



# NPHA Newsletter February, 2017



**“We always return to our first loves”  
- Tribe Unknown**

## **NPHA Emergency Contact Information:**

If you have any type of an emergency that puts your life in immediate danger please call 9-1-1

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If you have a house hold emergency such as your furnace quits working or you have a water leak call:

The NPHA Norfolk office 402.379.8224 (8am-4:30pm, Monday – Friday)  
(If you receive the answering machine during these hours, dial the emergency #)

After regular business hours

**Emergency # (402) 644-6977**

Please put this number in your phone so you can find it when you need it.

The February BOC Meeting will be held at 9am on Saturday, February 11, 2017 at the Embassy Suites, LA Vista, NE. Visitors are welcome to all Board of Commissioner meetings. To be on the NPHA Board Meeting Agenda, contact Justine Knapp at the NPHA office or email Justine at [justine@poncahousing.org](mailto:justine@poncahousing.org)

## **NPHA Board of Commissioners:**

**Mark Peniska** - Chair, Dist. 3; **Pam Noyes** – Vice Chair, Dist. 2;

**JoAn Ehlers** - Secretary, Dist.1; **William Wright** - District 4;

**Conceta Zephier** - Treasurer, At Large



The Resident Empowerment Class will be held at the NPHA Norfolk office on the 2<sup>nd</sup> & 4<sup>th</sup> Mondays in February and March (Feb. 13<sup>th</sup> & 27<sup>th</sup> & March 13<sup>th</sup> & 27<sup>th</sup>) from 1pm-2pm (lunch will be served). The class is focused on **The Battlefield of the Mind**

book by Joyce Meyer. I believe that this book will help anyone who attends the classes and reads the book to overcome any and all battles they have in their lives!

Please call to sign up for the class so we are sure to have enough food!

Northern Ponca Housing Authority – 1501 W Michigan Ave., Norfolk, NE 68701

**Phone** (402) 379-8224 **Fax** (402) 379-8557 **Emergency (402) 644-6977**

## **HUD Section 184 Loan Program**

Did you know that the HUD 184 Loan Program is a better way for Native Americans to qualify for a mortgage and become a homeowner?

- HUD 184 Loan Program does not require a certain credit “score” to qualify
  - You only need to resolve the negative items on your credit history
- HUD 184 Loan Program does not require that you pay Pre-Mortgage Insurance (PMI) for the life of the loan as other loan programs do
- NPHA has a great program for our tenants who want to purchase one of our eligible NPHA units for a discounted price, the NPHA Tenant Home Ownership Program (THOP). Call today to learn more about the THOP!!

### **Career Direct Assessments**

Have you ever wondered what job would be perfect for you or what you should study in college? No matter what your age you can learn how you are designed so that you can pursue a job or career that you enjoy and fits you perfectly!

Call NPHA today! **402.379.8224**

### **February Checklist**

- ✓ Change Furnace Filter
- ✓ Wash interior windows & window sills
- ✓ Knock down cobwebs, wipe down walls, door knobs and light switches to get rid of germs
- ✓ Vacuum and scrub carpets to get rid of dirt and salt carried in on your shoes throughout the winter
- ✓ Buy a fresh bouquet of flowers to freshen and brighten up your home

### **NPHA Tenant Emergency Utility Assistance Program**

NPHA has funding available for tenants who need assistance paying their utility bills. This funding is available right now but is also limited and the program will end when the funds are exhausted. You will agree to attending financial education classes upon receiving the funding as part of the program requirements. Call your A&O Counselor if you are interested in this program. Remember, the funding is limited.

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# February Recipe of the Month

## Lemon Walnut Roasted Red Pepper Dip

### Ingredients

- 1 16 oz. jar of roasted red peppers, drained
- 1 c. walnuts
- juice from 1/2 of a lemon
- 2 garlic cloves
- 1 tsp. cumin
- 1 tsp. coriander
- 2-3 T. extra virgin olive oil
- salt and pepper
- \*optional: red pepper flakes, chili powder

### Instructions

1. Put all ingredients except olive oil in food processor and pulse until well combined.
2. Pour into bowl, add olive oil and stir to coat. This is a great, healthy dip!

Did you know that according to [takebackthetable.org](http://takebackthetable.org) children, teens and adolescents who dine with their families at least 5 times per week:

- ❖ Are almost 1.5 times less likely to have high levels of stress?
- ❖ Are almost twice as likely to get A's in school?
- ❖ Are 1.5 times more likely to say they have an excellent relationship with their parents?
- ❖ Are less likely to smoke, drink or use drugs?
- ❖ Are 35% less likely to develop an eating disorder?
- ❖ Are 12% less likely to be overweight?
- ❖ Are less likely to skip classes?
- ❖ Think eating together as a family is important?

## 9 Ways to show someone you love them without words

<http://love.allwomenstalk.com>

1. Actively Listen
2. Random Surprises
3. Give them your time
4. Don't say "I told you"
5. Don't wait to be asked
6. Cook your heart out
7. Forgive and Forget
8. Send a "Care Package"
9. Give hugs and kisses

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## **NPHA Utility Allowance Meetings**

The first in the series of NPHA Utility Allowance meetings was held on Friday, January 13, 2017, at the PTN Transit Building in Norfolk, NE. This meeting was available in all tribal offices via LifeSize to all NPHA tenants. A total of 23 people attended the meeting. There were good ideas brought forward and NPHA would like to thank each one of you for coming out on that cold January night. If you missed this meeting you will have another chance to attend another meeting that will be in your area. NPHA scheduled Utility Allowance meetings in all five service areas in the spring and summer, 2017. The meetings are the night before the BOC meeting in each area so that all BOC members will be present. **Dates, times and places are as follows:**

### **Sioux City**

6:30-8:30PM - Friday, March 10, 2017 at Marina Inn Conference Room  
385 E 4<sup>th</sup> St., South Sioux City, NE

### **Norfolk**

6:30-8:30PM – Friday, April 7, 2017 at NPHA Conference Room  
1501 W Michigan Ave., Norfolk NE

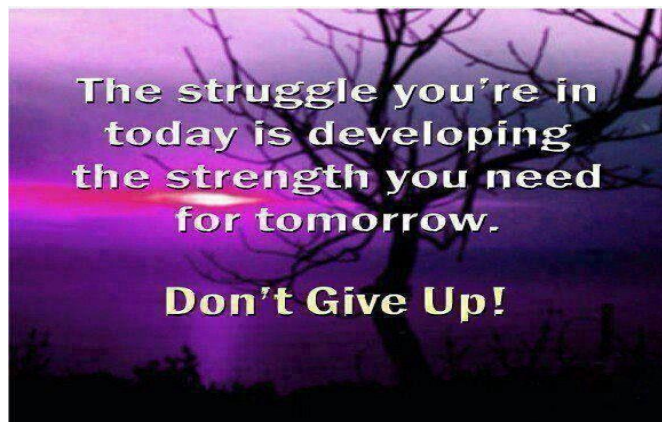
### **Omaha**

6:30-8:30PM – Friday, May 12, 2017 at Cherry Hills Holiday Inn Express Conference Room, 6939 N 102<sup>nd</sup> Circle, Omaha NE

### **Lincoln**

6:30-8:30PM – Friday, June 9, 2017 at Staybridge Inn & Suites Conference Room  
2701 Fletcher, Lincoln NE

6:30-8:30PM - Friday, August 11, 2017 at PTN Office in Niobrara, NE



**So teach us to number our days that we may gain a heart of wisdom. Psalm 90:12**

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