



MARCH 2025

NEIGHBORHOOD

Community News Letter

BLOOMING AT 22 NORTH

Last year we put a lot of love in our shared garden space and these perennial flowers have returned after a long dark winter to remind us of the beautiful colors in life!



This issue:

22 North flower beds

Coffee Hour at Laurel Forest

Food donations and cooking at 22 North

Spring Trivia

Upcoming

Peer Counseling

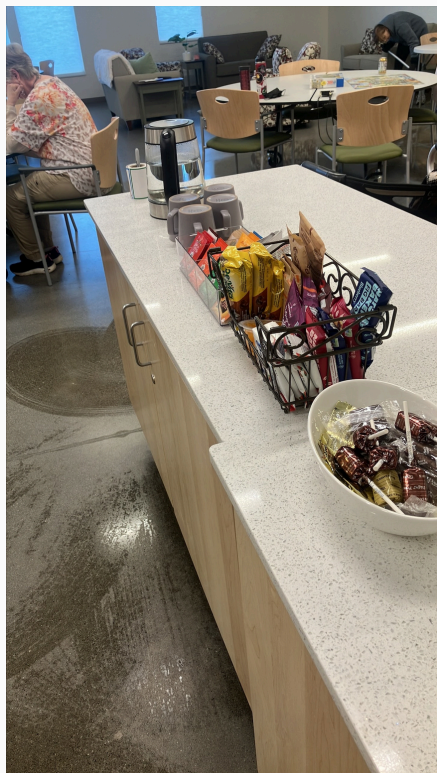
Earth Day Event

Tenant Senate and Cleaning Cart

"Money is not the only commodity that is fun to give. We can give time, we can give our expertise, we can give our love, or simply give a smile. What does that cost? The point is, none of us can ever run out of something worthwhile to give. Steve Goodier

WAKE UP AND SHINE AT LAUREL FOREST

Every Friday morning I set out coffee, tea and snacks and sit with the residents of Laurel Forest to share stories, listen to tales, do puzzles and share some laughter, it is a great way to start the day!



"Solidarity is a firm and persevering determination to commit oneself to the common good" John Paul II

Cafe Rumba and Sustainable Connections are great SPUDDIES!

Huge shout out to Cafe Rumba and Sustainable Connections for ensuring that the residents of 22 North get a taste of our local restaurants!



Cooking for the Community at 22 North

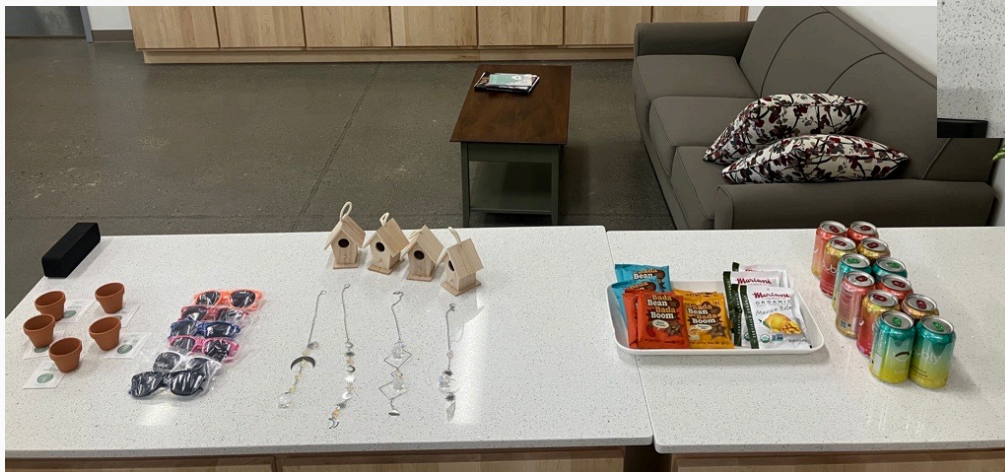
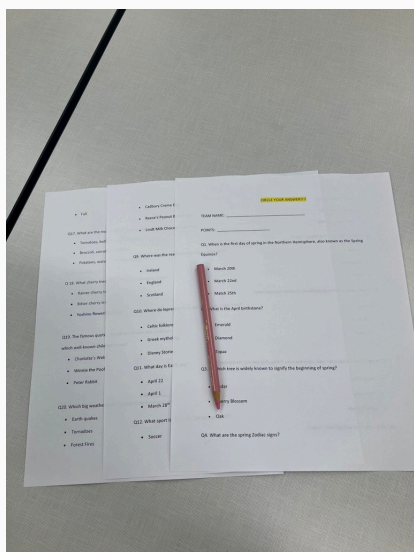
Residential Counselors of 22 North get creative in the kitchen! Repurposing what has been dropped off from the Food Bank. The Residential Counselors use their kitchen creativity to cook a meal to share with the residents. This Resident Counselor decided to cook kafta, a Palestinian dish of meatballs, rice and spices!



"Together we imagine a circle of compassion with no one standing outside of it"
Peggy O'Neill

Spring Trivia

We played Spring Trivia at all 3 buildings to celebrate the Spring Equinox! Residents for into teas of 3, learned a lot of facts about spring and went home with a spring themed prize!



Remember, if you ever need a helping hand, it's at the end of your arm, as you get older, remember you have another hand: The first is to help yourself, the second is to help others.
Audrey Hepburn

Upcoming

Peer Counseling Services are ongoing and picking up attendance



Upcoming Earth Day event...DIY SEED CAPSULES!



Tenant Senate and Cleaning Cart are still reoccurring once a month!



Giving and receiving kindness are easy ways to feel good and to help others feel good too. People, organizations, and societies thrive when they are grounded in a culture of kindness.

[Vivek Murthy](#)