

Confederated Tribes of the Umatilla Indian Reservation

Housing Department

541-429-7920

EMAIL:
housing@ctuir.org

We are open
7:30-12:00
(closed/lunch)
1:00-4:00
Monday-Friday

Call UTPD
541-278-0550
for
after-hours
emergency work
orders:

- no heat
- no water
- leaks
- safety issues

Housing Department Office:

Keny Mitchell, RS Compliance Manager
 Paula Wagner-Bellingham, Secretary II
 Kimberly Hughes, RSC/Home Inspector
 Heather DeMary, RSC
 Tina Baum, RSC/Office Assistant
 Penny Bott, Procurement Officer
 Marcus Luke II, Director

Housing Department Maintenance:

Tanner Michael, Maintenance Manager

Maintenance Repairers:

Garrell Moore, Chris Marsh, Marcus Conner, Lance Dick, KC Picard, Tim Cain, Ron Snyder, Tiya-po Farrow



CTUIR COMMON #S

UTPD - - - - -	541-276-0550	CTUIR NIXYÁAWII GOV. CENTER - - - - -	541-429-7134
CTUIR DCFS - - - - -	541-429-7305	CTUIR ENROLLMENT - - - - -	541-429-7035
CTUIR SENIOR CENTER - - -	541-240-8700	CTUIR TERF - - - - -	541-276-4040
YELLOWHAWK - - - - -	541-966-9830	KAYAK PUBLIC TRANSIT - - - - -	541-429-7519
WILDHORSE RESORT - - - -	541-276-6169	TAMASTSLIKT CULTURAL INSTITUTE - - -	541-429-7700
CAYUSE TECHNOLOGIES - -	541-278-8200	MISSION MARKET - - - - -	541-276-9082
ARROWHEAD - - - - -	541-276-8080	NIXYÁAWII COMMUNITY FINANCIAL SERVICES -	541-304-2387

OTHER NUMBERS

CAPECO - - - - -	541-276-1926	HELPING HAND - - - - -	541-276-3418
------------------	--------------	------------------------	--------------

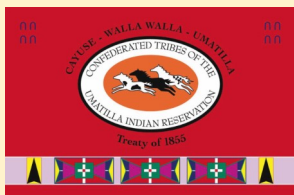
UTILITIES

PACIFIC POWER & LIGHT - -	888-221-7070	UMATILLA ELECTRICTRIC - - - - -	541-567-6414
CASCADE NATURAL GAS - -	888-522-1130		

CTUIR Housing Commission

housingcommission@ctuir.org

Lindsey Watchman
 Cami Lewis
 Tom Pierre, Sr.
 Melinda Alexander
 Katrina Burnside



REMINDER Social Security Administration announced:

5.9 percent cost-of-living adjustment (COLA) for Social Security and Supplemental Security Income beneficiaries.

If you are receiving either benefit or both, please retain your new statement of benefits and call your Resident Service Coordinator to make arrangements to have it photo copied for your file. These are required for your annual re-certification.



<http://www.hud.gov>

FACTS FROM HUD:

As sovereign nations, tribes are the direct recipients of federal funding from the United States Department of Housing and Urban Development (HUD). Each tribe designates an entity to administer its housing programs with these federal dollars. (CTUIR Housing Department), Referred to as a Tribally Designated Entity, or TDHE, the organization may be a department within the tribe, tribal housing authority with separate board of commissioners, or a nonprofit organization. The entity designated by the tribe to receive HUD funds must comply with the rules and requirements of the program.



The Native American Housing Assistance and Self Determination Act of 1996 (NAHASDA) PL104-330 became a law on January 3, 1996, and is the governing statute of the Office of Native American Programs. The intent of the law was to provide federal assistance for Indian tribes in a manner that recognizes the right of tribal self-governance. NAHASDA gave tribal governments' greater control over the housing program by consolidating a number of federal housing programs that provided funding primarily to low-income Native Americans, into a single, formula-driven recurring block grant program. Under the Indian Housing Block Grant, tribes self-determine the plan, design, construction and maintenance of affordable housing on Indian reservations and Native communities.

Regulations for NAHASDA, which are negotiated with tribes after each reauthorization of the statute, can be found in the Code of Federal Regulations at 24 CFR Part 1000. HUD's Office of Public and Indian Housing (PIH) issues Notices to articulate regulations in more detail. Notices are reviewed and approved by HUD's Office of General Counsel. HUD's Office of Native American Programs issues Program Guidance, which are less formal interpretations of a regulation and is not vetted by the Office of General Counsel.

