

HASFN NEWSLETTER

Fall 2024



Words from the Executive Director

Happy Fall to everyone. This newsletter kicks off the beginning of the Housing Authority's new fiscal year.

We will start back in October with our workshops, trainings and our outreach events/activities. We hope if you have not come out for one of our events, you will come out this year and take part in these fun and educational events. My goal is to continue building a strong community partnership with our tenants and tribal community.

With a new year starting, we will be looking to recognize our outstanding quarterly tenants and, of course, Tenant of the Year. Both have some amazing incentives this year so look for those criteria so you can be one recognized for being outstanding. We have added some more ways for housing authority to recognize our tenants Look for flyers on these NEW categories.

We strive to maintain your homes with monthly preventative maintenance. Look in this issue for the dates already scheduled for Monthly PMs. As always, if you have a maintenance emergency please call the main number or the on call number to have these matters addressed immediately. In this newsletter, you will find some maintenance tips to prepare for the upcoming seasons as well as some safety tips for the colder weather.

As always, if you have any questions or concerns, you may contact me at (405)275-8200 ext. 101 or by email at cthomas@hasfn.net.

Respectfully,
Cora Thomas, M.Ed.
HASFN Executive Director

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Housing Authority of the Sac and Fox Nation's Mission Statement

To provide decent, safe, sanitary and affordable housing to eligible, low-income Sac & Fox tribal members, elders, and other Native Americans.



Tenant Opportunities!

HASFN YARD OF THE MONTH

For fiscal year 2025, HASFN is expanding the acknowledgment for the yard of the month winners by choosing multiple winners from the various Sac and Fox Nation communities/neighborhoods. You still have time to showcase your yard and/or decorate your door for a chance to win the prize for October and December. Next year's Yard of the Month winners will be chosen in April, May, June, July, August and September. Remember, neat and clean yards, seasonal décor, door decorations, landscaping, flowers, etc. are areas that are taken into consideration for the yard of the month winner. Prizes are awarded for winners. To nominate yourself or other HASFN tenants for yard of the month, call the Housing Authority at (405) 275-8200.



Upcoming Events

October

- Trunk or Treat-Shawnee
 - October 29, 2024
 - 3:00-6:00 p.m.
 - Housing Authority (201 N. Harrison, Shawnee)
- Trunk or Treat-Stroud
 - October 30, 2024
 - 3:00-6:00 p.m.
 - Truman A. Carter Center (Highway 99, Stroud, OK)

November

- Ribbon Skirt Class
 - Details To Be Announced
- Fry Bread Class
 - Details To Be Announced
- Beading Class
 - Details To Be Announced

December

- Pictures with Santa
 - December 13, 2024
 - 3:00-6:00 p.m.
 - Housing Authority (201 N. Harrison, Shawnee)
- Pictures with Santa
 - December 14, 2024
 - 9:00 a.m.-1200 p.m.
 - Housing Authority (201 N. Harrison, Shawnee)

Coming Soon in January 2025

- 4 Week Meal Prep Class
 - Details To Be Announced



Quarterly Tenant Incentive Drawing Criteria

The criteria for the quarterly incentive drawing for low rent tenants will be on-time monthly payments, no non-compliance notices. The criteria for the quarterly drawing for lease option tenants will be on-time monthly payments, nice yard upkeep and passed annual inspection. The drawings will be for fiscal year 2025, drawings will be in December 2024, March 2025, June 2025, and September 2025.

Tenant of the Year Criteria

The criteria to be considered as a candidate for Tenant of the Year (one low rent & one lease option tenant) will be on-time monthly payments (no late fees), no non-compliance issues, a passed annual inspection without a non-compliance issue and attend at least one of the HASFN workshops. This award will be announced in September 2025.



Freezing Pipe Safety

Winter Safety Tips for Homeowners & Renters from Amerind

- **Keep a steady drip** Maintain a continuous drip of water from one faucet in your home, preferable a sink farthest from where the water comes into the house.
- **Open your cabinets** Keep cabinet doors open under sinks.
- **Insulate your pipes** Use heat tape, foam, or rubber insulation to protect your pipes.
- **Outdoor faucets** Cover hose bibs with hose bib cover.

Be Warm and Safe this Winter! Space Heater Safety

Follow the 3-Foot Rule. Avoid placing a space heater within 3 feet of anything flammable; curtains, papers, furniture, etc.).

Do not leave your space heater unattended.

Plug your space heater into a wall outlet. Do not use an extension cord!

