

February 2025



# Northern Ponca Housing Authority

## Advantages of Direct Deposit Rental Payments

- You can save 10% on your rent each month
- Rent can be pulled up to 3 times a month so you're not paying one large sum at once
- Freedom of knowing your rent is on time

*Want to know more about direct deposit for your rental payments, contact your A&O Specialist*

**Tenants who need to recertify, Annual Recerts are due by February 28th**

**Friendly Reminder  
Report damages to maintenance within 24 hours**

# ***Tax Return Time***

A blue piggy bank is shown from a low angle, overflowing with several US dollar bills. The bills are fanned out, showing various denominations including a \$20 bill and a \$100 bill. The piggy bank is light blue and has a classic shape with a coin slot on its back.

**There are many ways to utilize your tax refund – from paying down debt to boosting your savings.**

**Remember what your financial goals are for the year and use your tax refund to support those goals.**

**There are a number of different ways to use that money – but do you have a plan for how to use it effectively?**

**Your first reaction might be to take a vacation, go on a shopping spree, or some other way to treat yourself. But remember: You earned this money with every passing paycheck. Your tax refund can be a great opportunity to make some progress on reaching your financial goals.**



## Stay Healthy Through the Winter

**Don't Forget to Drink Water** – One of the best things you can do for your health is to drink optimal amounts of water every day. Water plays a big part and it can keep you healthy during the winter.

**Avoid Stress Situations** – Studies have linked high stress levels to making a person more susceptible to catching colds and flu. Try to minimize your stress by working reasonable hours at your job and use your free time to rest and relax alone or with friends and family. Develop healthy habits and avoid stress!

**Eat Healthy** – Eat food which is rich with vitamin C. It will help you keep your immune system strong and healthy during the winter. Try to include more fruit and veggies such as lemons, kiwifruit, capsicum and broccoli in your everyday meals.

**Sleep Well** – The average person needs 6-8 hours of sleep per night. If you're not getting enough sleep, your body is extremely vulnerable to illness. Sleep is very much like fuel that recharges your batteries!

**Exercise** – It's really important to exercise regularly, even if only for 15 minutes a day! Get out and take a short walk and enjoy the cooler weather. Exercise is one of the best healthy habits recommended by many professionals and will keep you strong and healthy during the winter.

**Wash Your Hands Regularly** – Keep the bacteria and viruses off your hands and out of your mouth and eyes. Always keep a bottle of hand sanitizer close-by for those instances where you can't get to soap and water.

**Get Your Flu Shot** – When you receive a flu shot, you essentially receive an inactive form of the closest match to the flu virus for that year. Your body then forms anti-bodies formed specifically to fight off this type of virus. That way, when the real thing hits you already have a "reserve army" in your immune system that will attack this virus at first contact. This is a safe and effective way to be proactive against fighting off illness.

# Cherry Dump Cake



## Ingredients

Nonstick cooking spray

2

21-oz. cans cherry pie filling

2 tsp.

vanilla extract

1/4 tsp.

ground cinnamon (optional)

1/4 tsp.

kosher salt

3/4 cup

salted butter, divided

1

15.25-oz. box yellow cake mix

Cherry-vanilla ice cream, for serving

## Directions

Preheat the oven to 375°. Add the cherry pie filling, vanilla extract, cinnamon and kosher salt to a 12-inch skillet coated with cooking spray; stir to combine.

Cut the butter into cubes. Sprinkle 1/4 cup of the cubes over the cherry filling. Pour the dry cake mix over the cherry mixture, patting into an even layer using your hands or a spoon.

Scatter the remaining cubes of butter evenly over the top of the cake mix.

Bake on the middle rack of the oven until the top of the cake is golden brown and the cherry mixture is bubbly, about 50 minutes.

Top servings with cherry-vanilla ice cream, if you like.



# **NPHA YOUTH**

## **2025 AMERIND SAFETY POSTER CONTEST**

Attention artists! Submit your safety themed poster to your local housing authority. The national winner in each category (K-3, 4-6, 7-8) receives \$1,000.

**Send your poster to  
Danielle Bauer  
1501 W Michigan Ave.  
Norfolk, NE 68701  
by April 1, 2025**



**Theme: Fire Safety**



## 2025 AMERIND Safety Poster Contest

Attention artists! Submit your safety themed poster to your local housing authority. The national winner in each category (K-3, 4-6, 7-8) receives \$1,000.

### Timeline

#### December 2024- April 2025 (local housing authorities)

- Local housing authority hosts the AMERIND Safety Poster Contest. The theme can be any safety topic: fire safety, driving safety, etc.
- Local housing authority selects one from each category (K-3, 4-6, 7-8).
- Winners are sent to respective regional housing associations for regional voting.

#### May 2025 to June 2025 (regional housing association)

- Regional housing associations select one winner from each category (K-3, 4-6, 7-8).
- Regional winners from each category are submitted to AMERIND no later than June 30, 2025, for national voting.

#### July 2025

- National online voting. One winner is selected from each category.

#### August 2025

- Winners announced at AMERIND Member Business Meeting.

### Instructions

1. Use blank 8 1/2 x 11 sheet of paper. Clearly print on one side of paper:  
First and Last Name  
Grade  
Tribal Affiliation  
Phone Number  
Housing Authority
2. On the blank side of paper, create your masterpiece.

502 Cedar Drive Santa Ana Pueblo, NM 87004

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