Community Action Program of East Central Oregon (CAPECO)

501 (c)(3) private non-profit organization

- Energy Assistance-Weatherization 541-276-1926
- Supplemental Food Assistance 541-276-5073
- Promise Inn-Homeless & Transitional Housing 541-240-7420
- Helping Hand-Services to Families/Individuals seeking assistance for basic needs 541-276-3418



www.CAPECO-Works.org

Located: 721 SE 3rd Street, Suite D; Pendleton, OR 97801

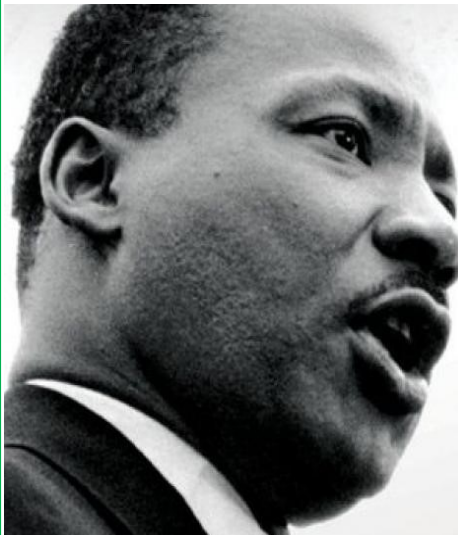
New Year's Resolution Ideas for 2022

1. Eat food that makes you well. Improve your energy, and feel happier!
2. Follow a consistent sleep schedule
3. Be more present... put down the electronics and be with your family and friends in the moment.
4. Spend some time alone. Allow the little chores to wait while you take some time for yourself
5. Start a workout routine... even if it's a little dancing in the living-room, or going for a walk.
6. Learn something new related to your passion... learn a new way to cook or new drawing technique.
7. Write down your goals... then make a plan to accomplish them— then pat yourself on the back!
8. Push through adversity. Practice good coping skills such as exercise, singing, and laughter.
9. Don't settle for less. Never settle when it comes to your relationships, finances, or your happiness!
10. Follow successful habits. Start your day earlier, prioritize what's important for your health, family, goals in life.

AMERIND is a 100% Tribally owned and operated insurance provider committed to Indian country, with over 400 tribes united to create it. It provides liability, auto, & workers' compensation for Tribes, Tribal governments & Tribal businesses as well as individual property coverage for Tribal members.

CALL AND GET A QUOTE!

1-800-352-3496



"IF YOU CAN'T FLY THEN RUN,
IF YOU CAN'T RUN THEN WALK,
IF YOU CAN'T WALK THEN
CRAWL, BUT WHATEVER YOU
DO YOU HAVE TO KEEP
MOVING FORWARD."

Martin Luther King, Jr. Day
January 17, 2022
Offices will Closed in Observance

FRIENDLY REMINDERS:

- ◆ Tenants with over-full trash cans may receive an extra charge by TERF.
- ◆ Office is now open to the public, but please limit to 2 people from the same household at a time. Face coverings are required.
- ◆ Please contact housing for any and all water leaks immediately.
- ◆ Please keep thermostat/heat on to ensure pipes do not freeze. Open sink cupboards to allow heat to circulate.
- ◆ Watch for ice on sidewalks, on overhangs, & gutters, falling ice is also a danger! Call if an Elder needs assistance to remove ice or treat with ice melt/or salt.
- ◆ Be sure to park vehicles so they are not a hindrance for TERF trucks, neighbors' driveways, passing vehicles, and do not park on grass/yards.
- ◆ As always, call UTPD for after-hour and holiday closures for work orders that need immediate attention like: water leaks, no heat, no water, electrical, or hazardous conditions. 541-278-0550 UTPD Dispatch will contact Housing Maintenance On Call Staff.

Thank You!

Dear Tenants:

If at any time you need clarification of Housing policies, your lease, or paperwork you have received, please contact your Resident Service Coordinator (RSC). These ladies are either Kimberly, Heather, or Tina. They are here to assist their Tenants' needs, such as: the moving in or out process, Annual re-certification, new employment/income, loss of income, or any changes to your household composition - like the birth of a child.

Please remember also to: Return paperwork as soon as possible, as it is time sensitive!




Request paperwork if you need replacements, immediately.

Resident Services are appreciative of the effort and time that Tenants make to ensure their Annuals are done promptly and smoothly, as these are HUD/NAHASDA policy, and both Tenants and Housing must stay in compliance to receive these services.

