

HOUSING NEWSLETTER



August 2020



Housing Department hours by appoint- ment only due to COVID 19

Mon-Fri: 7:30am-4:00pm

Please call:
(541) 429-7920

housing@ctuir.org

Please leave voicemail messages, we will return your call asap.

For all appointments, you will not be entering the office. All visits will take place outside, or at your vehicle. Sorry for the inconvenience at this time. Thank you for understanding.

NOTE: Senior Center laundry room is open 7:30-3:30pm only Mon-Fri. for tenants.

After-hour emergency work orders only, Call UTPD to dispatch HD

Maintenance:
(541) 278-0550

Emergency for;

- ⇒ No water
- ⇒ No heat/No AC (elders)
- ⇒ Electrical emergencies
- ⇒ Plumbing emergencies



'Iyunaway chimtii Wiwnuu!'
We welcome new huckleberries

MISSION RESOURCES

UTPD	541-278-0550
CTUIR NGC	541-429-7134
	CTUIR.org
CTUIR DCFS	541-429-7305
CTUIR Sr. Ctr.	541-240-8700
CTUIR TERF	541-276-4040
Yellowhawk	541-966-9830
	Yellowhawk.org
Kayak Transit	541-429-7519
Wildhorse	800-654-9453
Tamastlikt	541-966-9748
Cayuse Tech.	541-278-8200
Mission Mkt.	541-276-9082
Arrowhead	541-276-8080
CAPECO	541-276-1926
	CAPECO-Works.org
CAPECO Food	541-276-5073

OTHER RESOURCES

- Oregon Health Authority:
Healthoregon.org/coronavirus
- Centers for Disease Control:
cdc.gov
- Disaster & Distress Helpline:
1-800-985-5990
- Blue Mtn. Action Council
(Veterans):
1-509-429-5980

HOUSING STAFF

- Marcus Luke II..... Director
- Keny Mitchell.....Resident Svc./Compliance Manager
- Tanner Michael.....Maintenance Manager
- Pam Ranslam.....Home Ownership Manager
- Deb Wallace.....Office Specialist
- Tina Baum.... Resident Svc. Income Based/Office Asst.
- Heather DeMary..... Resident Svc. Income Based
- Kimberly Hughes..... Inspector/Res. Svc. Tax Credit
- Penny Bott.....Procurement Officer
- Garrell Moore.....Maintenance Repairer
- Chris Marsh.....Maintenance Repairer
- Marcus Connor.....Maintenance Repairer
- Lance Dick.....Maintenance Repairer
- Jesse Bronson.....Maintenance Repairer
- Ron Snyder.....Maintenance Repairer
- Tim Cain.....Maintenance Repairer

Careers & Opportunities



Cayuse Holdings—Apprentice Program: (541) 278-8200
<https://cayuseholdings.applicantpro.com/>

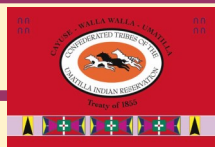
CTUIR Employment Opportunities: (541) 429-7180
<https://ctuir.org/about-us/employment-opportunities>

CTUIR Pamawáluukt Empower Program: (541) 429-7185

CTUIR Business Development Services: (541) 966-1920
<http://wildhorsebds.com/>

Yellowhawk Employment Opportunities: (541) 240-8713
<https://yellowhawk.org/careers/>

Oregon Employment Department Worksource Oregon:
<http://www.worksourceoregon.org/>



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DO YOU STILL NEED TO FILE TAXES?

ENSURE YOUR STIMULUS PAYMENT!

5 STEPS TO FILE, WITH A TAX ASSISTANT:

1. Have last years tax returns, W2s, 1099s, child care expenses, education expenses, mortgage and property tax statements, bank account info and more.
2. Log onto Cash Oregon
<https://cashoregon.org/virtual-volunteer-tax-help/>
3. Call the free tax help hotline at 503-966-7942. An IRS volunteer will help guide you to complete a tax return. They will send you a screen-share invitation to help you navigate through the software to ensure accuracy. Available Sunday-Wednesday 9-4 and Thursday 12-7.
4. Expect to spend about 2 hours to finish your tax return with a volunteer.
5. Tax refunds with automatic deposit typically take 2-3 weeks to be processed and make it to your bank.

CAPECO COVID-19 RENT RELIEF

Community Action

Program of East Central Oregon (CAPECO)

www.CAPECO-Works.org

(541) 276-1926

The following applications are available at Housing Department, or you can request them from CAPECO.

