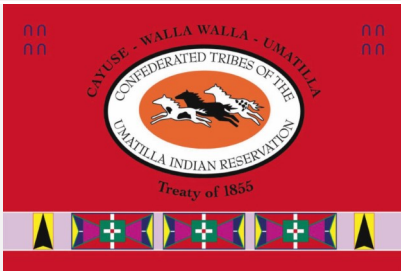


# OCTOBER



Housing office open Mon-Fri: 7:30-4 (closed 12—1 for lunch)

Phone: 541-429-7920

Email: [housing@ctuir.org](mailto:housing@ctuir.org)

*Leave a message and we will call you back.*

Emergency work orders (after hours, weekends & holidays): Call UTPD 541-278-0550

Maintenance Staff will be notified for emergencies such as water leaks, no heat, no water, no hot water.

## HOUSING DEPARTMENT STAFF

- Resident Services:** Kenneth Mitchell, Heather De Mary, Kimberly Hughes, Tina Baum
- Administration:** Paula Wagner-Bellingham
- Procurement:** Penny Bott
- Maintenance:** Tanner Michael, Lance Dick, Garrell Moore, Chris Marsh Sr., Marcus Conner, KC Picard, Herbert Klatush, Tim Cain, Ron Snyder
- Grounds Keeping:** Anthony Lavadour
- Housing Director:** Marcus L. Luke II



**CTUIR HOUSING  
CLOSED  
MONDAY, OCTOBER 10TH**

HOUSING COMMISSION  
[housingcommission@ctuir.org](mailto:housingcommission@ctuir.org)

- Chairperson: Lindsey Watchman
- Members: Melinda Alexander  
Cami Lewis  
Katrina Burnside  
*(accepting applications)*

Meetings are the 1st and 3rd Tuesday of each month at 1 pm.



## Reach The Hotline

### The Hotline

Tel: 1-800-799-SAFE(7233)  
For Deaf and Hard of Hearing:  
1-800-787-3224 (TTY)  
1-855-812-1001 (Videophone)  
Web: [thehotline.org](http://thehotline.org)

### StrongHearts Native Helpline

Tel: 844-7NATIVE (844-762-8483)  
Web: [strongheartshelpline.org](http://strongheartshelpline.org)



### loveisrespect

Tel: 866-331-9474  
For Deaf and Hard of Hearing:  
866-331-8453 (TTY)  
Web: [www.loveisrespect.org](http://www.loveisrespect.org)  
Text "loveis" to 22522

# OCTOBER



CTUIR General Council is every Third Thursday of the month, unless cancelled due to an unforeseen event; then it will be postponed to the next Thursday if possible.

**October General Council: 20th at 2pm**

Chairman Lindsey X. Watchman  
Vice Chairman Michael R. Johnson  
Secretary Shawna Shillal-Gavin  
Interpreter E. Thomas Morning Owl

## FALL OUTDOOR CLEAN-UP– Are you ready for Fall?

- Clear outside closet/storage areas
- Put away summer furniture, tables, chairs, umbrellas/shades
- Put away hoses and sprinklers
- Put away kid pools, summer toys
- Put away gardening tools
- Get the rake and leaf bags ready
- Prep the lawn mower-empty gas, etc. for winter storage
- Clear the flower beds, trim foliage

## Water leaks or flooding, fridge or stove not working, no heat...



If you have an urgent maintenance issue, please call in a work order...  
**Closed hours, holidays or weekends call UTPD's dispatch: 541-278-0550**  
A Housing Maintenance person will be called for **emergencies.**



9

OCT 9 AT 10 AM - OCT 10 AT 4 PM

### Indigenous Marketplace

Wildhorse Resort & Casino

**988 offers 24/7 access** to trained crisis counselors who can help people experiencing mental health related distress. That could be:

- Thoughts of suicide
- Mental health or substance use crisis
- Any other kind of emotional distress



People can call or text **988** or chat **988lifeline.org** for themselves or if they are worried about a loved one who may need crisis support. **988** serves as a universal entry point so that no matter where you live in the United States, you can reach a trained crisis counselor who can help.



Housing Office	541-429-7920
Animal Control (UTPD)	541-278-0550
Arrowhead	541-276-8080
BIA	541-278-3786
CAPECO	541-276-1926
Cayuse Technologies	541-278-8200
CTUIR Courts	541-429-1970
CTUIR DCFS	541-429-7300
CTUIR Enrollment	541-429-7035
CTUIR HR Dept.	541-429-7180
Kayak	541-429-7519
Mission Market	541-276-9082
Nixyáawii Financial Services	541-304-2387
Senior Center	541-240-8700
Tamastlikt	541-429-7700
TERF	541-276-4040
UTPD	541-278-0550
Veterans Services	541-429-7389
Wildhorse Resort	541-278-2274
Wildhorse Shuttle	541-966-1930
Yellowhawk	541-966-9830
Cascade Natural Gas	888-522-1130
Pacific Power	888-221-7070
Umatilla Electric	541-567-6414
Social Security office	877-405-0480



## PARENTS BEWARE!

LOCAL LAW ENFORCEMENT AUTHORITIES ARE  
WARNING THE PUBLIC ABOUT FENTANYL  
DISGUISED AS CANDY.

