

Northside Residential Fellowship Handbook

2020-2021

Cultivating connected,
compassionate, and
age-embracing
communities together.



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Overview

Welcome

Welcome to the Northside Residential Fellowship. Many of our Northside Neighbors are excited to meet you. You are joining a program that the community has envisioned for years and we are so excited you are here! You are encouraged to enter this experience with open ears, eyes, and hearts. Through program activities, you will meet new and long term neighbors and have the opportunity to build lasting relationships. You are here for the real. You are here for the stories. You are here to see the same faces and share a smile of love: a smile that says “ I’m glad to see you.” Through this experience, Northside will soon begin to feel like home – and as one resident said, “There ain’t no place like home.”

Background

To understand the importance of participating in this fellowship, we’d like to tell you about the history of your area. Northside is a historically Black neighborhood in Chapel Hill whose residents live and die by the mandate to “love thy neighbor as thyself”. However, in recent years, Northside has experienced “studentification” marked by a shift from a predominance of single-family owned homes to rental properties shared by college students. This process has disrupted the sense of community of Northside. Residents express seeing a change in the neighborhood that is not “for them”, one which social integration and community engagement are threatened.

This shift has also made it more difficult for long-time residents, especially older adults, to stay in the community. The health and wellbeing of older residents who have long been models of courage and care are essential to the health of the community more broadly. Retaining and preserving strong community networks supports the longevity and vibrancy of the community as a whole. Therefore, the Northside Residential Fellowship seeks to bridge long-term Northside residents and UNC graduate students in a mutually beneficial relationship. We seek to create space for students to be more active members of the Northside community and to re-establish a multigenerational neighborhood where all residents feel supported.

What to Expect

The Northside Residential Fellowship brings UNC graduate and professional students interested in aging and justice together in a living-learning community. By joining this program you can expect to:

- 1) Build relationships with other fellows and your neighbors, both young and old
- 2) Learn and grow together
- 3) Participate in community-wide events
- 4) Be engaged in Northside

Program Requirements

You and your housemates will create a community agreement that outlines your values and commitments for intentional community engagement. The NRF Program Coordinators will facilitate and support your continued participation in various components of the fellowship including:

- 1) Academic and Service Activities
- 2) Community Engagement Activities
- 3) Monthly and Biweekly check-ins
- 4) General Reflections or Journaling

Core Ideals

Mission

The Northside Residential Fellowship (NRF) builds on the Jackson Center's mission to honor, renew, and build community in Northside and UNC Partnerships in Aging Program's (PiAP) mission to cultivate age-embracing people and communities. The NRF strives to integrate these missions by supporting intentional and reflective community engagement that facilitates opportunities for students and long-term residents to grow, learn, and build relationships together in their everyday lives.

Vision

The NRF envisions cultivating experiences and spaces for students and residents that foster learning and critical reflection, leading to a neighborhood where the history of Northside is honored and valued, where every age is celebrated and supported, and where elderhood is viewed as a time for continued adaptation, growth, and contribution.

Core Philosophy

Why a Residential Fellowship.

Connection to Place: The NRF seeks to foster a deep connection to the Northside neighborhood by offering an opportunity for NRF students to be physically immersed in the community.

Connection to Community: The NRF offers opportunities to embrace and be embraced by community members through intentional interaction and engagement. We hope to foster a sense of belonging of NRF participants across the Northside community.

Aging in Community: The NRF encourages relationship building across generations to contribute to a community that engages people of all ages and abilities in a shared, ongoing effort to advance the common good. We believe aging in community is more than only aging-in-place and want you to see the contributions everyone in the community can make toward that goal.

Community Building in Everyday Life: The NRF values reflection on the ways our everyday lives impact our communities. Relationships are developed and nurtured in both the mundane and intentional ways of living our everyday lives. Therefore, we encourage NRF participants to consider, for example, how a routine walk through the neighborhood waving to neighbors or cooking a meal with a neighbor can be just as powerful as attending a community event.