Rent Assistance

You need to provide:

- ◆ Application
- ◆ All household Income verifications
- ◆ Statement from landlord

Energy Assistance

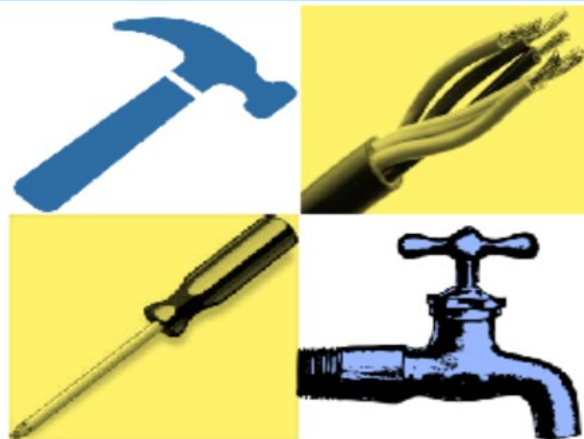
You need to provide:

- ◆ Application
- ◆ Current Electric/utility bill (must be in Head of Household's name)
- ◆ ID for everyone 18+
- ◆ Social Security cards for everyone, or food stamp printout, income tax records, school records with SSN.
- ◆ All household Income verifications

Also check out *other services* at CAPECO;

- ◆ Food warehouse, food boxes
- ◆ Energy assistance/weatherization
- ◆ Independent support
- ◆ Helping hand/foreclosure info.
- ◆ Homeownership/case management

Call today for more info. (541) 276-1926



NATIVE AMERICAN HOUSING REHABILITATION PROGRAM

Application Available June 15th

Financial Assistant for Home Safety Repairs & Maintenance Available to Low & Very-Low Income Native Homeowners on the Umatilla Reservation

Request an Application at
CTUIR Housing Department

Call: 541-429-7920

Email: housing@ctuir.org

Funding Provided by



WELLS
FARGO

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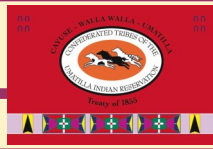
Interesting & Important Dates in August

	<p>Friendship Day The 2nd</p>	<p>A special day to celebrate your friends. Send a card, write a cute text, send a GIF, facetime them. (social distance with a fist bump!)</p>
	<p>US Coast Guard Day The 4th</p>	<p>The day to commemorate the founding of the United States Coast Guard. "Semper Paratus", - Always Ready!</p>
	<p>Hiroshima Day The 6th</p>	<p>In remembrance of the day in 1945, the first time an atomic bomb was unleashed, was dropped in the city of Hiroshima, Japan. Three days later, another nuclear weapon was dropped in Nagasaki.</p>
	<p>World Humanitarian Day The 19th</p>	<p>A day to honor humanitarian aid workers all over the world. Established in 2009 by the United Nations to commemorate the anniversary of the bombing of the UN headquarters in Iraq where 22 people lost their lives.—The point of humanitarian aid is to alleviate people's suffering and maintain human dignity.-</p>
	<p>Women's Equality Day The 26th</p>	<p>The day to honor the hard-fought victory of the women's suffrage movement and the passing of the 19th Amendment.</p>
	<p>National Dog Day The 26th</p>	<p>The day to celebrate your furry family. Canine pets have been with human kind for at least 14, 000 years! Thank goodness for Humanity's Best Friend!</p>



Always be respectful when in the mountains picking berries & be sure to thank the Creator.
Be safe, healthy, happy & help your elders!





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1. Lay in bed for a few moments in the morning and be thankful
2. Listen to your favorite song and remember when you first heard it
3. Feel happy for someone else and lift them up
4. Think something, and realize you can change your thoughts whenever you want
5. Notice the little details in your environment
6. Really listen to someone talk and hear them
7. Let yourself be creative and child-like
8. Give someone the benefit of the doubt
9. Go for a walk with no destination
10. Make eye contact with a stranger and see them



5 Tips for a safe Summer Workout



Pick the right time

Exercise in the morning or evening when temperatures are usually cooler.



Wear the right clothing

Loose, breathable clothing that prevents chafing will help keep your body cool.



Avoid Extreme Temperature Change

Don't go right from the heat to a cold room. Take the time to properly cool down.



Slow Down

Extreme heat is not the time to go for your personal best. Don't push yourself.



Water, Water, Water!

Staying properly hydrated before, during and after your workout is critical to avoiding injury or heat related illness.

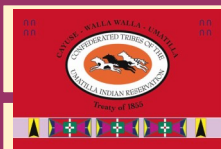


Always consult your doctor before exercising if you have health issues that could be complicated by heat exposure.

Please call your local school for requirements this fall 2020 & always support your child the best you can, always. They need your support 100%.