Monthly Preventative Maintenance Dates

Nov. 4-5, 2023 in Shawnee
Nov. 6, 2023 in Stroud and Cushing

Dec. 2-3, 2023 in Shawnee
Dec. 4, 2023 in Stroud and Cushing

Jan. 6-7, 2024 in Shawnee
Jan. 8, 2024 in Stroud and Cushing

Feb. 3-4, 2024 in Shawnee
Feb. 5, 2024 in Stroud and Cushing

March 3-4, 2024 in Shawnee
March 5, 2024 in Stroud and Cushing

April 7-8, 2024 in Shawnee
April 9, 2024 in Stroud and Cushing

May 5-6, 2024 in Shawnee
May 7, 2024 in Stroud and Cushing

June 2-3, 2024 in Shawnee
June 4, 2024 in Stroud and Cushing

July 7-8, 2024 in Shawnee
July 9, 2024 in Stroud and Cushing

August 4-5, 2024 in Shawnee
August 6, 2024 in Stroud and Cushing

Sept. 8-9, 2024 in Shawnee
Sept. 10, 2024 in Stroud and Cushing

The Maintenance Dept. will be replacing air filters, checking the batteries in the smoke and carbon monoxide detectors, and checking fire extinguishers.


Maintenance Emergency Number
(405) 317-0335

Please call this number for after hour emergencies only.

For work order requests during office hours, call (405) 275-8200.

Pest Control

If you notice you are having issues with insects, spiders, roaches, bed bugs, etc., please call maintenance immediately so we can get someone to come exterminate.



HASFN Staff

Cora Thomas, HASFN Executive Director
(405) 275-8200, ext. 101
George Yesslith, Housing Manager
(405) 275-8200, ext. 113
Aaron Blanchard, Maintenance Supervisor
(405) 275-8200, ext. 202

Thomas Slavin, Jr., Development Foreman
Christopher Anderson, Development Lead
Kandice Taylor, Executive Assistant
Kanetra Wolf, Receptionist
Patricia Doss, Procurement/Contract Specialist
Marquisha Torres, Accounts Payable Tech
Samantha Garcia, Finance Clerk
Trevia Brown, Collections Clerk
Tara Carter, Housing Program Clerk
Thomasine Grass, Data/HR Clerk
David Haworth, Development Tech
Mitch Tilley, Operational Clerk
Brandon Harjo, Housing Inspector
Chebon Harjo, Maintenance Tech
Richard Roberts, Development Tech
Tammy Lupton, Custodian/Groundskeeper

FINANCE

You will only receive a statement from the HASFN Finance Department if you have a late fee or an outstanding balance. **A late fee will occur on the 11th of each month.** Please make sure when making a payment, you have your name, address and account number on your check or money order. If the 10th or 11th falls on a weekend or a holiday, late fees will be added on the following business day.

Payment Methods!

If you haven't heard the word, you can now pay online!

Go to our website, www.sacandfoxha.com, and go to the payment tab and follow the directions to complete your payment.

Other payment options include:

- Pay in person at the Payment Window
- Drive-thru window
- Pay over the phone

We accept Visa, MasterCard, money order and checks.

Fiscal Year 2025 Board of Commissioners Slate of Officers

Chair: Tina Morris
Vice Chair: Shawna Spoon
Secretary: Peggy Big Eagle
Treasurer: Yannah Frazier
Member: Nina Schexnider

Employee Spotlight!

Samantha has been employed with HASFN for 6 months. What she likes most about working for the Housing Authority is how welcoming the staff has been. She enjoys focusing on self-care and spending time with her family and friends in her free time. A fun fact about Samantha is she has an Irish twin and they were born on a holiday.



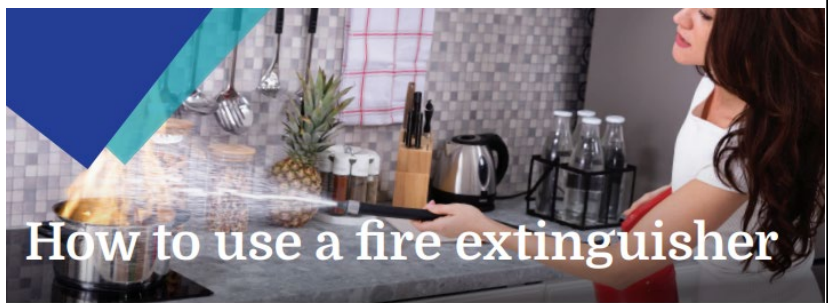
Samantha Garcia
Finance Clerk



HASFN staff participated in the Jim Thorpe fun run and walk at the 59th Annual Sac and Fox Nation Powwow

Home Maintenance Fall Checklist

- **Check** roof for missing, loose, or damaged shingles
- **Check** smoke detectors and fire extinguishers
- **Clean** chimney and fireplace
- **Seal** any gaps around windows and doors with weather stripping and check for cracks
- **Wrap** indoor pipes
- **Inspect** your heating system and schedule a routine furnace check
- **Turn off** outdoor water supply, remove and store hoses
- **Install** outdoor faucet covers.
- **Trim** tree branches
- **Clean** gutters
- **Remove** debris and dead vegetation



How to use a fire extinguisher

Most fire extinguishers operate using the following P.A.S.S. Technique:



- 1. PULL** the pin. This will also break the tamper seal.
- 2. AIM** low, pointing the extinguisher nozzle (or its horn or hose) at the base of the fire.
- 3. SQUEEZE** the handle to release the extinguishing agent.
- 4. SWEEP** from side to side at the base of the fire until it appears to be out. Watch the area. If the fire re-ignites, repeat steps 2 - 4.