Abundance-Based Community: The NRF employs an approach to community that focuses first on the tangible and intangible strengths of the community. An abundance-based community begins by honoring what community members, institutions, and groups already bring, then together and driven by the community, we celebrate and carry forward strengths in actions to address any needed changes. As a fellow, you will participate in abundance-based community action.

Core Values

How We Want to Live, Behave, and Interact

We are a community: We actively and intentionally participate in our community. We take time to learn about each other, our neighborhood, and neighbors. This is both where we live and who we are.

We are inclusive: We are inclusive of all people, regardless of age, race, gender, sexual identity, or ability. We welcome and invite all who are willing to engage. We desire to meet people across generations and backgrounds.

We are respectful: We value our differences and welcome diverse opinions. We truly listen to other's points of view. We consider each other's needs and feelings.

We believe in reciprocity: We teach and are taught, we help and are helped. We understand that relationships have many sides and act to cultivate mutual bonds. We are here for our neighbors and our neighbors for us.

We recognize balance: We understand the need to balance multiple commitments, especially between the fellowship and academia. When we feel overwhelmed, we communicate and seek support to reorganize our priorities. We do not allow one thing to dominate our life.

Core Intersecting Perspectives

What We Want to Learn and Understand

Expanded View of Aging: The NRF seeks to cultivate age-embracing communities where elderhood is understood as an opportunity for growth and vibrancy. We recognize aging can sometimes involve loss and challenge, but we hope to expand an understanding of aging beyond these negative stereotypes to value the vibrancy and opportunities that can come with getting older.

Racial Equity: The NRF seeks to offer a space where racism - structural or individual, covert or overt - can be understood and dismantled. Guided by a community steeped in historical anti-racism work, we address this injustice through a historical and experiential lens, working together to develop skills and tools that pursue equity.

Housing Justice: The NRF seeks to highlight the integral role home and place have in the health and well-being of residents and the community. Affordable, accessible, and stable housing is essential for feeling at home and safe. We will explore personal stories, histories, and policies that have influenced housing justice in the community, specifically through the lenses of aging and race.

Expected Program Components

Fellowship Structure and Activities

The following activities are the framework on which the fellowship experience is built. These are meant to offer structure for effective reflection, learning, and engagement as the fellowship experience unfolds.

NRF Orientation

A three part orientation will be organized by the Program Coordinators. The three sections include: Section I: Getting to Know Each Other and The House, Section II: Getting to Know the Community and Section III: Learning and Growing Together. An orientation schedule will be shared with you shortly after moving in. We expect everyone to attend the orientation and participate fully to ensure a great start to the year.

Creating the Community Agreement

In the fall of each year, the housemates will hold a meeting with the Program Coordinator to establish and commit to specific values and practices together. The agreement will include statements in these areas:

- 1) Values (how we live, behave, and interact)
- 2) Household practices (chores, guests, noise, community meetings)
- 3) Academic and Service Activities (trainings and service)
- 4) Engagement in NRF Activities as outlined below

You are expected to be fully engaged in fellowship activities consistently throughout the year. The values and practices we commit to together will help guide us and foster accountability throughout the year.

Bi-Weekly Discussions and Community Meetings

Every other week the housemates will meet with a Program Coordinator as an opportunity for personal growth and professional development. Over the course of the year, we will discuss a wide range of topics including age, race, housing, gentrification and more. We are excited to learn together over the year. A preliminary schedule of topics can be found in the orientation agenda, but we will work together to develop and modify this list to fit your interests. Please feel free to invite your older adult LINK partners to these discussions.

During the orientation, we will identify a time that works well for the group and will have a standing, bi-weekly meeting. We expect that everyone will be present each week, however if you need to miss a meeting, please contact the Program Coordinator.

Participation with LINK

As NRF's, you will be participating in LINK, another initiative organized by PiAP and the Jackson Center. LINK connects graduate students at UNC with elders in Northside to promote intergenerational connection. Each Northside Residential Fellow will be matched with an elder from Northside and you will connect with them weekly. Your participation in LINK will include weekly visits/phone calls with your elder.

