash along the way—it wasn't her trash, but it was her community and she was proud to help it).

A THANK YOU!

Linda Romeo wanted to take a moment to thank all her friends, neighbors and Northgate staff for the amazing help that was offered in the past two months while in the hospital and as she recovered from her surgery. "You will never know how much it meant to me to have people around me, in my community who took care of everything—I didn't have to think of a thing!" Linda said. Thank you, thank you, thank you, from Linda. Northgate Residents' Ownership Corporation is such a special place!

UPDATES AND REMINDERS FROM OUR MANAGEMENT OFFICE

THERE'S NO PLACE LIKE HOME.... This month's article will be a little different. I would like to talk about KINDNESS. Being kind to yourself and being kind to anyone whose path we might cross during our day.

Sound weird? Kind of silly? Well, it's not. There is a saying that goes, "They may forget what you said, but they will never forget the way you made them feel."

When we react to others with unkindness as though they are somehow bothering us, their issues become unimportant or worse, it gives the impression that THEY are unimportant, it's a painful feeling (generally, we don't go out of our way to be unkind, but we can act in a dismissive way if our days are busy or we're pressed for time). And the painful feeling(s) stay with us. It feels awful and it could take a long time to go away. If it goes away.

Whereas, if we hold the door for the person behind us, give them a smile and say a "hello", it can make a person's day! If we really take time to listen and let someone know that we want to help them, it can change a person's entire outlook.

I know sometimes this can be hard to do; sometimes when everything possible has gone wrong in our day, smiling and being kind can be a real challenge! We've all been there! But the reality is if we can do it, not only do we make another person feel good, but we feel good about ourselves.

Our world can seem crazy right now; there is a lot of negativity surrounding us and unfortunately, being rude, aggressive and having the attitude of "I've got mine" seems to be the trend. Let's change that. SMILE! Help someone who needs help. We can make our world a softer, kinder place.... one smile at a time, one "hello" at a time, one kind act at a time.

BUT WAIT, THERE'S MORE!

SNOW REMOVAL-- As a reminder, please do not move your car from your parking lot before 7:00 AM! You run the risk of being towed by the City of Burlington if they have a parking ban in effect. It's a \$125.00 if they tow!

Also, please, please do not park with your vehicle bumper over the sidewalk! When this happens it's impossible to get equipment in to clear the sidewalks.

HOME IMPROVEMENTS-- Please remember that if you are planning a home improvement in your apartment, you should check with your copy of the Home Improvement Policy to determine if management approval is needed.

Home improvement request forms can be picked up at the management office, filled out and returned. Staff will contact you when the request has been reviewed. Absolutely NO improvement should be done without prior approval from the office.

PHONE BLASTS-- As a reminder, Northgate uses a phone blasts or a "robo" 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. This is the only system that we have to quickly alert the entire site of over 700 people at the same time.

If you are unable to answer your phone for a phone blast/"robo" call, the system will leave you a voice mail. Please be sure to listen to the automated call or your voice mail message before calling of office for additional information. Can they be annoying? Yes, they can—but they are necessary.

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.

NORTHGATE RECEIVES THE JOAN BEAUCHEMIN AWARD FOR CIVIC ENGAGEMENT ON JANUARY 31, 2020 FROM CHAMPLAIN HOUSING TRUST

The award says (in part) that NROC is being honored for their example of resident-controlled and permanently affordable housing. The award states that the leaders of Northgate have been a model of housing activism that has not only created a resident-led community, but one that gives back to others in need of affordable housing through advocacy and direct action in solidarity with others. NROC's dedicated stewardship of their affordable housing is also a model of how to make an affordable rental complex into a connected and compassionate community, and each apartment into a home. Come to the management office to see this beautiful award their and our Jefferson cup in our trophy case outside the boardroom. CONGRATULATIONS TO OUR FULL COMMUNITY!

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 (April/May to Mid-November)	5:00	STAYS UNTIL 6-ISH
POP UP PANTRY	1 ST FRIDAY OF MONTH (dependent upon the VT Food Bank)	2:30-5:30 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 FOR ADULTS EACH 2 ND AND 4 TH MONDAY FOR PARENTS AND KIDS	6-7 5-6	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	11:30	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	11-2	SITE/HALL
RESIDENT CRAFT FAIR	NOVEMBER (EARLY)	9-1	HALL

HANDY “AT-A-GLANCE” INFORMATION

Northgate/City of Burlington Information

- **Northgate is owned and operated by its residents.** NROC has hired Maloney Properties, Inc. (MPI) ***to manage*** Northgate—**MPI does not own Northgate.** The decisions at Northgate are made by a Board of Directors; 9 residents and 4 community representatives. The **Board of Directors meetings** are always on the **fourth Tuesday of every month at 5:30 pm, unless indicated otherwise.**
- Northgate is in **Ward # 4.** **Northgate residents vote at St. Marks Youth center, 1271 North Avenue.**
- Northgate’s zip code is **05408**, for the New North End.
- Northgate Fax: 802-864-4005
- Northgate TYY: 711
- Council meeting schedule: <https://www.burlingtonvt.gov/CityCouncil/City-Council-Meeting-Schedule> or call 802-658-7000
- City Hall phone number: 802-865-7000
 - Mayor: Miro Weinberger Web: <https://www.burlingtonvt.gov/>

