



NEZ PERCE TRIBAL HOUSING AUTHORITY

THIRD QUARTER 2020

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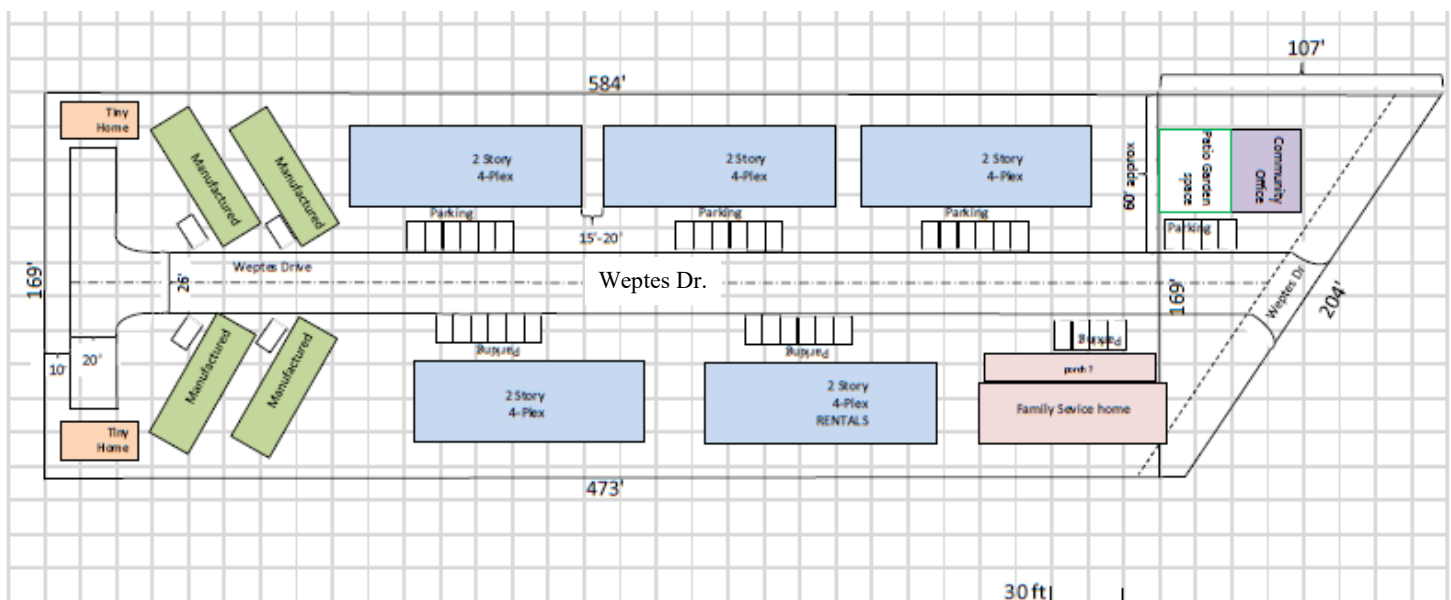
Christmas 5-7

Update on the Little Village revitalization project

After the purchase of the Little Village Trailer Court in 2019, we have been making slow but sure progress in our revitalization plan. Since last year, we have demolished most of the trailers and buildings and we have cleared the site for new housing. The first building that has been completed is a five-bedroom transitional home for single mothers. This home was constructed and will be operated by the NPT Indian Child Welfare Program. We have several goals listed below and we are excited to announce that we have received the 2020 ICDBG grant in the amount of \$750,000 for the construction of one apartment building. We will continue gathering resources to build four more apartment buildings.

There are several goals we would like to achieve as outline in the site plan below:

1. Two story buildings with four apartments in each building. These will be two bedroom units for small families, including single people.
2. Four lots for single wide manufactured homes for tribal members.
3. Transitional home for single mothers, owned and operated by the NPT Indian Child Welfare Program
4. Two potential spaces for tiny homes.
5. Community office space for tenant gatherings.