Weekly Journaling

We encourage you to journal and reflect on your experiences as a NRF. We have created an option to submit your weekly journals by Airtable which helps the Program Coordinators understand your experience.

Learning and Service Activities

The following are included to prepare you for an enriching NRF experience. We want to make sure you have the tools necessary to grow, so we have incorporated a variety of onboarding training and service components.

Conflict Resolution Workshop

Conflicts sometimes arise while living in community, it is important to have a protocol in place. We will utilize the Situation-Behavior-Impact (SBI) tool to reduce and resolve conflict within the household. You will have the chance to workshop scenarios to become familiar with the SBI process. This workshop will be offered on August 19th as a weekly check in with the Program Coordinators.

Safe and Humble Spaces Workshop

We want to create a healthy living environment in which all fellows will feel comfortable and thrive. Safe space is defined as a “place where anyone can relax and be fully self-expressed, without fear of being made to feel uncomfortable, unwelcome or challenged on account of biological sex, race/ethnicity, sexual orientation, gender identity or expression, cultural background, age, or physical or mental ability; a place where the rules guard each person's self-respect, dignity and feelings and strongly encourage everyone to respect others.” This workshop will be offered on August 26th as apart of your weekly check in's with the Program Coordinators.

Soundwalk of Northside

“Histories of Home” is a self-guided tour around the neighborhood. Featuring the voices of over a dozen community members and narrated by Northside natives, this audio tour is an introduction to some of the stories, struggles, and aspirations of our community. You will experience the soundwalk during orientation. It can also be accessed through the Jackson Center website [here](#).

Jackson Center Service Partner Orientation

The Jackson Center offers a service-partner training that informs you of the work they do to preserve the history of Northside. This will also provide you an important overview about the real estate changes that are occurring. Volunteer opportunities will also be explained. You will complete this short training at your convenience by the first week in September. Orientations are offered Mondays and Thursdays 1:30pm-3:30pm. Visit the [Jackson Center website](#) for information on how to register.

Commitment of Volunteer Service in Northside

This is just another way to connect with your community and its members. We ask fellows to commit to at least one monthly service activity or intentional community engagement. We will ask you to report about these experiences in reflections and monthly check-ins along with the amount of hours you completed. Where you serve is up to you, and you are encouraged to pick a place that taps your passions. Below are some options:

- Heavenly Groceries
- Northside Elementary School
- Hargraves Community Center
- Marian Cheek Jackson Center
- EmPOWERment, Inc.
- Community Home Trust

However, feel free to seek any opportunity related to serving the Northside community directly.

Oral History Workshop

The Marian Cheek Jackson Center Oral History Trust grew out of years of listening to neighbors recount their struggles, triumphs, visions, and values. It gives a rich, layered, and multi-perspective view of the historically Black neighborhoods that make up what are currently known as Northside and Pine Knolls in Chapel Hill, NC: Pottersfield, Sunset, Lloyd/Broad, Sunset, and Tin Top. You will have the chance to explore the Trust and to choose an oral history, listen closely, and reflect. We will discuss your reflection during the workshop. You are encouraged to the Oral History Trust can be accessed [here](#).

Enrollment in Relevant Coursework*

We understand you are entering the NRF with various academic backgrounds. One of our goals is to further your academic learning in aging, health, and community development. In Spring 2021, we encourage you to enroll in a course of your choice that is related to one of the NRF core perspectives, Aging, Racial Equity, and/or Housing Justice, to develop skills or content knowledge. *This is not a required part of the fellowship, but is highly encouraged and can supplement the learning occurring during your time in the community and in the classroom.

Common Questions about Fellowship Expectations

What to do when academic and fellowship priorities conflict?

We understand there may be instances when school and fellowship priorities conflict. In these situations, we ask for you to communicate with your Program Coordinator as soon as the conflict arises. Please communicate conflicts early so we can adjust to support you in continuing to participate as fully as possible in the program.

What to do when you have a conflict with a housemate or neighbor?

Ideally, you will be able to resolve interpersonal conflict with each other. In order to communicate effectively, remember to utilize the Situation-Behavior-Impact tool. This tool identifies the situation, describes the behavior, and explains its impact. If conflict cannot be resolved, contact your Program Coordinator for mediation.

