

# Greetings from Northern Ponca Housing Authority

## Have you heard?!

You can now pay your rent online! All you have to do is visit [poncahousing.org](http://poncahousing.org), where you will find PAY at the top of the front page. Click on that tab and it will walk you through the steps. You can also fill out a new housing applications online too! You can find applications under the information tab. That will direct you to a drop down box and you will find application options. Needing an audience request? You can find that under the same information tab in the dropdown box under forms. Feel free to call us with any questions and we can walk you through the process!



Meet our new Administrative Assistant, Olivia Munoz!

Olivia is originally from Wagner, SD, on the Yankton Sioux Reservation. She moved to Norfolk in the Spring of 2019. In her free time, she enjoys spending time with friends & family, traveling, working out, cooking & being a new mom to her daughter. She is very excited to work in this position & looks forward to her new journey with NPHA.

“WHEN THIS IS OVER,

May we never again take for granted; A handshake with a stranger, Full shelves at the store, Conversations with neighbors, A crowded theater, Friday night out, The taste of communion, A routine checkup, The school rush each morning, Coffee with a friend, The stadium roaring, Each deep breath! A boring Tuesday. Life itself.

“WHEN THIS ENDS,

May we find that we have become more like the people we wanted to be, we were called to be, we hoped to be and may we stay that way - better for each other because of the worst.”

## Fit Activity for the Kids...What's your name!?

Here is a fun way to keep up with some gymnastics and skills and coordination! Make fitness fun. Join in. Keep your kids moving while outside activities are on hold.

Are you up for a challenge?? NPHA wants to challenge you while you are stuck at home! To enter into a drawing for a grand prize, all you have to do is have someone record you doing the challenge below and send it to(402)860-3317, with your name, address, and phone number. You have until May 11th to enter and I will announce the winner May 12th. If you have any questions, please contact me at:

michelle@poncahousing.org or (402)379-8224

Spell out your name, and do your name twice. For variety, you can use a family member name or favorite characters name. [#fitness](#) [#fun](#) [#kidsworkout](#) [#familyfun](#) [#stayactive](#)

- |   |   |
|---|---|
| <b>A</b> Jump up and down 10 times                | <b>N</b> Pick up a ball without using hands       |
| <b>B</b> Spin around in a circle 5 times          | <b>O</b> Walk backwards 50 steps & skip back      |
| <b>C</b> Hop on one foot 5 times                  | <b>P</b> Walk sideways 20 steps & hop back        |
| <b>D</b> Run to the nearest door and back         | <b>Q</b> Crawl like a crab for count of 10        |
| <b>E</b> Walk like a bear for a count of 5        | <b>R</b> Walk like a bear for count of 5          |
| <b>F</b> Do 3 cartwheels                          | <b>S</b> Bend down & touch your toes 20 times     |
| <b>G</b> Do 10 jumping jacks                      | <b>T</b> pretend pedal bike with hands 15 times   |
| <b>H</b> Hop like a frog 8 times                  | <b>U</b> Roll a ball using only your head         |
| <b>I</b> Balance on left foot for a count of 10   | <b>V</b> Flop your arms like a bird 25 times      |
| <b>J</b> March like a toy soldier for count of 12 | <b>W</b> Pretend to ride a horse for count of 15  |
| <b>K</b> Pretend to jump rope for count of 12     | <b>X</b> Try and touch the clouds for count of 15 |
| <b>L</b> Pretend to jump rope for count of 20     | <b>Y</b> Walk on your knees for count of 15       |
| <b>M</b> Do 3 somersaults                         | <b>Z</b> Do 10 push-ups                           |



# 6 Things and Tips to Do in Your Garden



## 1. Decorate with Hanging Baskets

Brighten porches, patios, and pergolas with a generous helping of flowering hanging baskets. Filled to the brim

with geranium, bidons, verbena, calibrachoa, petunia, annual phlox, or other

flowers, hanging baskets require minimal care to keep them looking great all summer. Water them every day and offer them a dilute solution of liquid fertilizer every 10 days to keep them at their finest.

**Tip:** Remove faded flowers to encourage the development of new blooms. Your baskets will look tidier if you clip off dead flowers.

## 2. Plant Tomatoes

Across most of the country, May is the ideal time to set out tomato plants. These heat-loving vegetables grow best when the nightly temperatures remain above 50 degrees F and all frost danger has passed.

**Tip:** If you've had problems growing tomatoes in the past, look for disease-resistant varieties. Look for the letters VFNT on the plant tags. This means that variety is resistant to verticillium, fusarium, nematodes, and tobacco mosaic virus – common diseases.

## 3. Spice Up Your Garden

Frost-sensitive herbs such as basil, dill, rosemary, marjoram, cilantro, and fennel can be planted now. These herbs require a sunny spot that receives at least 6 to 8 hours of sunlight a day. They need well-drained soil that doesn't stay muddy after a rain. Or, you can plant them in containers right outside your kitchen door and snip fresh herbs whenever you need them.

**Tip:** The best time to harvest herbs is in the morning when the moisture and oils in the leaves are the most concentrated. Harvest right after the dew dries.

## 4. Prune Shrubs

Early-flowering shrubs such as pussy willow, forsythia, azalea, and lilac can be pruned now (right after they finish blooming) if you want to shape them. If you wait more than three or four weeks after the shrubs flower, you'll be removing developing flower buds for next year. Always use pruning shears, never use a hedge trimmer, and clip the branches off at different lengths inside the shrub for a more natural look. Avoid giving your landscape a severe crew cut.

**Tip:** If you have an old, severely overgrown shrub such as a lilac, cut the limbs back to the ground to rejuvenate the plant. You won't get flowers for a few years, but the plant will sprout fresh growth from the base. Sprinkle a little granular fertilizer around the plant after pruning.

## 5. Light Up the Shade

Add a much-needed dose of color to shady spots in your landscape with versatile perennials such as hosta and heuchera (often called coral bells). Both of these super-easy perennials come in a wide variety of colors, sizes, and shapes. Hosta's, for example, are available in 4-foot-tall giants as well as 4-inch-tall dwarfs. Plus, both hosta and heuchera are prized for their colorful foliage as well as their stalks topped with pretty flowers.

**Tip:** Tough enough to grow in almost any soil, hosta and heuchera will do better in a rich, organic mix. Mulch them to preserve soil moisture and eliminate weed competition.