

February 2022

# Northern Ponca Housing Authority



## REMINDER:

*Space heaters should be plugged into outlets, not into power strips. Power strips could overheat, melt and cause a fire. Also when buying a space heater to choose the type that has the safety feature of shutting off if it tips over to prevent fires.*

- Get a flu shot. Because of the COVID-19 pandemic, it's more important than ever to help prevent the spread of flu. ...
- Wash your hands often. ...
- Eat for immunity. ...
- Keep moving! ...
- Get some sun. ...
- Maintain good skin health.

## ***Here are the ways your household can qualify for the Affordable Connectivity Program (ACP):***

Based on your household income

If you or your child or dependent participate in certain government assistance programs such as SNAP, Medicaid, WIC, or other programs

If you or your child or dependent already receives a Lifeline benefit

Based on Your Income

You can get ACP if your income is 200% or less than the Federal Poverty Guidelines (see the table below). The guideline is based on your household size and state.

The table below reflects 200% of the 2021 Federal Poverty Guidelines.

Household Size      48 Contiguous States, D.C., and Territories

1	\$25,760
2	\$34,840
3	\$43,920
4	\$53,000
5	\$62,080
6	\$71,160
7	\$80,240
8	\$89,320

### **Qualify Through Your Child or Dependent**

Any member of your household can make your household eligible if they participate in one of the programs above. For example, if your child or dependent participates in the Free and Reduced-Price School Lunch Program or is enrolled in a USDA Community Eligibility Provision school, your household qualifies for the ACP benefit.

You may have to show proof of income, like a tax return or three consecutive pays stubs, when you apply for ACP.

## **If You Participate in Certain Government Assistance Programs Such As SNAP, Medicaid, WIC, or Other Programs**

### Federal Assistance Programs

You can get ACP if you (or someone in your household) participate in one of these programs:

Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps

Medicaid

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

Supplemental Security Income (SSI)

Federal Public Housing Assistance (FPHA)

Veterans Pension and Survivors Benefit

Free and Reduced-Price School Lunch Program or School Breakfast Program, including at U.S. Department of Agriculture (USDA) Community Eligibility Provision schools in the 2019-20, 2020-21, or 2021-22 school year

Received a Federal Pell Grant in the current award year

You may need to show a card, letter, or official document as proof that you participate in one of these programs when you apply for the ACP.



# DECLUTTER CHALLENGE

## 30 BAGS IN 30 DAYS

During the next 30 days, clean out your cupboards, closets, and drawers. Fill one bag a day to throw out, donate or sell.

- o Day 1 - Kitchen Cupboard
- o Day 2 - Kitchen Pantry
- o Day 3 - Kitchen Drawers
- o Day 4 - Under Kitchen Sink
- o Day 5 - Junk Drawer
- o Day 6 - Cleaning Supplies
- o Day 7 - Fridge & Freezer
- o Day 8 - Linen Closet
- o Day 9 - Bedroom Closets
- o Day 10 - Nightstands & Drawers
- o Day 11 - Shoes
- o Day 12 - Master Bathroom
- o Day 13 - Guest Bathroom
- o Day 14 - Medicine Cabinet
- o Day 15 - Makeup
- o Day 16 - Under the Beds
- o Day 17 - Toy Box
- o Day 18 - Desk Drawers
- o Day 19 - TV Cabinets
- o Day 20 - Laundry Room
- o Day 21 - Old Magazines & Newspapers
- o Day 22 - Paperwork
- o Day 23 - Art & Craft Supplies
- o Day 24 - Holiday Decorations
- o Day 25 - DVD's & CD's
- o Day 26 - Car
- o Day 27 - Garage Shelves & Storage
- o Day 28 - Boardgames
- o Day 29 - Purse
- o Day 30 - Electronics