What to do if you have comments or concerns about the fellowship?

Each month, the Program Coordinator will offer a time to discuss your experience with the fellowship and living in the house. These meetings will be held 1-on-1 so that you can speak freely. You can also email the Program Coordinator to set up additional conversations. The Program Coordinator will maintain an appropriate level of confidentiality although may recommend sharing your concerns with others and may need to take deliberate action to support you and your housemates.

Code of Conduct

We abide by an adapted version of the Jackson Center's code of conduct.

1. We steward community and resources carefully and transparently.
2. We exercise integrity in all of our actions and transactions.
3. We are responsible for our decisions and their consequences.
4. We treat all individuals with dignity, fairness, and respect.
5. We are accountable for our commitments to this household and to our community.
6. We avoid conflicts of interests and disclose them when they occur.
7. We address internal differences and disputes with courage, compassion, and clarity, following established protocols, with the aim of building the kind of community in our home that we'd like to see in the world.
8. We maintain professional discretion in all of our interactions.

Highly Encouraged Engagement Opportunities

Northside Community

The following are opportunities to engage with the Northside community broadly. We highly encourage you to take advantage of these wonderful and enriching opportunities to connect with the community.

BE WITH your neighbors

As a NRF, you are signing on to be a good neighbor. Immerse yourself into your surroundings and take the chance to get to know people. This may come naturally, but, for starters, when you are out, introduce yourself, wave as you walk by, stop by your neighbor's porch, play basketball with the youth outside. Random acts of kindness such as sharing cookies or putting newspapers on the porch are also welcomed and encouraged. These interactions embody "intentional community."

Neighbor Gatherings*

Every three months, fellows, with support from your Program Coordinator, will plan gatherings with multiple neighbors. The host of the event will choose what the central activity will be. Students and neighbors have suggested cookouts, game nights, dancing, gardening, and crafts as possible ideas. This gives the host an opportunity to share his/her talents and passions with neighbors.

**These have been put on hold for the 20-21 Academic Year due to COVID-19 Restrictions/Risk*

Neighbor Engagement*

We want you and your neighbors to get to know one another as friends. You are encouraged to socialize with your neighbors. Unlike the above gatherings, these are with one or more neighbors on a more informal basis. Invite your neighbor for a walk, play cards, offer a helping hand in chores, discuss a book, go out to eat, or sit down for fellowship. These are a few of many ways to enjoy time with your neighbors.

**Please use appropriate COVID-19 precautions when engaging. We do not encourage as many in-person engagements in the 20-21 Academic year.*

Community Events*

Throughout the year, community organizations host celebrations. Northside values opportunities for neighbors to enjoy one another and celebrate. As a member of this vibrant community, you will join in the fun. These "open to the public" celebrations will allow you to meet neighbors from across all parts of the community. You are encouraged to invite friends and family. Be on the lookout for community events to attend. An online calendar will be available for you to reference and update as you hear about new events. Below is a description of some recurring celebrations. Many other organizations host events, so do not limit yourself to the ones listed!

Good Neighbor Block Party

The block party is designed to help neighbors meet each other and socialize in an evening of friendship, free food, live music, games, raffle prizes, and more. It is part of the Good Neighbor Initiative (GNI) spearheaded by UNC and the Jackson Center.

Porch Revival Tour

Porch pop-ups are an annual series of monthly Friday evening gatherings that one or more neighbors host on their porch, lawn, and/or favorite outdoor space. Past pop-ups have featured food, crafts, and dancing.

Northside Festival

The Northside Festival occurs every April to celebrate the history, legacy, and future of the neighborhood. This celebration attracts people from across Chapel Hill and Carrboro. It grows every year!

Holiday Party

The Jackson Center hosts neighbors for an evening of dinner, song, and celebration. Staff, residents, and students are all invited to this event. In 2017, 150 people joined in!

Hot Cocoa on the Porch

Like the Porch Revival Tour, these get-togethers are just another way neighbors get together to enjoy each other. These do not occur on a regular schedule but are a fun way to gather in the colder months.

