

FORT BERTHOLD Housing Authority

Volume 2 / Issue 5

May 2020

Some Information to out tenants Regarding COVID- 19

Everyone should continue promoting everyday disease prevention strategies:

- If you are sick, stay home from work or school.
- Avoid close contact with those who are already sick.
- Cover your nose and mouth when coughing or sneezing with a tissue or the crook of your arm.
- Wash your hands often with soap and water.
- Avoid touching eyes, nose, or mouth.

Attention Due to COVID-19 Maintenance will only be going into homes if there is an emergency Maintenance Issue.

FBHA staff is working from home. But still keeping the communication Lines open!

Attention: All Fort Berthold Housing Authority Rental and Home owner tenants FBHA has Approved the **deferral** of payment for the month of May 2020. Due to the coronavirus outbreak.

Also, we like to keep communication open and have all tenants please **call and share there up dated PO Box address and good contact numbers**. We have lots of information to share. Any questions please Contact 701-421-1249 Clemen@fbha.org

Please Contact

Lease Compliance or Maintenance Issues at 701-421-1249

Finance issues please contact 701-421-1112

Administrative Issues please contact 701-421-0479

Or go to our website: www.fbha.org

[FBHA NOW HAS FACEBOOK AND INSTAGRAM!!!](#)



Wednesday May 10th, 2020 is



WWW.FBHA.ORG

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BILL JACOBS, INSURANCE MANAGER

MAY 7TH 1962 FBHA EST.

Fun Facts:

1. NAHASDA ACT WAS SIGNED INTO LAW 1996

[New FBHA Employees](#)

There are no new Employees at this time

Contact us

Compliance in each Segment:

Lease Compliance Manager, [Open](#)

Office.701.627.4731

New Town LC, [Open](#)

Office.701.627.4731

Four Bears LC,

fourbears@fbha.org Office.701.627.4731
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WHAT'S THE DIFFERENCE BETWEEN MEMORIAL DAY AND VETERANS DAY?

On both Memorial Day and Veterans Day, it's customary to spend time remembering and honoring the countless veterans who have served the United States throughout the country's history. However, there is a distinction between the two holidays:

- **Memorial Day** commemorates the men and women who **died** while in the military service of their country, particularly those who died in battle or as a result of wounds sustained in battle. In other words, the purpose of Memorial Day is to memorialize the veterans who made the **ultimate sacrifice** for their country. We spend time remembering those who lost their lives and could not come home, reflecting on their service and why we have the luxury and freedom that we enjoy today. We might consider how we can support and safeguard their grieving families and loved ones who are left behind.

- **Veterans Day** is the day set aside to thank and honor ALL who served—in wartime or peacetime—regardless of whether they died or survived. Veterans Day is always observed officially on November 11, regardless of the day of the week on which it falls.

Remember: Raise the flag with honor and respect!

Electrical Cords and Outlets safety Tips

Check for frayed wires.

Repair or replace any loose or frayed wires on all electrical devices.

Follow the path of cords.

No cords should run under rugs or across doorways.

Baby-proof.

If you have any small children in your house, place plastic safety covers over unused outlets.

Rethink extension cords.

Consider adding electrical outlets where you currently rely on extension cords.

Check for a faulty electrical system.

Feel all outlets and plugs to see if any are warm; if so, have an electrician check them.

Don't overload the system.

Make sure that you've followed manufacturers' directions about maximum wattage of lamp bulbs and outlet requirements for plugs.

And don't overload any one outlet.

Be certain that you have no more than one high-wattage appliance plugged into a single outlet.

Have the necessities

Your home should have all the typical emergency response items in an easy-to-access location. These items include:

- A first aid kit completes with Band-Aids, gauze, anti-bacterial wipes, eye patches, pain-reliever, etc.
- Medicines for common ailments such as upset stomach or colds
- Inhalers, if necessary
- Emergency numbers for contacts, doctors, hospitals or poison control centers
- Anything else that may be necessary for the unique needs in your home

JOB ANNOUNCEMENTS -April 1,2020

Administration

Human Resources Manager - starting, Full-Time \$DOQ/DOE.