NOTE: Do not touch the plastic discharge horn on CO2 extinguishers, it gets very cold and may damage skin.

If you have the slightest doubt about your ability to fight a fire... **EVACUATE IMMEDIATELY!**



Simple cost-free tips for staying warm!

- Close your curtains**
Curtains and blinds provide an extra barrier to radiant heat loss by adding insulation and reducing drafts.
- Cover your walls**
Cover walls with pictures, mirrors, bookcases, tapestries, or carpets. Even a poster adds an extra layer of insulating air.
- Cover your doors**
Use door curtains and door stoppers to eliminate a vast amount of heat loss.
- Use your ceiling fans**
Set it to spin clockwise at low speed. The warm air trapped at the ceiling will circulate throughout the room.
- Cover your floors**
Floors can account for as much as 10% of home heat loss. Where practical, use rugs and blankets to mitigate.

Your Input Needed

Please rank the following topics in order of importance for upcoming tenant workshops you would like to see HASFN offer. You may mail (P.O. Box 1252 Shawnee, OK 74801) or drop this off to HASFN (201 N. Harrison Shawnee, OK 74801). You may also e-mail your input to ktaylor@hasfn.net with the subject line: Tenant Workshops. Thanks for your input.

- | | |
|--|--|
| <input type="checkbox"/> Money Management | <input type="checkbox"/> Basic Maintenance |
| <input type="checkbox"/> Basic Budgeting | <input type="checkbox"/> Beading Class |
| <input type="checkbox"/> How to become a homeowner | <input type="checkbox"/> Health & Wellness |
| <input type="checkbox"/> Financial Planning | <input type="checkbox"/> Safety 101 |
| <input type="checkbox"/> Career Planning | <input type="checkbox"/> Craft-Kids Corner |
| <input type="checkbox"/> Cooking Class | <input type="checkbox"/> _____ |
| | (other, please list) |

Indigenous Pink

Breast Health

1 in 8 women will get breast cancer in their lifetime

Increased Risks

GENETICS
Inherited DNA changes in genes

GENDER
Being female

FAMILY HISTORY
Mother, sister, daughter has had breast cancer

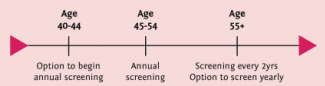
BREAST DENSITY
High density breasts

AGE
40 Getting older

CONTACT YOUR HEALTH CARE PROVIDER IF YOU HAVE ONE OR MORE OF THESE RISKS

Breast cancer usually has no symptoms when the tumor is small and most treatable.

Screening Guidelines/Recommendations



Breast cancer is the 2nd leading cause of cancer death for American Indian women. A mammogram may save your life.

What can I do?

BREASTFEED
Breastfeeding reduces estrogen exposure that helps prevent breast cancer

REGULAR MAMMOGRAMS
Women 40+ should have the option to have a mammogram once a year

REGULAR BREAST EXAMS
Speak to your health care provider for options

WEIGHT CONTROL
Overweight or obese women are at a higher risk

EXERCISE
Exercising 3 days/week may lower your risk

LIMIT ALCOHOL USE
Alcohol can increase estrogen which can increase risk

American Indian Cancer Foundation.

- Sac and Fox Nation Black Hawk Health Center
 - 356110 East 930 Road, Stroud, OK 74079
 - (918)968-9531
- Breast Care at SSM Health St. Anthony Hospital-Shawnee
 - 3208 Medical Park Drive Shawnee, OK 74804
 - (405)395-5719
- Susan G. Komen Foundation
 - www.komen.org
 - Breast Care Helpline: 877-465-6636

October is

Breast Cancer Awareness Month and

Domestic Violence Awareness Month

November is Diabetes Awareness Month



EVERY 17 SECONDS someone in the US is diagnosed with diabetes.



NEARLY 1 OUT OF 6 AMERICAN INDIANS/ALASKA NATIVES HAS DIABETES.



COMMON MYTHS

- Diabetes doesn't run in my family, so I'm safe.
- Diabetes is caused by eating too much sugar.
- People with diabetes need to follow a special diet.

