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

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>UTPD</td>
<td>541-278-0550</td>
</tr>
<tr>
<td>CTUIR NGC</td>
<td>541-429-7134</td>
</tr>
<tr>
<td>CTUIR DCFS</td>
<td>541-429-7305</td>
</tr>
<tr>
<td>CTUIR Sr. Ctr.</td>
<td>541-240-8700</td>
</tr>
<tr>
<td>CTUIR TERF</td>
<td>541-276-4040</td>
</tr>
<tr>
<td>Yellowhawk</td>
<td>541-966-9830</td>
</tr>
<tr>
<td>Kayak Transit</td>
<td>541-429-7519</td>
</tr>
<tr>
<td>Wildhorse</td>
<td>800-654-9453</td>
</tr>
<tr>
<td>Tamastslikt</td>
<td>541-966-9748</td>
</tr>
<tr>
<td>Cayuse Tech.</td>
<td>541-278-8200</td>
</tr>
<tr>
<td>Mission Mkt.</td>
<td>541-276-9082</td>
</tr>
<tr>
<td>Arrowhead</td>
<td>541-276-8080</td>
</tr>
<tr>
<td>CAPECO</td>
<td>541-276-1926</td>
</tr>
</tbody>
</table>

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

MISSION RESOURCES

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/
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

Wells Fargo
Funding Provided by NAIHC
### Interesting & Important Dates in August

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>The 2nd</td>
<td>Friendship Day</td>
<td>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!)</td>
</tr>
<tr>
<td>The 4th</td>
<td>US Coast Guard Day</td>
<td>The day to commemorate the founding of the United States Coast Guard. “Semper Paratus”, - Always Ready!</td>
</tr>
<tr>
<td>The 6th</td>
<td>Hiroshima Day</td>
<td>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.</td>
</tr>
<tr>
<td>The 19th</td>
<td>World Humanitarian Day</td>
<td>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.—</td>
</tr>
<tr>
<td>The 26th</td>
<td>Women’s Equality Day</td>
<td>The day to honor the hard-fought victory of the women’s suffrage movement and the passing of the 19th Amendment.</td>
</tr>
<tr>
<td>The 26th</td>
<td>National Dog Day</td>
<td>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!</td>
</tr>
</tbody>
</table>

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

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

<table>
<thead>
<tr>
<th>School</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pendleton School</td>
<td>(541) 276-6711</td>
<td><a href="https://pendleton.k12.or.us">https://pendleton.k12.or.us</a></td>
</tr>
<tr>
<td>Nixya’awii Community School</td>
<td>(541) 429-7900</td>
<td><a href="https://nixyaawii.k12.or.us">https://nixyaawii.k12.or.us</a></td>
</tr>
<tr>
<td>Pilot Rock School District</td>
<td>(541) 443-8291</td>
<td><a href="https://pilotrock.k12.or.us">https://pilotrock.k12.or.us</a></td>
</tr>
<tr>
<td>Athena-Weston School District</td>
<td>(541) 566-3551</td>
<td><a href="https://athwest.k12.or.us">https://athwest.k12.or.us</a></td>
</tr>
<tr>
<td>Harris Junior</td>
<td>(541) 276-0615</td>
<td><a href="https://harrisjunioracademy.org">https://harrisjunioracademy.org</a></td>
</tr>
</tbody>
</table>
# Resource Guide

## Shared Resources from CTUIR DCFS

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

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**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.**

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**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.*
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 ACO, 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”.

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

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

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.