Contract Officer - \$Salary, DOQ/DOE.

Maintenance Dept.

Maintenance Manager- Starting, Full Time \$DOQ/DOE

Maintenance Worker(s)-starting, Full-Time \$17.00 per hour

(White Shield, Twin Buttes, Four Bears, Mandaree, New Town, Parshall)

LIHTC Custodian/Grounds Keeper(s)- starting, Full-Time \$16.00 per hour

Custodian-starting, Part-Time \$16.00 per hour

Modernization/Renovation Dept.

Modernization/Reno Clerk-starting, Full-Time \$16.00 per hour

Carpenter Helper(s)-starting, Full-Time \$18.00 per hour

CDL Drivers-starting, Part-Time \$DOQ

Lease Compliance Dept.

Lease Compliance Manager- Starting, Full Time \$DOQ/DOE

Lease Compliance Specialist-starting, full-Time \$16.00 per Hour

(New Town, Parshall and Four Bears, Mandaree)

Environmental Dept.

(2) Technician-starting, Full-Time \$17.00 per hour

**Excellent Benefits Free Employee
Medical/Dental/ Vision/ Life Insurance
Matching 401 (k) Plan**

**Contact: Human Resources or
Executive Director**

• **Fire extinguishers**

FBHA units -If your Fire Extinguisher are expired please Contact Maintenance or Lease Compliance so that we can replace it.

• **Spring Clean up**

FBHA units - Please take everything you would like throw out to the curb the week of May 19-21 in Four Bears For our FBHA Annually Community Opportunity day Clean Up. Following segments dates will be announced later.

• **Driveway**

FBHA units- All tenants are allowed 2 vehicles per drive way Any vehicles not working will have to be towed. Also, no parking on the lawns.

Important Notice:

In effort to mitigate the community spread of COVID-19 Fort Berthold Housing Offices have temporarily closed to the Public, FBHA is tentatively looking at open date June 1 2020.

Although are offices are closed to the Public we are still here and ready to help you. We want you to know that the safety of our tenant and employees are our top concern

We have taken several steps to safely serve our community.

- Our lobby, offices and public spaces are being given an additional level of cleaning.
- We've asked employees to take added measures in prevention by keeping their hands and work stations clean. Wearing mask at all times using hand sanitizer wearing of gloves
- We have instructed employees to stay home if they exhibit any signs of illness.
- We have limited travel for our employees as well as large gatherings and trainings.

When we do open the doors, we want everyone to follow our guidelines when coming into the building.

- Everyone must wear mask
- Use hand Sanitizer with entering before signing in at the reception desk.
- Do not bring any extra persons with you if not necessary.
- Please don't come in if you have been sick, or are sick, or be around anyone who is sick with COVID-19 symptoms
- Please do not enter if you have traveled within the last two weeks or been around someone who has traveled.

Thank you for your time and if you have any question please feel free to contact us.

Please contact Lease Compliance at 701-421- 1249 Finance 701-421-1112
Administrative 701-421-0479

MAY

2020

Integrity. Excellence. Honesty. Diversity.
Respect. Responsibility. Compliance



FBHA Maintenance Office open 8:00am to 4:30pm Phone #701-627-3045

On call After Hours every other week

Lester Lone Bear Jr 701-421-9832

Edward Busurto 701-421-4054

See color coded dated below

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AP week				RENT DUE 1 st Of Every Month	1	2
3	4					
				May 7 th 1962 FBHA Est.		
AP week Mother's Day		12	13 Board Reports Due	14 TBC Meeting	15	16
17	18	19 Regular BOC Meeting	20	21	22	23
AP week	24 Memorial Day Observed	25	26	27	28	29
31						

Download If you haven't already **MHA Tips** app to your Phone and help get Drugs out our Communities!