Inspiration

ADVENTURE
ALIVE
BREATH TAKING
BUILD
DETERMINATION
EMPOWER
ENJOYMENT
FAITH
FEARLESS
FIGHTER
HOPE
IMAGINE
LAUGH
MEANINGFUL
PASSION
PATIENCE
PRIORITIZE
ROLE
SPIRITED
WISDOM

D	H	E	L	B	E	R	S	W	M	C	X	A	M	M	C	S	B	T	F
A	E	X	R	V	Y	S	A	E	Z	I	T	I	R	O	I	R	P	N	O
N	W	T	A	U	E	S	A	H	K	T	F	J	M	I	O	G	C	E	A
F	O	O	E	L	T	N	P	A	T	I	E	N	C	E	T	Q	W	M	G
W	B	I	R	R	I	N	V	I	G	F	C	M	B	L	L	N	N	Y	B
L	Z	A	S	N	M	C	E	H	R	T	A	K	G	A	D	I	O	O	E
J	E	U	G	S	U	I	T	V	R	I	J	I	M	U	Y	Y	Z	J	Y
F	E	F	H	T	A	E	N	Y	D	X	T	Z	T	G	L	V	U	N	B
A	U	O	O	E	R	P	C	A	D	A	K	E	H	H	R	O	G	E	R
L	P	U	V	H	Q	M	Y	Q	T	L	T	H	D	M	E	L	O	R	E
E	J	I	A	T	G	Q	F	B	U	I	L	D	V	O	O	L	S	N	A
Z	L	X	N	V	F	C	J	F	F	O	O	R	L	D	O	Z	M	Z	T
A	B	A	Y	K	Z	K	E	T	F	X	M	N	C	S	V	N	R	Q	H
Y	B	N	Y	V	K	S	M	X	L	F	O	T	Z	I	L	O	B	R	T
Z	H	Y	U	Q	S	V	P	V	I	H	H	F	P	W	W	V	U	D	A
L	R	D	A	H	W	P	O	R	L	L	Y	K	G	L	B	C	H	B	K
Z	F	P	L	E	X	X	W	K	A	Q	J	M	P	P	L	J	T	A	I
B	K	F	Z	Y	L	J	E	H	I	W	R	U	U	A	Z	O	J	T	N
S	B	B	D	G	P	K	R	S	E	N	I	G	A	M	I	W	W	I	G
S	R	F	J	S	V	P	Y	I	F	A	D	L	A	L	N	L	W	Q	G

Elizabeth Bohnee

Meet our Finance Manager

Elizabeth Bohnee (Liz), the new Finance Manager, began working part-time/temporary in late April and started working full-time on May 11th. Liz has a Masters in Accounting and Financial Management and brings with her over 20 years of experience in working with tribal government and various tribal enterprises, as well as non-tribal entities. She looks forward in working with the NPTHA team and working for the Nimiipuu.



Up Coming Events

Subject to change due to the Covid-19 Pandemic status

DECEMBER

Homebuyer Education Class, December 1-3, 2020, 5-9 pm

Budget Class, December 9, 2020, 11-noon

Nez Perce Tribe Holiday Distribution, December 16, 2020

NPTHA Office Closure, December 18, 2020, 11 am ~ 4:30 pm

Budget Class, December 23, 2020, 11-noon

NPTHA Office Closure, December 24-27, 2020

NPTHA Office Closure, January 1, 2021

Harsh Weather Readiness

A major winter storm can be lethal. Preparing your home for cold weather conditions and responding to them effectively can reduce the dangers caused by winter storms.