While none of this specific type of drug have been confiscated in our area yet, local law enforcement has seen a rise of these varieties around the region and wants to warn the community to keep an eye out for this potentially deadly candy imposter.



### WHAT TO DO IF YOU FIND SUSPICIOUS MATERIALS

There is no way to know how much fentanyl is in a pill or powder without first testing it in a laboratory; because of that, law enforcement has instructed anyone coming in contact with the drug or anything suspected to be drugs to refrain from touching it and to immediately call Umatilla Tribal Police at 541-278-0550.

### Nixyáawii CS SPORTS



- ◆ Nixyáawii Community School Golf Tournament, Friday October 14, 2022. Registration deadline is October 12, 2022
  - ◆ Nixyáawii Community School Volleyball Schedule:
    - Oct. 1, Elgin @1
    - Oct. 6, Union @ 4
    - Oct. 7, Pine Eagle @ 5
    - Oct. 15, Home @ 11 & 2
    - Oct. 18 Dist. Crossover TBD
    - Oct. 22, Dist. Tour. LaGrande
  - ◆ Nixyáawii Community School Cross Country Schedule:
    - Oct. 6 Mustang Invite, Heppner @ 3
    - Oct. 13 Moses Lake Invite, The Gorge @ 2:30
    - Oct. 19 Pend Birch Crk. Invite @ 4:30
    - Oct. 28 Special Dist. 3 Champ Pend. Comm. Park
- Schedules subject to change*  
Go to website for more info.  
[www.nixyaawii.k12.or.us](http://www.nixyaawii.k12.or.us)

On September 26-28, two of our Housing staff, Heather and Kim, were able to attend the Tribal Opioid Training Academy 2022 at Wildhorse. Some topics mentioned are represented in this newsletter, such as **Fentanyl awareness** and how to spot some forms of this drug. A slideshow of "Key Considerations for Fentatanyl Overdose" stated that **Fentanyl is 50 –100x MORE potent than heroin!** Heather and Kim were instructed the important task on how to administer Narcan in case of overdose. Besides opioid and Narcan training, the **988 Lifeline** was discussed. This very important number is a **24/7 call or text number** for anyone needing to speak to a person about crisis, mental health or distress. We thank Heather and Kim for attending this very important training, representing the Housing Team, and for sharing the information acquired.

**For more related information, please reach out to Yellowhawk Tribal Health Center, 541-966-9830.**

### HOUSING NOTICES:

- ⇒ **Starting October 10th**, Maintenance will start to remove AC units in Umatilla Loop.
- ⇒ **The 3rd week in October**, fire extinguishers and furnace filters will be replaced. Please look for notices.
- ⇒ House Siding being replaced on **Elderberry Loop**. Look for notices to when your Elderberry unit siding will take place.
- ⇒ There are currently **NO community trailers** for trash collection. If you see one out, it has been ordered by a tenant. Please call Housing if you need to request one.

# OCTOBER



## Know the differences.... Cleaning vs. Disinfecting

Cleaning and disinfecting are not the same thing, though often used synonymously, it is possible to be clean but not disinfected.

- **Cleaning** refers to the removal of germs, dirt, visible foreign matter and impurities from surfaces. It **does not kill germs** by only removing them, it lowers their numbers and the risk of spreading infection.
- **Disinfecting** refers to using chemicals properly, for example, EPA-registered disinfectants, to kill germs/viruses on surfaces. Disinfecting can further lower the risk of spreading infection.

## CLEANING:

- ⇒ Dusting
- ⇒ Wiping counters
- ⇒ Sweeping
- ⇒ Hand-washing dishes
- ⇒ Wiping appliances
- ⇒ Vacuuming
- ⇒ Mopping
- ⇒ Wiping toilets
- ⇒ Wiping sink/faucet

## DISINFECTING:

- ⇒ Wiping or spraying disinfectants to a pre-cleaned surface, following directions as indicated on product label
- ⇒ Submersing pre-cleaned item into disinfectant, following directions as indicated on product label

## Are you using your products properly????

All product labels have direction on use and are extremely important to read. This typically starts with pre-cleaned surfaces and then directs on how to disinfect the surface properly. The label will have a duration time that it will take to disinfect or sanitize. By not following the directions properly, you are merely cleaning the surface.