**Many of these will be modified due to the pandemic, you are still highly encouraged to participate in these modified versions as much as you are comfortable.*

Heavenly Groceries*

Heavenly Groceries/Comida Celestial is a certified food bank and ministry of St. Joseph CME Church, dedicated to providing quality produce and grocery items to the under-served communities in and surrounding Chapel Hill, North Carolina. Heavenly Groceries reclaims food from three groceries stores and serves an estimated 3,500 individuals a month from at least five different counties. The food bank is open five days a week for distribution. Heavenly Groceries food ministry has several engagement options. These vary from driving from the food pick-up location to the food ministry, helping sort food before it is delivered, distributing food, and cleaning up after the food ministry.

Due to the pandemic these shifts have changed. Please see below

During the pandemic, there multiple options for engagement where service partners are essential. These can include picking up donations from a donation partner, picking up food from the town of Chapel Hill and the Foodbank of Eastern North Carolina and redistributing to elders and families in the neighborhood, sorting food on Wednesdays, and delivering boxes of food to people in the neighborhood.

Household Community

While engagement with neighbors and community members is a vital component of NRF, we encourage you to have a recurring time to connect with one another as housemates. We suggest planning times, potentially regular and recurring, to eat together, watch movies, go for a walk in the neighborhood, or other activities. This offers a time to reflect on your experiences with one another and to build camaraderie in the house. While we want to offer choice in your household gathering, we will be gathering at least twice a month over a shared meal* to discuss various topics and our experiences together.

***These meetings will take place either virtually or with appropriate COVID precautions for the 20-21 Academic year.**

Older Adults

The following are opportunities in the area to engage with older adults or programs that specifically target older adult engagement and services.

Seymour Center

The Orange County Department on Aging operates a vibrant and active senior center at 2551 Homestead Road in Chapel Hill. We encourage you to visit the center and receive a tour at least once. There are also many opportunities and activities to engage with seniors.

Senior Resource Teams

The Orange County Department on Aging organizes groups of seniors who work to address specific issues in the community. There are senior resources teams for a variety of topics: LGBTQ Seniors, End of Life, Caregiving, and more. Ask a program coordinator for the full list and how to get in touch with these groups.

Master Aging Plan Work Groups

The Orange County Department on Aging leads work groups addressing various senior needs throughout the county, guided by the County Master Aging Plan. These include: Affordable Senior Housing, Community Support and Health Services, Outdoor Spaces, Transportation, Employment, Social Participation, and Communications. Ask a program coordinator for how to get connected to these groups.

Charles House Eldercare Home

Charles House Association operates daytime eldercare and eldercare homes. You can visit one of the Eldercare Homes to better understand a neighborhood-based option for long-term care. You can coordinate your visit by contacting Paul Klever 919-967-7570 or paul@charleshouse.org. We encourage you to coordinate this visit as a group.

Orange County Affordable Housing Coalition

Attend the OCAHC meeting with Cherie Rosemond to see how PiAP advocates and works alongside other affordable housing stakeholders for senior housing.

Orange County Home Preservation Coalition

Attend the OCHPC meeting with Ryan Lavalley to see how OC home repair organizations work together to more efficiently and accessibility provide seniors with needed repairs and modifications.

Your Community and its Partners

NRF Program Coordinators

Ryan Lavalley is a community based occupational therapist who has been working in partnership with the Orange County Department on Aging and the Partnerships in Aging Program for several years. He completed his PhD at UNC-CH in 2019 with a focus on community formation, justice, inclusivity, and older adults through everyday doing. Previous to his time at UNC-CH, he participated in an academic service-learning semester in Managua, Nicaragua and also lived in a social justice oriented intentional community for two years.