- **Winterize your home:**
 - Insulate walls and attic.
 - Caulk and weather-strip doors and windows.
 - Install storm windows or cover windows with plastic.
- **Make sure you have sufficient heating fuel;** regular fuel sources may be cut off.
- **Have safe emergency heating equipment available.**
 - Fireplace with ample supply of wood.
 - Small, well-vented, wood, coal or camp stove with fuel.
 - Portable space heaters or kerosene heaters.
- **Keep pipes from freezing.**
 - Wrap pipes with insulation or layers of old newspapers.
 - Know how to shut off water valves. Let faucets drip a little to avoid freezing.
- **Service snow removal equipment.**
- **Have rock salt and kitty litter for ice on walkways.**
- **Install and check smoke detectors.**



Fun Activities while in Quarantine

Not sure what to do when you're stuck at home in quarantine? Many people complain that they get bored or eat too much. Read on for some helpful tips and ideas...

GET UP AND GET READY: Get up every day and get dressed for the day as if you're going out. When you look at yourself in the mirror, you will feel better. Put your shoes on. Schedule time to eat breakfast, lunch and dinner. Make time for your regular household chores. Beyond that, consider these other activities to keep you busy.

SPRING CLEAN, ORGANIZE OR DECLUTTER: Start small, choose a drawer, table, shelf or just sorting a pile of mail. Put things away, put like items together, discard old unused items or start a box to give-away. Getting ambitious? Now tackle the pile that has accumulated in the corner or try one of your closets or your dresser. This is a good time to spring clean as you declutter you will want to dust and clean all those nooks and crannies.

READ, WRITE OR DRAW: Take a moment to dive in to a good book or catch up on some magazines. This is also a good time to start a journal or consider writing letters, poetry, thank you notes, blog, or even start writing your own book. Maybe you are more inclined to draw or color. Use paints,



crayons or markers and have some fun. Maybe do some puzzles or practice an old instrument.

GOOD HEALTH: Don't forget to pay attention to your health while on quarantine. Try meditation, yoga, join an exercise app or get out that old work out DVD. Youtube is a great resource for a variety of exercise workouts and get your whole family involved (my kids love the Storytime Yoga). Turn on some music and just dance!

ARTWORK OR SEWING: Learn or work on your favorite crafts. Create with your hands: beadwork, weaving, sewing, knitting, leatherwork or regalia making. Tan a hide, cut out those hair-ties from that otter fur you've been stretching for so long, put together that fan, or work on that bustle. If you need a little instruction on all sorts

of regalia projects, there's 3 seasons of "Making Regalia with Juauquin Lonelodge" on the Cheyenne and Arapaho Television channel on YouTube.

LEARN: Take free online courses from Ivy League schools such as Yale, Stanford and MIT. Or just search for tutorials on your favorite subject. Learn some new recipes or create your own. Get a free online trial to those accounts you didn't have time to start before such as DNA or ancestry databases. For the most part, we hope you enjoy these activities to keep your mind and body busy while you're keeping your family safe at home.



Family Mental Health

A person's mental health is just as important as their physical health. During times of high anxiety around things we cannot control, it is important to check in with yourself and realize when something may not be right.

Episodes of depression often follow stressful events. The outbreak of the novel Coronavirus (COVID-19) may be stressful for people and it is important to remember that everyone reacts differently in high stress situations.

re:MIND has put together a list of important coping mechanisms for helping people in the absence of outside support groups at this time. ([re:MIND Social Media Resource List](#))

1. Get creative about social interaction

- use technology to see and speak with close friends and family
- set aside time in each other's schedules to make time speaking together a priority think of "social distancing" as simply "physical distancing"

2. Establish a routine

- work on establishing a consistent routine during these periods of being home know some days will be easier than others, but it helps to have certain things be consistent every day

3. Turn off the news

While current events are important, it is also good to take a break from the nonstop news coverage to keep perspective

4. Get outside

- Depending where you live, time outside is very important to your mental health. Take a walk, read a book outside, remember that even though familiar places may be temporarily closed, time outdoors is still free to use



According to the CDC here are a few key points to remember:

People who may respond more strongly to the stress of a crisis include:

- Older people and people with chronic diseases who are at higher risk for COVID-19
- Children and teens
- People who are helping with the response to COVID-19, like doctors and other health care providers, or first responders
- People who have mental health conditions including problems with substance use

Stress during an infectious disease outbreak can include:


- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems

Increased use of alcohol, tobacco, or other drugs

The above was taken from the CDC who has also put together a helpful resource on "[Managing Anxiety and Stress.](#)"




The NPTA is not associated with the author/Article retrieved 11/18/2020 from <https://www.remindsupport.org/mental-health-during-covid19/>



\$300 - 12 Week Christmas Challenge

WEEK	SAVINGS	<input type="checkbox"/>
1	\$25	<input type="checkbox"/>
2	\$20	<input type="checkbox"/>
3	\$30	<input type="checkbox"/>
4	\$25	<input type="checkbox"/>
5	\$20	<input type="checkbox"/>
6	\$30	<input type="checkbox"/>
7	\$25	<input type="checkbox"/>
8	\$20	<input type="checkbox"/>
9	\$30	<input type="checkbox"/>
10	\$25	<input type="checkbox"/>
11	\$20	<input type="checkbox"/>
12	\$30	<input type="checkbox"/>

Total = \$300



High touch surfaces to clean

D H E L B E R S W M C X A M M C S B T F
 A E X R V Y S A E Z I T I R O I R P N O
 N W T A U E S A H K T F J M I O G C E A
 F O O E I T N P A T I E N C E T Q W M G
 W B I R R I N V I G F C M B L L N N Y B
 L Z A S N M C E H R T A K G A D I O O E
 J E U G S U I T V R I J I M U Y Y Z J Y
 F E F H T A E N Y D X T Z T G L V U N B
 A U O O E B P C A D A K E H H R O G E R
 L P U V H Q M Y Q T L T H D M E L O R E
 E J I A T G Q F B U I L D V O O L S N A
 Z L X N V F C J F F O O R L D O Z M Z T
 A B A Y K Z K E T F X M N C S V N R Q H
 Y B N Y V K S M X L F O T Z I L O B R T
 Z H Y U Q S V P V I H H F P W W V U D A
 L R D A H W P O R L L Y K G L B C H B K
 Z F P L E X X W K A Q J M P P L J T A I
 B K F Z Y L J E H I W R U U A Z O J T N
 S B B D G P K R S E N I G A M I W W I G
 S R F J S V P Y I F A D L A L N L W Q G

Holiday Budgeting

- **Save in advance**

You must discipline yourself to save a few dollars from each paycheck during the year. If you aren't inclined enough to save regularly on your own, consider joining an interest-paying holiday savings club at your bank or credit union.

- **Moonlight**

Taking on a part-time job for a couple of months, or working overtime, is a great way to earn extra spending money in time for the holidays. Even better, work a little extra here and there throughout the year, saving most, if not all, for holiday expenses.

- **Draw names**

If your list of family and friends is long, suggest this approach to gift giving.

- **Take advantage of seasonal bargains**

Many stores begin their year-end sales during the holiday season. Be alert for bargains, especially if bad weather causes sales to be slow.

- **Shop by catalog**

Many find that catalog shopping helps them stick to a budget since they're not seduced by the millions choices available in stores. Shipping charges will need to be included in your budget

- **Allow time for planning and comparison shopping**

Keep your budget in mind and shop carefully to get the best selection and price. Economists recommend shopping early this year because of shipping delays due to the COVID-19 pandemic.

- **Borrow wisely**

Credit cards and loans are frequently used to make up for a lack of holiday cash. Both allow you to repay the amount owed over a period of time, although you pay for this advantage in finance charges. Remember to budget for credit card and/or loan payments you'll have to make.

- **Budget for purchases**

Create holiday budget to keep track of who's on your shopping list, how much you've budgeted, gift ideas, and estimated expenses.



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MERRY CHRISTMAS FROM THE NPTHA STAFF