No Employee Birthdays in the month of May



Zoom Meeting every week day at 8:30am with Project /Managers East & west Communication Team

Cinco De Mayo !!
Mothers Day
Memorial Day – Admin

HOW TO PREVENT A DRAIN CLOG

If your kitchen or bathroom drain seems to be draining more slowly than usual, you likely have a **drain clog** on your hands. There are few plumbing problems that are more annoying than a drain clog because in most cases, a drain clog will rear its ugly head again in no time. Fortunately, there are a number of simple steps you can take to help prevent a drain clog, including the following:

- On a monthly basis, use safe enzyme treatments, rather than harmful drain cleaners found at your local hardware stores. [Roto-Rooter Pipe Shield®](#) is a drain maintenance product that is easy to apply, economical and safe for the environment. Regular application provides a coating inside that drain lines that keeps food, grime, hair and other debris from creating clogs in the pipe.
- Dispose of grease and other harmful items in the trash can, rather than down the drain to prevent a clog, from forming in your kitchen sink. Pour the grease into a container and dispose of the entire container in the trash or wait until the grease hardens then scrape into the trash.
- Run hot water through all drains regularly. It is best to run hot water in all drains after each use; For infrequently used drains, run or pour hot water on a weekly basis to clear away scum and build-up, and keep the p-trap full to prevent odors from escaping into the building.
- Use a drain screen or mesh strainer to catch any hair or debris that may otherwise cause a drain clog. And, be sure to clean strainers regularly for optimum performance and eliminate odors.
- Embrace baking soda and white vinegar. They will become your best friends when it comes to cleaning your kitchen, disinfecting your bathroom, and powering through some clogs. Simply pour one half cup of baking soda followed by one cup of vinegar down the drain. After allowing the solution to do its magic (usually within 10 minutes), pour a bucket of very hot water into the drain and repeat the process as necessary to enjoy optimal results.

If you find that you are experiencing frequent drain *clogs*, then it is time to call [Roto-Rooter](#). They can help you to determine the source of the problem and provide information about preventing and eliminating the problem once and for all.

DON'T POUR GREASE OR OIL DOWN THE DRAIN

You've probably been warned at some point in your life that pouring grease down the drain is a bad idea. Everyone has their lazy days, though, and you've probably ignored this warning in favor of a quick cleanup. Pouring trace amounts of grease down the drain once, while not a good thing, probably won't cause any serious blockages in your pipes, but if you frequently dispose of cooking oil and other grease deposits in the sink, then you have a problem building in your pipes.

Many people think that running hot water down the drain will keep grease from sticking, but unfortunately that's not entirely true. Oil may be going into your drain as a liquid but as it cools and

trails through your pipes, it starts to solidify. When the grease has cooled, it often sticks to the surface of the pipes, eventually causing buildup.

GARBAGE DISPOSALS AND GREASE

A misguided thought people often have is that it's okay to pour grease down a [garbage disposal](#). The disposal does not have a special mechanism inside of it that destroys the grease, and the blades won't have much effect either. Instead, the blades will become less effective after repeated coatings of grease.

A few warning signs that will alert you of an impending blocked drain include slow drainage, gurgling noises coming from the drain, and a bad smell. If you can't seem to get rid of the clog yourself, call in a [plumber](#) to take care of the problem.

PROPER WAYS TO DISPOSE OF GREASE

If you were cooking bacon or hamburger and only have a little amount of grease in a pan, let it sit out on the stove while you eat your meal. Once the grease has solidified, use a spatula or paper towel to wipe out the mess and throw it in the garbage can and don't pour the grease or oil down the drain.

Keeping a can or jar specifically for collecting grease is another option people use. This method works best if you often cook greasy food or if you have large amounts to dispose of at once. Simply drain your pan or dish of oil into a can and let it solidify. If the can is large enough, you don't have to throw it out right away either. Put a lid on it and set it in the corner of the fridge for future use. Once it's full, place it in the garbage can.

These are really the two best methods for getting rid of your extra oil rather than pouring grease down the drain. Do not try composting it. The grease will only make your pile smell and attract animals.

PLEASE NOTE NEVER TO PUT THESE ITEMS DOWN DRAINS AT ANYTIME!!!