THE FACTS

- Family history is only one of several risk factors for type 2 diabetes.
- Type 2 is caused by genetics and lifestyle factors. Being overweight increases your risk for developing type 2, and a diet high in calories from any source contributes to weight gain. Research has shown that sugary drinks are linked to type 2 diabetes.
- People with diabetes benefit from the same healthy diet that is good for everyone else: plenty of whole grains and fruits and vegetables, with a limited amount of fat and refined sugar.

People diagnosed with diabetes, aged 20 years or older.

LEARN MORE ABOUT LIVING WITH TYPE 2 DIABETES AT DIABETES.ORG/TYPE2PROGRAM
1-800-DIABETES (342-2383)



Rates of violence - men and women

Since the age of 15:

1 in 2 (41%) Men has experienced physical violence	1 in 3 (31%) Women has experienced physical violence
1 in 20 (4.7%) Men has experienced sexual violence	1 in 5 (18%) Women has experienced sexual violence
1 in 13 (7.8%) Men has experienced at least one incident of violence by an intimate partner	1 in 4 (23%) Women has experienced at least one incident of violence by an intimate partner
1 in 16 (6.1%) Men has experienced at least one incident of violence by a partner	1 in 6 (17%) Women has experienced at least one incident of violence by a partner



Around 95% of all victims of violence, whether women or men, experienced violence from a male perpetrator.

- Sac and Fox Nation Family Violence Prevention Services (918)968-3526 Ext. 1709
- Seminole-Family Resource Center Office (405)382-5978, Crisis (844)863-0270
- Shawnee-Project Safe Office (405)273-9953, Crisis (800)821-9953
- National Indigenous Women's Resource Center (855)649-7299
- National Domestic Violence Hotline (800)799-7233 (SAFE), (800)787-3224, Text START to 88788 to chat
- Love is Respect (866)331-9474

Early Signs of

DIABETES

The signs of diabetes can be easy to ignore. Don't miss your body's signals.



Blurry vision



Drowsiness after meals



Dry mouth or excessive thirst



Dry skin



Frequent urination



Slow-healing wounds

If you are experiencing any of these signs or symptoms, check with your primary care physician to have blood work done to diagnose possible diabetes. Early detection is key in reversing and/or managing diabetes.

HOUSING AUTHORITY OF THE SAC AND FOX NATION

SEPT. 30TH 2024

WELLNESS CLASS

ACTIVE, HEALTHY & HAPPY

SAC AND FOX MULTI-PURPOSE BLDG

DRAWING FOR GIFT CARDS

FROM: 6:00-7:00
INSTRUCTOR WILL BE ANTHONY RAMIREZ
THIS IS OPEN TO THE PUBLIC
NO REGISTRATION REQUIRED.

FOR MORE INFORMATION
405 276-0200

FALL Maintenance CLASS FOR ALL HASFN RESIDENTS

24 THURSDAY OCT
HASFN CONFERENCE ROOM | 6:00 PM

Sac & Fox ARTIST

LOOKING TO DISPLAY YOUR ARTWORK? WELL, HASFN HAS A DESIGNATED AREA FOR YOUR MASTERPIECES. IF YOU ARE INTERESTED, PLEASE SUBMIT VIA EMAIL KWOLF@HASFN.NET

JOIN US

HASFN PRESENTS DOOR DECORATING OR YARD CONTEST FOR ALL TENANTS

WINNERS WILL BE ANNOUNCED ON 10.25.24

TRUNK OR TREAT

Tuesday, 29th Oct. 3pm to 6pm - Shawnee
Wednesday, 30th Oct. 3pm to 6pm - Stroud

CAKE WALK • PRIZES • CANDY
201 NORTH HARRISON SHAWNEE LOCATION
219 South 8th Ave - Stroud Location

PICTURES WITH SANTA
FRIDAY, DECEMBER 13TH, 2024 3:00-7:00 P.M.
SATURDAY, DECEMBER 14TH, 2024 9:00 A.M.-12:00 P.M.

at the Housing Authority of the Sac & Fox Nation
201 N. Harrison Shawnee, OK

FREE PHOTOGRAPH WITH SANTA!
MERRY CHRISTMAS TO ALL



Housing Authority
of the Sac and Fox Nation
P.O. Box 1252

REMAINING HASFN 2024 HOLIDAYS

Veteran's Day-November 11
Thanksgiving Day-November 28
Day after Thanksgiving-November 29
Christmas Day-December 25
Algonquin Cultural Day-December 26

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Agency Hours

Monday-Friday 8:00 a.m.- 5:00 p.m.

Check the website (www.sacandfoxha.com) for up-to-date emergency closures due to severe weather or for a list of holidays in which the agency will be closed.