Emergency Information

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

Handy Numbers

- Age Well: 76 Pearl St #201, Essex Junction, VT 05452 802-865-0360
- Burlington Bagel Café and Deli: (802) 660-9693 1127 North Ave. Burlington VT 05408
- Burlington High School: (802) 864-8411 52 Institute Rd. Burlington VT 05408
- Burlington School District: (802) 865-5332 150 Colchester Ave. Burlington VT 05401 <https://www.bsdt.org/>
- Casella Trash Removal: 888-485-1469 <https://www.casella.com/>
- Car-Share Vermont: 802-861-2340
- Champlain Valley Office of Economic Opportunity (CVOEO): 802-862-2771 or online at <https://www.cvoeo.org/>
- Chittenden Solid Waste District (CSWD): 802-872-8111 or online at: <https://cswd.net/>
- Commodity Supplemental Food Program (CSFP): 1-800-214-4548 The Vermont Foodbank Commodity Supplemental Food Program 33 Parker Rd. Barre, VT 05641
- Community and Economic Development Office (CEDO): 802-865-7144 or online at cedofd@burlingtonvt.gov
- Community Health Centers of Burlington
 - Riverside Health Center (medical/dental) 617 Riverside Avenue, Burlington VT 05401 802-864-6309
 - Pearl Street Youth Health Center (walk-in), 179 Pearl Street, Burlington VT 05401
 - South End Health Center (medical/dental) 789 Pine Street, Burlington VT 05401 802-864-0693
 - Winooski Family Health 32B Mallets Bay Avenue, Winooski VT 05404 802-655-4422
 - Safe Harbor Health Center 184 South Winooski Ave (walk-in), Burlington VT 05401
 - Champlain Islands Health Center 52 Community Lane, South Hero VT 05486 802-372-4687
- C.P. Smith elementary School: (802) 864- 8479 332 Ethan Allen Pkwy. Burlington VT 05408
- Domino’s Pizza: (802) 658-6558 1548 North Ave. Burlington VT 05408
- Dr. Dynosaur (SCHIP—healthcare for kids): 1-800-250-8427 or online at <http://www.greenmountaincare.org/vermont-health-insurance-plans/dr-dynosaur>
- 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
- 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

64

- 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)
- Teen Line: A teen hot line for teens to talk with other teens that understand. [CALL 310-855-4673](tel:310-855-4673) [TEXT 839863](tel:839863)
- 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

Healthy food can be expensive. Therefore, it can be difficult to eat *well* when you're on a tight budget. However, there are many ways to save money and still eat whole, single-ingredient foods. Here are some clever tips that can help you eat healthy on a budget.

Plan your meals! When it comes to saving money at the grocery store, planning is essential. Use one day each week to plan your meals for the upcoming week. Then, make a grocery list of what you need. (And, stick to the list!).

Cook at home. SO much cheaper! And, if you plan, then there's no need to order out—and if the kids want pizza, there are wonderful “bake your own” that you can simply pop in the oven!

Cook large portions and save or freeze the leftovers for quick, future meals.

Don't shop when you're hungry! When you're hungry, you often crave foods that aren't good for you or your budget. Try to grab a piece of fruit, yogurt or other healthy snack before you go to the store.

Buy in bulk or less processed. A block of cheese is cheaper than shredded cheese and canned beans are cheaper than refried ones. Whole grains, like brown rice and oats, are also cheaper per serving than most processed cereals. The less processed foods are also often sold in larger quantities and yield more servings per package.

Buy generic foods. All food manufacturers must follow standards to provide safe food. The generic brands may be the same quality as other national brands, just less expensive. However, check the ingredients list to ensure there are not cheaper ingredients such as hydrogenated oils.

Shop for produce while in season and take advantage of BOGO (buy one, get one) sales. Source: <https://www.healthline.com/nutrition/19-ways-to-eat-healthy-on-a-budget#section11>

The NROC Annual meeting is coming up in March! Don't miss the updates about 2019, youth awards, volunteer appreciation and CASH PRIZES OF \$100, \$50 AND \$25!! REFRESHMENTS WILL BE SERVED ALONG WITH MY LITTLE CUPCAKES.

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.

Teen Line: [CALL 310-855-4673](tel:310-855-4673) [TEXT 839863](tel:839863)



“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! If there is an emergency information that our whole site needs to know about, we'll send out a phone-blast.

A HUGE THANK YOU TO THE RESIDENTS WHO GIVE US UPDATES ON BUSINESSES AND NUMBERS IN OUR HANDY AT-A-GLANCE SECTION OF THE NORTHGATE NEWS!