- Phone: 304-654-5033
- Email: rlava@email.unc.edu

Aisha Booze-Hall is a food justice senior fellow at the Marian Cheek Jackson Center where she continues to work in the food ministry, to help with eldercare work and teaches local history. She is an alumnus of UNC-CH where she double majored in Environmental Studies and African American and Diaspora Studies with a focus in Sustainability. Her passions lie in equitable sustainable food systems and this drew her to the Jackson Center's food ministry, Heavenly Groceries in which she bonded with the Heavenly Angels (older women who operated the food ministry). Today she continues to work with food justice, Eldercare Partners Project, and Aging Across Generations.

- Phone: 828-541-2478
- Email: aisha@jacksoncenter.info

Program Coordinators are your point of contact for questions and concerns related to household governance and program activities. You will have a monthly 1-on-1 meeting with one of your coordinators so they can understand your experience with the fellowship. The Program Coordinators are excited to support you during your NRF experience and are available to you. In addition, contact your coordinator for questions related to:

- Household environment
- Completing training opportunities
- Planning neighbor engagement activities
- Your service commitment
- Attending community events
- Issues with your LINK relationship
- Issues between tenants

NRF Advisors

Advisors provide ongoing support and guidance for you and your Program Coordinators. They also enrich your learning experience by facilitating development trainings in their fields of expertise.

George Barrett: Jackson Center Executive Director

- Phone: 704-891-6520
- Email: george@jacksoncenter.info
- George Barrett is the Executive Director of the Marian Cheek Jackson Center. He graduated from UNC in 2014. In the spring of his senior year, he came to Northside as a service-learning volunteer and never

turned back! He joined the Jackson Center the following Fall as an Americorps Vista volunteer for Economic Development. George then began directing student engagement for the over 400 students who serve in Northside annually. George currently leads university-community partnerships, directs the critical home repair program - Promise of Home-- and is a part of the project team for the Northside Neighborhood Initiative: a multi-partner initiative to preserve the future of the Northside, Pine Knolls, and Tin-Top neighborhoods. He is also a dancer, performer, and movement maker, facilitating groups and communities to reach their self-determined goals. George is a great resource and you will likely run into him a lot when you participate in community events!

Cherie Rosemond: Director of UNC Partnerships in Aging Program (PiAP)

- Phone: 919-843-9877
- Email: crosemon@unc.edu
- Dr. Rosemond brings almost three decades of experience working on the social, physical, and political aspects of aging in the United States. Cherie views later life as a time for continued growth, contribution, and vitality. As such, she is a champion of interdisciplinary, intergenerational, community engagement as a way to ensure our homes and neighborhoods are great places for people of all ages to live. She also focuses attention on the arts and humanities as a way to expand and re-imagine new possibilities for later life. She has worked with a team of aging services providers, UNC students, and community members to develop and implement Orange County's Master Aging Plan. Her focus areas include senior housing, transportation, and caregiving.

Your Neighbors

We can't get this information for you, but we can't stress enough the importance of connecting with your neighbors. Get to know them and see what stories they have to share. Say hello and be a friendly face when you pass by.

Other Important Contacts

Questions related to your lease: Self Help

Graham Smokoski, Project Manager

Email: Graham.Smokoski@self-help.org

Aspen Romeyn

Email: aspen.romeyn@self-help.org

Questions related to Yard Maintenance and House Maintenance: Jackson Center

Kathy Atwater, Community Advocacy Coordinator

Email: kathy@jacksoncenter.info

Utility Resources

Although basic utilities, excluding internet, are included in your rent, below you will find contact information for area service providers in the event you have issues.

Town of Chapel Hill Public Works

- <http://www.townofchapelhill.org/town-hall/departments-services/public-works-1>

Electricity provider: Duke Energy

- <https://www.duke-energy.com>

Water provider: OWASA

- <https://www.owasa.org/>

Gas provider: PSNC Gas

- <https://www.psnenergy.com/>

Internet/Cable: Spectrum

- <https://www.spectrum.com>

Appendix A: Lifestyle Resources

Recreation

Hargraves Recreation Community Center

- Location: 216 N. Roberson Street
- Phone: 919-968-2794
- Hargraves is a community center a short walk away from your home. Facilities include the A.D. Clark pool, a softball field, tennis courts, basketball courts, volleyball court, playground and picnic shelter.
- The pool is a great place to soak up the summer from Memorial Day-Labor Day
- Often there are pick-up games to join in on the basketball courts.

