



NORTHAMPTON
HOUSING AUTHORITY

Hillside TERRACE

37 Main Street • Cummington, MA 01026 • (413) 634-5000

Property Information

Property Manager
Heather Maxwell

PmMgr1@NorthamptonHousing.Org
In Office Thursdays. Available M-F by phone
from 9-4

Resident Services Coordinator:
Netanya Ortiz
413-667-9258

Rsc3@NorthamptonHousing.Org
On-site: M & W or by phone M - T from 9:30-1
& Friday 9-2:30

Work Orders



ROUTINE WORK ORDERS

Can be submitted at any time. Leave a detailed message at the office, 413-634-5000.

EMERGENCY WORK ORDERS

After-hours emergency work orders,
413-584-4030 option 3.

Emergency work orders during regular business hours M - F 9-4, call 413-584-4030 option 6.

Brainteaser

Question: They fill me up and you empty me almost every day. But if you raise my arm, I work the opposite way. What am I?

Answer: A mailbox.

April 2023



Free Doorstep Delivery From Hilltown Pantry

April Food Delivery Date:

Wednesday, April 26th, 2023, @ 12pm

Please sign up & submit food selections by 4/18/2023.

Easter BINGO

Please join us in the Hillside Community Room on
Wednesday, April 12th, 2023, from 10:30-12pm
for a fun & friendly game of BINGO!



Art Class With Lena

You're invited to join us for an Art Class taking place in the Hillside Community Room! No sign-up needed!

- 4/17/2023 Painting Birdhouses
- 4/24/2023 Drawing Flowers

Manager's Corner

Don't Get Bugged

Spring's warmer weather means unwelcome critters may come calling on your home. If you notice any pests around your apartment, please call the office so we can schedule a visit from the exterminator.

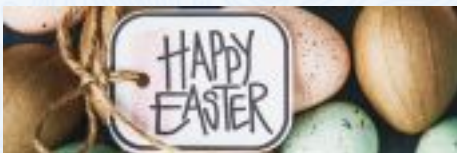
Maintenance Emergencies

These are some items considered an emergency:

- No water.
- No hot water.
- No heat.
- Your refrigerator stops working.
- Your drain or sewer backs up.
- Your toilet overflows and water continues to run out.
- You lock yourself out of your home.

Quiet Consideration

Your neighbors need their sleep, so please be careful to keep noise levels low, particularly at night. To avoid disturbing others, please don't slam doors or carry on loud conversations, and keep the volume on your TV and stereo turned down. Thanks for your courtesy.



Spring Into a Clean Home

Spring cleaning—we may not look forward to it, but the results of our efforts can be satisfying. Here are a few tips to help you get your home sparkling and your sense of accomplishment soaring:

Make a plan and set goals. Write down what areas of your home you will clean and when. Plan to tackle only one area at a time. The best part of such a list is crossing off each item as it is completed.

Check your inventory. Make sure you have all the cleaning supplies you will need, including cleansers, cloths, sponges, and a mop, broom and dustpan. Gather the smaller items and put them in a bucket or basket so they are easier to carry and keep together.

Before cleaning, declutter. Consider paring down the knickknacks you have on display. Give away or recycle magazines. The fewer items you need to move while cleaning, the faster you will finish. Use a laundry basket to gather items you need someone else in the household to sort through.

Start at the top. Clean rooms from top to bottom—from ceilings to baseboards and everything in between. Don't forget to clean behind and under furniture and appliances, if possible. When you are finished, take some time to sit back, relax, and enjoy your spotless space!



Doggie Dos and Doggie Don'ts

We're happy to allow dogs in our community, but ask that you practice responsible pet ownership. Please keep your dog's vaccinations up to date; never leave your pet alone for extended periods of time—especially on patios or balconies; keep them on a leash when outside; and always clean up after your pet. We're animal lovers, too, and want to make sure our community is a safe and pleasant place for all of our residents.

Laundry Courtesy

Your neighbors greatly appreciate it when you show consideration by removing your laundry promptly and helping keep the facilities tidy. Thank you for your courtesy!

No Smoking

No smoking in all apartments, common areas or 25 ft. from the buildings. You never know if the person next to you has asthma or when someone who uses oxygen is about to enter the room. Pass this along to your family, friends and guests. We (and your lungs) thank you for your support.



VITA Free Tax Assistance

Locations in Greenfield and Northampton. To make an appointment to get your free tax preparation, call 413-376-1136.

Free Tax Advice

The Tax Counseling for the Elderly Program provides free tax help to people 60 and older. For details, call (800) 829-1040.



FRTA Van Transportation

Once approved, call 413-296-4232 to make an appointment. Need to fill out an application? Schedule an appointment with your RSC today!



Grief or Depression? Suicide and Crisis Hotline, Dial 988

Grief is a natural, normal response to the loss of a loved one. Everyone recovers from loss differently, and there's no "proper" length of time to grieve. However, if persistent sadness obscures any pleasure in your life, such as laughter at jokes or enjoyment of hobbies, it might be depression. That means it could be time to seek help from a professional.

Easy Easter Treats

Whip up a batch of homemade Easter treats: Melt 3 tablespoons of butter and a 10-ounce bag of marshmallows in a microwave-safe bowl. Pour the mixture over 6 cups of crisped rice cereal, stirring to combine. Grease a muffin tin with cooking spray, then place spoonfuls of the cereal mixture into the cups and shape them into bird nests. After cooling, remove the nests from the pan and fill them with jelly beans or chocolate candy eggs.

'Honey' Is One

How many words can you come up with using the letters in "chocolate bunny"?

Resources at a Glance

Your Resident Services Coordinator Is Here for YOU!

To get connected to resources available to you, assistance with applications or more information, please don't hesitate to reach me at 413-667-9258.

Cummington Council on Aging

33 Main Street
Cummington, MA 01026
413-634-2262

Northern Hilltown Food Pantry

40 Main St, Goshen, MA 01032
413-268-7578

Wayfinders

256 Pleasant Street
Northampton, MA 01060
413-233-1500

DTA Assistance Line

877-382-2363

Preventing Falls

Each year, more than a third of seniors will fall. Falling can cause bone fractures and other health problems. To prevent falls, the U.S. Department of Health and Human Services recommends that older adults exercise to improve leg strength, get regular eye exams and keep floors and stairs free of clutter such as books, papers and shoes.

April 2023

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

April

Rent
is Due

							1
2	3	4	5	6	7	8	
9	10 	11	12 BINGO 10:30-12pm In Community Room	13	14	15	
16	17 Art Class 10-12pm Painting Birdhouses	18 Food Selections Due!	19	20	21 	22	
23/30	24 Art Class 10-12pm Drawing Flowers	25	26 Food Delivery 12-1pm	27	28	29	

April

Word Search



- | | |
|-------------|----------|
| April Fools | Poetry |
| Arbor Day | Rainbow |
| Butterfly | Recycle |
| Clouds | Reduce |
| Daffodil | Reuse |
| Earth Day | Showers |
| Meadow | Tulips |
| Mist | Umbrella |

S L O O F L I R P A K E B L C
M H V B U T T E R F L Y D R L
E E O F T U P B V C T A E L O
H K W W L O O C Y S F D W O U
G J B I E R J C I F U H O M D
A F P T D R E M O C P T B P S
P S R A Z R S D E Q P R N L E
K Y Y J O Y I S O A E A I G J
D H J V S L U M C L D E A Q W
V K O J V E E D L O C O R P A
W R C E R C J A O S O X W Z E