Pendleton School	(541) 276-6711	https://pendleton.k12.or.us
Nixya'awii Community School	(541) 429-7900	https://nixyaawii.k12.or.us
Pilot Rock School District	(541) 443-8291	https://pilotrock.k12.or.us
Athena-Weston School District	(541) 566-3551	https://athwest.k12.or.us
Harris Junior	(541) 276-0615	https://harrisjunioracademy.org





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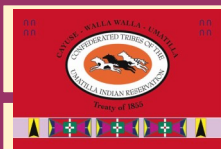
Resource Guide Shared Resources from CTUIR DCFS

If you need help with...	You should call...	Phone#	Days open	Hours of operation
Children & Family Services	CTUIR Department of Children/Family Services	541-429-7300	Monday—Friday	7:30am-4:00pm
Utility Bill Assistance	CAPECO Helping Hands	541-276-3418 or 541-276-1926	Tuesday—Friday	9:00am-11:30am
Rental Assistance	CAPECO Helping Hands	541-276-3418 or 541-276-1926	Tuesday—Friday	9:00am-11:30am
Meals—Lunch Services	Salvation Army	541-276-3369	Tuesday—Friday	11:30am-12:30pm
Women Infants and Children (WIC)	Yellowhawk	541-240-8697	Monday-Friday	7:30am-4:00pm
Childcare (for employees only)	CTUIR Ataw Miyanasma	541-429-7879 or 541-4297873	Monday-Friday	7:30am-4:00pm
Childcare (for employees only)	Lil' Turtles	541-379-1025 or 541-379-1446	Monday-Friday	7:00am-5:00pm
Suicide Crisis	Suicide Crisis Line	1-800-699-9075	24/7	24/7
Legal Help	Legal Aid Services of Oregon—Pendleton	541-276-6685	Monday-Friday	8:00am-5:00pm
Financial Loan	CTUIR Loan Program	541-429-7155	Monday-Friday	7:30am-4:00pm
Commodity Foods	CAPECO	541-276-5073 extension 105	Monday-Friday	8:30-11:00am 1:30-4:30pm
Veterans Services	CTUIR Veterans Services Sam Spino or Julie Taylor	541-215-7438 or 541-969-8413	Monday-Friday	7:30am-4:00pm



Please remember do not walk your pet on the hot sidewalk, it hurts their pads (aka feet). If it's too hot for your feet, it's way too hot for theirs. Keep them indoors, plenty of chush, don't chain them outside. Keep cool all & walk early in the morning, easier on them.

FOR UMATILLA LOOP TENANTS:
For the health & safety of our tenants:
Senior Center Laundry Room is open only
MONDAY-FRIDAY, 7:30 AM TO 3:30 PM.
Please plan ahead using washing machines,
HD will clean every day. Doors locked until the next
morning. Thank you, we appreciate it.



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From Maintenance

- ◆ Please keep yard toys, bicycles, hoses, and miscellaneous items picked up for yard maintenance to mow.
- ◆ Call housing Office for work orders, and call UTPD for after-hour emergency work orders.
- ◆ Work orders now have a safety protocol in place to help reduce the spread of COVID-19. This includes: 1) having the area of the unit clean/sanitized where staff will be working 2) no work orders will be done in a unit where someone is sick or showing signs of illness 3) No-one should be in the area staff will be working, eliminating direct contact.

From the Office & Resident Services

- ◇ Masks are required at appointments!
- ◇ Please use the secure drop box by the front office door for documents and payments.
- ◇ You may call the office to make payments if you have a credit or debit card.
- ◇ Call your Resident Service Coordinator for changes in household composition, changes in employment, or for other issues regarding your tenancy.
- ◇ Please keep your appointments. DO NOT come to your appointment if you are feeling sick or have symptoms of illness, if anyone in your household is sick or has symptoms of illness, please Re-schedule.
- ◇ Please respond to Annual Re-certification letters, or Annual Re-certification mail ASAP. Your timely completion is extremely important due to the restrictions the office has to adhere to at this time.

From AGO, Kendyl DeJong

- ⇒ Please spay and neuter your pets! Call PAWS for questions and to make an appointment: 541-276-0181
- ⇒ Keep your pets on a leash while walking, and clean up the "mess".

Kendyl: 541-429-7931
kendyldejong@ctuir.org



Treat your pup to a day at PUPCAKES for a "Pawdicure"
\$15.00 to \$25.00, full service. Appointments are available.
541-429-8787
148 S. Main St.
Pendleton, Or. 97801



6 TIPS TO KEEP YOUR PET COOL IN THE HEAT

With all that fur and no sweat glands, heat is dangerous for pets.
 Here are some ways to help keep them cool and safe...

1. **HEAT AND HUMIDITY** Animals pant to remove moisture from their lungs and cool their body. Provide air conditioned areas and plenty of water.
2. **BEAT THE SUN** Go for walks in the morning or evening when it's cooler. Pets feet are sensitive to pavement also. If it's too hot for you to touch, it's too hot for them.
3. **FIND SHADE** Make sure there is shade for your pet when they are outside.
4. **HYDRATE** Pets can dehydrate easily. Make sure they have plenty of clean water.
5. **KNOW THE SIGNS OF HEATSTROKE** Watch for heavy panting, excessive water consumption. Lower their temperature by wetting them down with cool water and increase air movement with a fan. **Consult a veterinarian as soon as possible.**