Outdoor Education Center

- Location: CB #3433, Country Club Road (end of Country Club Rd.)
- Includes a premier 18-hole disc golf course, a comprehensive high and low elements challenge course, 3 sand volleyball courts, 8 tennis courts, and a bouldering wall.

Tanyard Branch Greenway

- Natural surface trail that links the Northside neighborhood with Umstead Park. A good place to walk, run, and explore.

Grocery Options

Weaver Street Market

- Location: 101 E Weaver St, Carrboro, NC
- This is a co-op that provides a full grocery store and also salad and hot bars. They provide a variety of local vendors. There is a large outdoor lawn for you to relax and enjoy as well. Check their website for upcoming events such as live music. You can walk here from your home if you do not have much to carry home.

Harris Teeter

- Location: 310 N Greensboro St , Carrboro, NC
- Harris Teeter is your standard supermarket. It is open 24 hours and offers a discount to students. You can also walk here from your home if you do not have much to carry home.

Carrboro Farmers Market

- Location: 301 W Main St, Carrboro, NC
- Open Wednesdays 3pm-6pm (seasonally) and Saturdays 7am-12pm (all year)
- Over 75 Market members with locally produced goods each week. Vendors sell a wide selection of the highest quality locally grown produce, pasture raised meats, eggs, cheeses, breads, and pastries. All goods sold are produced within 50 miles. EBT/SNAP accepted.

Heavenly Groceries

- Location: Fellowship Hall at St. Joseph CME Church- Enter from 510 W. Rosemary Street Parking lot, behind the church and the Jackson Center
- Hours: Monday-Friday 3:30-5:00 p.m.
- Heavenly Groceries is a certified food bank that allows you to choose the fresh produce and grocery items that meet your needs. All are welcome.

Food/Study/Drink

Mama Dip's

- Location: 408 W. Rosemary Street
- Mama Dip's has been a Chapel Hill staple since 1976. Go here for the best soul food/southern country cooking. This is a sit down dining experience.

Vimala's Curryblossom Cafe

- Location: Inside the Courtyard: 431 W. Franklin St. Suite 16 Offers authentic south Indian cuisine and southern favorites using local ingredients. It is a good place to sit down and catch up over a delicious meal. It has a small indoor dining area and a large patio.

Mediterranean Deli

- Location: 410 W. Franklin St
- Offers fresh local, Mediterranean food. It is a good place for a fast-casual lunch or dinner. Order at the counter and they bring your food.

Italian Pizzeria III (IP3)

- Location: 508 W. Franklin Street
- Family-run counter-serve pizza shop for hand-tossed pies & other Italian eats, plus sports on TV. Pizza by the slice or full-pies. Fun for a casual group dinner.

Carrburritos

- Location: 711 W. Rosemary Street
- Offers fast-casual Mexican that is made in-house daily. It is recommended to indulge on the burrito, but tacos and other options are also tasty. Good for lunch or casual dinner. They have a nice outdoor patio.

Bread & Butter

- Location: 503 W. Rosemary Street
- This is the closest coffee shop to your home. They have delicious coffee, scones, pastries, and treats. It is usually very quiet, so it is a good place to get work accomplished. Closed on Mondays.

Gray Squirrel

- Location: 360 E. Main Street
- Offers fresh-roasted coffee and a small selection of baked goods. It can get pretty crowded during peak study hours, but it is still a nice place to get work accomplished. The outside area is shaded.

Beer Study

- Location: 106 North Graham Street
- Beer Study is frequented by graduate/professional students and is great for catching up with friends. The inside space is tight because of their retail selection, but there are a few tables. Outside there are picnic tables and other seating.

Bonchon

- Location: 205 E. Franklin St
- Bonchon has Korean fried chicken. I would suggest trying their garlic soy wings.

Others?

- Chapel Hill and Carrboro offer a variety of options. This list includes some walkable options and is just to help get you acclimated. Get out and explore! You are encouraged to get to know people and ask people for suggestions.