



September Events

◇ **Stretch Your Dollar Class**—*Thursday, September 8th from 6:00-7:00 at the UPTHA Building*

We will be discussing money saving tips. Come get some ideas of how to “stretch your dollar” in small, practical and simple ways. Light refreshments will be served.



◇ **Native Goods Marketplace**—*Friday, September 16th from 10:00-2:00 at the UPTHA Building Parking Lot*

We will be hosting another “farmer’s market” event where you can come buy and sell handmade items and food. Whether you come to sell or come to buy, you won’t want to miss it! **In order to be a vendor, you must sign up. Please do not assume that you are on the list if you have done past events.** If you’re interested in selling your goods there, please call Jamee at (435) 559-4155 to sign up or for more information.



◇ **Elders Luncheon**—*Thursday, September 22nd from 11:30-12:30 at the UPTHA Building*

We are inviting all seniors to another luncheon. Come enjoy some good food and good company. In addition, we will briefly discuss some more of the current scams that are specifically targeting older adults and other tips to help keep you safe.



Lots to look forward to...hope to see you there!

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****All classes can be attended via Zoom, call Jamee at (435) 559-4155 for info.***

Cleaning Tip of the Month:

Wash your family’s hands with soap and warm water regularly – to help stay healthy **and** to keep dirt and germs off household surfaces.

Safety Tip of the Month:

Lock all doors and windows. Also shut blinds and/or drapes at night for safety...and actually for health too! A new study recently suggested that closing blinds, drawing curtains, and turning all the lights off before bed, during sleep will protect a person's health. A study by Northwestern Medicine reported that being exposed to even "moderate ambient lighting during nighttime sleep can damage glucose and cardiovascular regulation" which are risk factors for certain conditions like diabetes and heart disease.