- Rags
- Towles
- Never Diapers -adults or babies
- Women feminine Hygiene products
- Chemicals

Stay home to protect our community



Stay home



Wash your hands for 20 seconds



Avoid touching your face



Keep 6 feet of physical space



Protect elders & vulnerable people

STEPS YOU CAN TAKE TO PROTECT OUR COMMUNITY FROM COVID-19

- **Stay home** and limit physical contact, even with family.
- **Wash your hands** with soap and water for 20 seconds often.
- **Avoid touching your face**, as the virus is transmitted by coming in contact with mucus membranes like your nose, mouth, or eyes.
 - **Cover coughs and sneezes** with a tissue or your elbow, and immediately wash your hands.
- **Keep a physical distance of at least 6 feet** from others, even loved ones, and avoid gatherings.
- **Check in on your loved ones** with care and precaution, especially our beloved elders as they are more susceptible.

WHAT YOU NEED TO KNOW AND DO

- **What is the coronavirus or COVID-19?**
“COVID-19 is a respiratory illness that can spread from person to person.” - Center for Disease Control
- **What is social distancing?**
Social or physical distancing is deliberately keeping six feet of physical space between people to avoid spreading COVID-19.
This includes your family members, elders, and your neighbors.
- **What is self-quarantining?**
Health experts recommend that anyone who has come into contact with COVID-19 practice self-quarantining for at least 14 days. This includes practicing standard hygiene, staying at home, not having visitors, not sharing utensils, and staying at least 6 feet from other members of your household.
- **Who is most at risk?**
Vulnerable populations include our elders, those who are immunocompromised, pregnant women, and people with underlying conditions like asthma, heart disease, and diabetes.

- **Who can contract COVID-19?** Anyone can contract and transmit coronavirus. Importantly, many people do not show symptoms and can be carriers, exposing others who have greater risk.
- **Common COVID-19 symptoms include** a cough, fever, and shortness of breath. If you are experiencing any of these symptoms, stay home and contact the Elbowoods Memorial Health Center Coronavirus Hotline at (701) 627-7641. If you live off Fort Berthold, contact your local clinic for instructions.

CARING FOR YOUTH - TAKE THIS OPPORTUNITY TO TEACH PRACTICAL AND INDIGENOUS KNOWLEDGE

- **Maintain a consistent schedule.** Consistency is calming and reassuring for people of all ages.
- **Use this precious time for teaching and learning together:** plant a garden, do arts and crafts, cook and bake, write thank you notes, and encourage reading.
- **This may be stressful for your children** too, so be patient and kind. A couple hours of school every day is sufficient.
- **Give them choices,** so they can participate in creating their learning experience.
- **Learn math skills** while playing video games for Native youth with [7 Generation Games](#).

TIPS FOR OUR YOUNG ADULTS DURING COVID-19

- **Young people are not immune from contracting and transmitting COVID-19.** Young people may not know they are carriers, so it is imperative that everyone practice social distancing and proper hygiene, even if you yourself are not at high risk.
- **Physical distancing doesn't mean you cannot stay social.** Connect with friends and family members over video chat, text message, or phone.
- **Get creative** about ways to stay social during social distancing - have a FaceTime sleepover, host a Netflix Party, or plan a Discord session with your friends.
- **It's really hard to have to miss major milestones in your life.** Social distancing may mean you don't get to celebrate prom, graduation, or something else you've been looking forward to. It's okay to be disappointed.

WE MUST ACT RESPONSIBLY TOGETHER; STAY GROUNDED AND REMEMBER WHO WE ARE

- **Stay home, be smart and safe.** In order to care for others, you must take care of yourself.
- **We are a relational people.** But now, we must care for each other by limiting physical contact.
- **Protect our elders** by practicing physical distancing and checking in on them by phone regularly.
- **Stay calm and grounded.** Remember our traditions can keep our spirit strong and uplifted.
- **We are resilient.** We are here today because we are survivors, so be accountable to each other.