## DOMESTIC VIOLENCE AWARENESS

JOIN US ON **OCTOBER 20, 2022**

Let's all wear Purple to let our community know we stand against domestic violence.



Shine the Light on Domestic Violence

Join us for a **Domestic Violence Candlelight Vigil** with guest speaker at Mission Market 6 pm to 7 pm. Candles will be provided.



## BILLING STATEMENTS

We are still unable to process monthly billing statements since the change of our computer software occurred.

**We sincerely apologize for this inconvenience.**

You should continue to pay your rent and garbage, as well as any other charges you are expecting, on time by the first of every month.

**Thank you for understanding, and continuing to keep your account current.**

# The "Mother-of-All" Fall Cleaning Checklists

## Start Big and at the Top

- ❑ Dust walls and ceilings to remove any spider webs.
- ❑ Clean ceiling light fixtures and chandeliers.
- ❑ Dust or vacuum ceiling fans.
- ❑ Clean window coverings, blinds and draperies. Be sure to check labels for special instructions.
- ❑ Clean behind and under the washer, dryer and other large appliances.
- ❑ Dust behind and under large pieces of furniture and other hard to reach places.
- ❑ Dust the computer, printer and electronic areas.
- ❑ Sweep out and vacuum the fireplace. Have the fire place inspected by a professional.
- ❑ Remove all upholstery cushions and vacuum underneath. Rent a steam cleaner for a deep clean.
- ❑ Clean air vents. You'll conserve energy if they are clean.
- ❑ Clean out the carport and hose down the floor. Pull down holiday decorations while you are at it.

## The Bedrooms

- ❑ Launder all pillows, bedding and mattress pads. Take a book to the laundromat so you can do everything at once and get it over with.
- ❑ Rotate/flip the mattresses.
- ❑ De-clutter closets and move in your fall/winter wardrobe. Store your warm weather clothing and donate old clothing.
- ❑ De-clutter and deep clean each room one at a time.

## The Kitchen and Pantry

- ❑ "Self clean" or manually clean the oven.
- ❑ Wipe down the cabinets inside and out. Replace any liners if needed.
- ❑ Discard expired food from the refrigerator and freezer.
- ❑ Check your spices for expiration.
- ❑ Wipe down all refrigerator shelves.
- ❑ Replace baking soda in the back of the refrigerator.
- ❑ Dust and vacuum the refrigerator coil.
- ❑ Clean the drip pan under the refrigerator.
- ❑ Clean out the pantry and discard expired food.
- ❑ Wipe down the pantry shelves. Check for low staple foods.
- ❑ Clean and disinfect the kitchen trashcan and recycle bins.
- ❑ Run cut lemons and ice through the garbage disposal. This will sharpen the blades and freshen it.
- ❑ Clean and disinfect countertops.
- ❑ Clean small appliances. Toasters, coffee pot, ect...

## The Bathrooms

- ❑ Clean bathmats.
- ❑ Restock toilet paper, hand towels and soap.
- ❑ Clean and disinfect all trashcans.
- ❑ Clean or replace toothbrushes. Soaking these in hydrogen peroxide is quick and easy!
- ❑ Clean and disinfect toothbrush holders and soap holders.
- ❑ Polish and clean fixtures.
- ❑ Clean vanity countertops.

## Finishing Up the Inside

- ❑ Dust/vacuum all window sills and baseboards.
- ❑ Dust bookshelves and display cases.
- ❑ Clean the carpets and rugs.
- ❑ Wash interior windows.

## Outside the House

- ❑ Pressure wash the house. Find any problem areas that need repairs reported.
- ❑ Check weather seals around doors and windows. You'll thank yourself when you get your first heating bill.
- ❑ Wash outside windows. This is best done on a cloudy day so they won't dry too fast plus you can see streaks easier.
- ❑ Check the dryer exhaust vent. Make sure the exterior door closes to conserve heat. A clogged exhaust pipe is a fire hazard!
- ❑ Check the gutters and downspouts.
- ❑ Clean outdoor furniture. Cover or store them along with summer toys.
- ❑ Clean the bbq grill. Fill up the gas tank if you plan to use it for cooking anytime soon.
- ❑ Clean off outdoor light fixtures. Check for bulbs that need replacing.
- ❑ Drain and store water hoses.
- ❑ Drain pools, pack up and store away properly.
- ❑ Rake up leaves and place in bags.
- ❑ Vacuum the inside of your car, change the windshield wipers and add wiper fluid.

## Important Extras

- ❑ Stock up on air filters.
- ❑ Stock up on extra batteries and light bulbs.
- ❑ Check the batteries in all flashlights. Make sure you have candles and matches in case of a power outage.
- ❑ Stock up on deicing salt and softener salt.
- ❑ Test smoke and carbon monoxide detectors.
- ❑ Update your family emergency kit.