May News

North Informational Luncheon—***Tuesday, May 13th, 12:00-1:00 at the Kanosh Band Building***

We are inviting all to a luncheon in Kanosh where we will discuss a variety of beneficial topics including mental health, septic systems and more. We hope you'll come spend lunch with us learning!

South Informational Luncheon—***Wednesday, May 14th from 12:00-1:00 at the Shivwits Band Building***

We are inviting all to a luncheon in Ivins where we will again discuss a variety of beneficial topics including mental health, septic systems and more. Come learn while enjoying lunch with us!

Elders Lunch-and-Learn—***Thursday, May 15th from 11:30-12:30 at the UPTHA Building***

We are inviting the seniors to another luncheon. Come enjoy some good food and good company. In addition, we will discuss information that is beneficial to older adults. Mark your calendar!

Native Goods Marketplace—***Friday, May 30th from 10:00-3:00 at the UPTHA Building Parking Lot***

We will be hosting this year's first "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 out!** For more information and to sign up to sell your goods, please visit https://forms.gle/Pyf7oCZHEqdmeS5b7 or call Jamee at (435) 559-4155.

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

Utah Paiute Tribal Housing Authority
565 North 100 East
Cedar City, UT 84721-6156
www.utahpha.org
Phone: (435) 586-1122

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

Cleaning Tip of the Month:

Dust weekly using a microfiber cloth.

With regularly dusting, indoor air quality is improved by removing allergens like dust mites, pet dander and pollen reducing the risk of allergic reactions or asthma attacks. Dust can also harbor germs and bacteria. Dust accumulation can damage equipment that can shorten the lifespan of these items. Dusting removes buildup giving your home a cleaner and fresher look.

Maintenance Tip of the Month:

Using cooking stoves and barbeques in a garage or indoors, especially unvented areas, is dangerous.

They burn up oxygen and also release combustion gases, such as carbon dioxide, into the enclosed space. This can cause carbon monoxide poisoning, air pollution, and potential fire hazards. They also emit various pollutants which can negatively impact respiratory health, including asthma.

Housing Appreciation Lunch

Thursday, June 5th

12:00-2:00

UPTHA Parking Lot

We will be serving your family some food and some fun. You won't want to miss out!

We're excited to welcome and spotlight Jennie Bowles, our dedicated RAP/LIHTC Manager. Jennie plays a crucial role in ensuring the success of our affordable housing programs. Her dedication helps us navigate the complexities of rental assistance and tax credits, ultimately benefiting our residents and communities. When she's not working, she enjoys gardening, hiking and spending time with her granddaughter. We're thrilled to have her as part of our team!

Native Goods Marketplace

Join us at our "farmer's market" event where you can buy goods, food, and handmade items. It will be happening on *FRIDAY, May 30th from 10:00-3:00* at the Utah Paiute Housing Authority parking lot located at 565 N 100 E, Cedar City, Utah.

For more information and to sign up to sell your goods, please visit https://forms.gle/Pyf7oCZHEqdmeS5b7 or call (435) 559-4155.

We really hope you'll come and enjoy this event with us!

Is that unexpected text a scam?

By: BCP Staff, FTC

Did you know that people almost always open text messages? In a new Data Spotlight about the big jump in reported fraud losses involving text scams, the FTC notes a study finding open rates can be as high as 98%. Those are really good odds for a scammer. And when scammers get you to respond to their messages, they're cashing in. Here's how you can increase your chances of keeping your money safe.

Some text scams start as fake fraud alerts. You get a message from someone claiming to be from the fraud department with Amazon or your bank, offering to help with a suspicious charge. But that's the hook they use to get you to respond by messaging back or calling a number. Instead of help, they'll spin elaborate lies and drain your bank account.

Or maybe you get a text about a problem with a delivery or a message about unpaid tolls. In both cases, they tell you to click a link to fix the issue. When you land on what seems to be the USPS or highway toll program website (they're not), they tell you to pay "re-delivery fees" or "unpaid tolls." That's when you might end up giving your credit card or even your Social Security number to a scammer.

Scammers also use phony job opportunities and "wrong number" texts to convince you to respond. No matter what story you get, here are ways to avoid text scams:

- **Don't reply to unexpected text messages.** It could lead to a scam.
- **Never click links in unexpected messages**. Scammers want you to react quickly, but it's best to stop and check it out.
- **Don't assume a text from a known company or organization is legit.** Check it out. Reach out to the company, state tolling agency, or bank using a phone number or website you know is real — not the info from the text.

May is Mental Health Month 2025

TURN AWARENESS INTO ACTION

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Write down three specific self-care goals for the month and post them where you'll see them.	2 Spend some time in nature today. Whether it's taking a walk, smelling the flowers, or sitting by a tree, nature can make you feel calmer.	3 Check in on your own mental health. Take a mental health test at mhascreening.org. It's free, anonymous, and confidential.
4 Try sharing your mental health story on social media or with close friends. This brave act can help reduce stigma in your community.	5 Our physical health is linked to our mental health. Find some time to move your body today in whatever way feels right for you.	6 Take some time today to de-stress and unwind. Do a hobby you enjoy—or try a new one if you don't have a go-to hobby.	7 Practice good sleep habits. Resist the urge to zone out on social media or watch TV and make your room cool, dark, and quiet. Aim for 8 hours of sleep.	8 Create a "calm space" in your home. Include things that help you relax, like your favorite blanket or book. Use this space when you need time to yourself.	9 Take some time to reflect on the causes you care about. Think of one way you can support these causes, whether it is with your time, donations, etc.	10 Spend 10 minutes doing a journaling exercise. