Activity Challenge

The power of challenges will make a difference and provide desired changes in your life. Particularly, challenges that can be taken in a short amount of time, such as 30 days. We all want to see quick results and work on our spiritual, mental, and physical health while we’re at it.

We surveyed our office staff and came up with some of our favorite activities. Below you’ll find 10 small challenges, covering several different life areas, to jump-start the best version of your life in the next 30 days. Of course, the idea isn’t to do all of them, but to pick a couple and try them by yourself or with your family.

1) Do 30 minutes of yoga/meditation/prayer
2) Read a book at least 30 minutes per day
3) Ask someone to teach you a craft
   a. How to tan a hide
   b. Make a ribbon shirt
   c. Make a wing dress
   d. Make moccasins
   e. Bead a necklace, earrings or a key chain
   f. Make a dream catcher
   g. Make fry bread
4) Cooking a new recipe
5) Get wood or split wood
6) Buy blank ceramics from the dollar store and paint them
7) Make cookies
8) Make wreaths

Alexis Estes, member of the Lower Brule Sioux Tribe Woksape Ole Winyan
https://blog.nativehope.org/native-hope-partners-with-native-yoga-instructors-to-bring-healing
Have you ever started cleaning an area of clutter, dreamed up a new big storage system project, stopped cleaning immediately to go shopping for the new system causing you to be too tired to work on the clutter? The new stuff, still in its packaging, finds a home on your kitchen table. Do you feel like storage is your biggest clutter culprit? To help you sort your items, write these 5 rules on a sticky note, put them on your refrigerator:

1. A place for everything, everything in its place
2. Love it or lose it
   - Does it fit? Would you buy it again?
3. Maybe isn’t yes
   - If you haven’t used, fixed, or sold it, get rid of it
4. Say goodbye to multiples
5. De-clutter once a week

Resist the urge to “store”. Sort and classify your objects. Assign your items to specific places. If you don’t absolutely love the item anymore, don’t keep it. If you’ve had an item more than 6 months and you haven’t used, fixed it or are keeping it to sell someday, get rid of it. Do you get caught up with a buy-one-get-one promotion? You only need one of something, get rid of multiple items or items with similar functions. Remember, de-clutter a hot spot at least once a week. Love your belongings and love your space!
2021 HBE and FINANCIAL EDUCATION CLASS SCHEDULE

Homebuyer Education (HBE)
Learn the process and benefits to purchasing a home as well as the responsibilities of owning & maintenance. Various subjects covered are: importance of budgeting and savings, improving credit, calculating affordability, tribal land issues, program/loan options, the steps of loan & construction process, tips to home improvements and upkeep after purchasing.

Money Basics
Get a fresh start and take control of your money. Learn the basics and benefits of checking and savings accounts, credit and improving your credit report, as well as understanding loan rates, terms and fees, predatory lenders and how we all can help our local economy. Get motivated to track, assess, and save money.

Financial Skills for Teens & Young Adults curriculum.
Grow from simply understanding how money works and how to spend it, to honing important life skills like budgeting, developing a spending plan, savings, paying bills, building a nest egg, paying for an education, buying a home, and investing.

<table>
<thead>
<tr>
<th>DATES</th>
<th>DAYS</th>
<th>TIME</th>
<th>PLACE</th>
<th>CLASS</th>
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</thead>
<tbody>
<tr>
<td>Jan 30 - 31</td>
<td>TUES - THURS</td>
<td>5:00 - 9:00 pm</td>
<td>Lapwai</td>
<td>Homebuyer Education</td>
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<tr>
<td>Feb 1 - 2</td>
<td>MON &amp; TUES</td>
<td>9:00 a - 4:00 pm</td>
<td>Lapwai</td>
<td>Money Basics</td>
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<td>Feb 22 - 24</td>
<td>MON - WED</td>
<td>3:00 - 7:00 pm</td>
<td>Kamiah</td>
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<td>March 16 - 18</td>
<td>TUES - THURS</td>
<td>5:00 - 9:00 pm</td>
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<td>April 6 - 8</td>
<td>TUES - THURS</td>
<td>5:00 - 8:00 pm</td>
<td>Lapwai</td>
<td>Financial Skills for Teens &amp; Young Adults</td>
</tr>
<tr>
<td>April 27 - 28</td>
<td>TUES - WED</td>
<td>3:00 - 8:00 pm</td>
<td>Kamiah</td>
<td>Money Basics</td>
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<tr>
<td>June 3</td>
<td>THURS</td>
<td>10:00 a - 3:00 pm</td>
<td>Lapwai</td>
<td>Home Fair</td>
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<tr>
<td>June 7 &amp; 8</td>
<td>MON &amp; TUES</td>
<td>9:00 a - 3:00 pm</td>
<td>Lapwai</td>
<td>Financial Skills for Teens &amp; Young Adults</td>
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<tr>
<td>June 14</td>
<td>MON</td>
<td>9:00 a - 1:00 pm</td>
<td>Kamiah</td>
<td>Youth Money Basics 3rd - 5th Grade</td>
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<tr>
<td>June 15</td>
<td>TUES</td>
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<td>Orofino</td>
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<td>June 16</td>
<td>WED</td>
<td>9:00 a - 1:00 pm</td>
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<td>Youth Money Basics 3rd - 8th Grade</td>
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<td>Aug 17 - 19</td>
<td>TUES - THURS</td>
<td>5:00 - 8:00 pm</td>
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<td>Sept 13 - 15</td>
<td>MON - WED</td>
<td>5:00 - 9:00 pm</td>
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<td>Oct 11 &amp; 13</td>
<td>MON &amp; WED</td>
<td>3:00 - 8:00 pm</td>
<td>Kamiah</td>
<td>Financial Skills for Teens &amp; Young Adults</td>
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<td>Nov 30 - Dec 2</td>
<td>TUES - THURS</td>
<td>5:00 - 9:00 pm</td>
<td>Lapwai</td>
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DOOR PRIZES & FOOD AVAILABLE

* Classes subject to change or cancelled due to health and safety concerns
* Certificates will be issued to those participants who have attended 100% of the multiple day classes.
* RSVP one week prior due to limited seating
* Please arrange for your own child care.

Please call 843-2229 or 1-888-334-5167
Or e-mail sonyas@nezperce.org
to reserve a seat
with Sonya Samuels-Allen

Education is key to preparation and future success in attaining your goals.
DO YOU HAVE A HOUSING QUESTION?

Lapwai Office 208-843-2229 • Kamiah Office 208-935-2144

Jenny Arthur
HOUSING COUNSELOR
Annual Recertification
Homeowners Inspection
Budget Class/ 1-on-1 sessions
Rental Applications
Waiting List

Sonya Samuels - Allen
HOMEBUYER COUNSELOR
Homeownership programs
HBE classes
Financial Literacy Classes
OPP & SDH participation
Credit counseling

Danice Oatman-Tom
KAMIAH HOUSING COUNSELOR
Annual Recertification
Homeowners Inspection
Budget Class/ 1-on-1 sessions
Rental Applications
Waiting List

Anna Lawrence
HOUSING MANAGER
Annual Recertification
Homeowners Inspection
Resident Concerns
Homeowner Resources
Home Repair Resources

Lori Johnson
MAINTENANCE CLERK
Work Orders Requests
Work Order Status

Ketta Reuben
MAINTENANCE ASSISTANT MANAGER
Rental Unit Inspections
Maintenance Concerns
Work Order Concerns
Lawn Care

Vickie Nielson
ACCOUNT TECH
Payback arrangements
Account Balance
Payroll Deductions
Resources for Insurance Needs

Elizabeth Bohnee
FINANCE MANAGER
Human Resources
Payback arrangements
Account Balance
Payroll Deductions

Angela Burcham
ADMINISTRATIVE ASSIST.
Board of Commissioners’ meetings
Land Lease Documents

Laurie Ann Cloud
EXECUTIVE DIRECTOR
Administration
NPTHA Priorities
Grievance Process
Unresolved Issues
How can you win $200 towards your rent?

If you pay your rent on time for at least 9 months from December to November you will be automatically entered in the drawing. If you pay all 12 months on time, you will be automatically entered twice!

This year’s winners are:

Newton Bohanan Jr.
And
Allison Scott

The drawing is held during the first week of December each year just in time to offset some of those holiday expenses!

Only burn firewood that has been stored - out of the weather - for more than 6-12 months.

Properly dried wood has cracks on the end and sounds hollow when knocked against another piece of wood.
Protecting You and Your Family
Get peace of mind with Homeowners and Renters insurance to protect private property. Call the NPTH A office to see how we can help provide guidance on receiving a quote and assisting with networking with an insurance provider to get the coverage you need.