

August 2022

NORTHERN PONCA HOUSING AUTHORITY



EVENTS THIS MONTH

28th Annual
Northern Ponca
Pow Wow

***Come visit
NPHA booths
while at Pow
Wow for
great gifts
and snacks.***



REMINDER

**Change Furnace Filter
every month!!**

Remember! Please keep
your lawns mowed and
looking nice




August comes with very warm temperatures . Here are a few signs to keep an eye out for when dealing with these high temps.

HEAT EXHAUSTION	HEAT STROKE
 <p>Faint Or Dizzy</p>  <p>Excessive Sweating</p>  <p>Cool, Pale, Clammy Palms</p>  <p>Nausea or Vomiting</p>  <p>Rapid, Weak Pulse</p>  <p>Muscle Cramps</p>	 <p>Throbbing Headache</p>  <p>Sweating Stops</p>  <p>Temperature Over 103 deg.</p>  <p>Nausea or Vomiting</p>  <p>Rapid, Strong Pulse</p>  <p>Loss of Consciousness</p>
<p>STAY SAFE</p> <p>DRINK WATER</p> <p>TAKE A BREAK</p> <p>AVOID PEAK TEMPS</p> <p>WORK IN TEAMS</p> <p>WEAR SUNSCREEN</p> <p>TREATMENT OPTIONS</p> <p>Get to a cooler, air conditioned area</p> <p>Drink water if fully conscious</p> <p>take a cool shower</p> <p>use a cool Compress</p>	<p>CALL 9-1-1 Immediately</p> <p>Reduce Temperature Until</p> <p>Emergency Services Arrive</p>



August 6 | 1-4 pm
 Ponca Tribe of Nebraska | 1701 E Street, Lincoln

- FREE Backpacks and school supplies for all Ponca-enrolled school-age children
- Food and activities for children and families.




PONCA TRIBE OF NEBRASKA

Back to School Event
August 7 | 11:00 am-1:30 pm

PTN Ralston Administration Office
 5805 S 86th Circle | Omaha, NE

District 2 Ponca SDA Ponca Youth are invited to our Back to School Event! Preschool children will receive a backpack and a \$15 gift card, and children entering grades K-12 will receive a backpack and a \$50 gift card.

Children must be currently enrolled Ponca Tribe of Nebraska members residing in D2 SDA. Please have enrollment cards available and proof of address. For more information, please call Becci Sullivan at 531.222.4471.



PONCA TRIBE

Back to School Event
Friday, August 5, 2022 | 5:00-6:30 pm
 Ponca Tribe of Nebraska Transit Building
 1800 Syracuse Ave | Norfolk, NE

District 4 Ponca Tribe of Nebraska youth are invited to a **drive-through** Back to School Event. Families are invited to drive through, and each District 4 Service Delivery Area enrolled member ages 3-18 will receive a backpack.

For more information about the event, please contact Kyle Taylor at 402.750.4299.




PONCA TRIBE OF NEBRASKA

District 1
Back to School

All District 1 Ponca Youth ages 0-18 will be receiving a \$50 gift card to Walmart for school supplies.

Youth **MUST** be a currently enrolled District 1 Ponca member as of July 2022. Cards will be mailed by the end of July.

For more information, please call Jo An Schlotman 712.276.7103 or Angie Starkel 402.922.0436.



PONCA TRIBE OF NEBRASKA

***Back to school can get expensive.
 We have included a Back to School
 cheat sheet to help you get the best
 deals this year!***



20

POSITIVE THINGS

to say to your child

1. You can handle this
2. Your ideas are great
3. I believe you
4. I know that was difficult
5. Thank you for being kind
6. I'm so glad you're here
7. Thank you for trying something new
8. I understand you
9. Don't be afraid to be yourself
10. That was so brave of you
11. We can try it your way
12. You can make a difference
13. You are enough
14. You can say no
15. That was helpful
16. You're learning so much
17. You can try again tomorrow
18. Anything is possible
19. You make me proud
20. You did that so well