Thank You-Sincerely,

Kimberly, Heather & Tina

3 COMMIT 30-day declutter challenge

1 empty one junk drawer 	2 clean off kitchen table 	3 go through entryway table / closet	4 clean out spice drawer	5 clean out fridge 	6 purge your clothes closet 	7  purge kitchen cabinets
8 donate old books and magazines 	9 clean out your wallet 	10 clean out your purse	11 purge makeup drawer/bag	12 clean out /organize plasticware drawer	13 purge bathroom cabinets	14 go through old shoes 
15  go through your inbox and unsubscribe	16 purge and organize linen closet	17 purge medicine cabinet 	18 clean out freezer 	19 clear off kitchen counters	20 clean out desk 	21 clean out pantry
22  back up photos on your phone and delete	23  get rid of extra bags and accessories	24 clean out your car 	25 clean out laundry room 	26 purge, donate, and organize toys	27 donate old games/craft supplies 	28 organize cleaning supplies
29  purge your social media following lists	30 clean up garage	<p>Tips: Donate gently used clothes, shoes, books, games, etc. to your local shelter, thrift store or post on FB marketplace. Try to avoid throwing things away – recycle when possible. Other areas that may need attention: kids closets; clothing drawers.</p>				

Don't let winter find you unprepared, kick it in the pants, and be ready!

CTUIR Housing Department
Home Inspector's resources


Winter Preparedness Checklist




Home Winter Preparedness Checklist










<input type="checkbox"/>  Select Foods See Additional Checklist	<input type="checkbox"/>  Warm Clothing Hats, Mittens, Parkas, Boots	<input type="checkbox"/>  Flashlights & Extra Batteries
<input type="checkbox"/>  Disposable Dishware Plates, Bowls, Utensils	<input type="checkbox"/>  Extra Blankets	<input type="checkbox"/>  First Aid Kit
<input type="checkbox"/>  Specialty Items Meds, Infant Formula, etc.	<input type="checkbox"/>  Matches For Candles & Gas Fireplaces	<input type="checkbox"/>  Cell Phone Fully Charged
<input type="checkbox"/>  Portable Radio AM/FM/Wx Radio & Batteries	<input type="checkbox"/>  Shovel/Snow Blower Check condition & maintain	<input type="checkbox"/>  Firewood For Wood Fireplaces



Car Winterization Checklist






<input type="checkbox"/>  Check Engine Fluid Levels Oil, Coolant, Washer Fluid, etc.	<input type="checkbox"/>  Inspect Tire Tread Replace if Near Wear Limit
<input type="checkbox"/>  Test Battery Replace if Necessary	<input type="checkbox"/>  Install Snow Tires if You Own a Set
<input type="checkbox"/>  Use Deicing Washer Fluid Clean Windshield at Low Temps	<input type="checkbox"/>  Test Headlights & Taillights
<input type="checkbox"/>  Switch to Synthetic Oil Handles the Cold Better	<input type="checkbox"/>  Add & Inspect Winter Survival Kit



Home Winter Survival Food Checklist



<input type="checkbox"/>  Canned Fruits and Vegetables Requires a Manual Can Opener	<input type="checkbox"/>  Bread and Condiments Keep Bread Frozen to Last Longer
<input type="checkbox"/>  Crackers, Nuts, Fruit Bars, Chips High Energy Foods	<input type="checkbox"/>  Cereal and Toaster Pastries
<input type="checkbox"/>  Soups Some Soups Require Water or Heating	<input type="checkbox"/>  Meals Ready to Eat (MREs)
<input type="checkbox"/>  Cookies and Hard Candy	<input type="checkbox"/>  Bottled Water 1 gallon per person, per day (for at least 3 days)



Car Winter Survival Kit Checklist



<input type="checkbox"/>  Flashlight & Extra Batteries	<input type="checkbox"/>  Blankets/Sleeping Bag	<input type="checkbox"/>  Extra Clothing Hats, Mittens, Parkas, Boots
<input type="checkbox"/>  First Aid Kit	<input type="checkbox"/>  Non-Perishable Food Granola Bars, Dried nuts, etc.	<input type="checkbox"/>  Sand/Kitty Litter Used for Traction
<input type="checkbox"/>  Snow Shovel	<input type="checkbox"/>  Bottled Water	<input type="checkbox"/>  Cell Phone & Charger
<input type="checkbox"/>  Ice Scraper with Brush	<input type="checkbox"/>  Booster Cables	<input type="checkbox"/>  Flares/Triangles & other Bright Objects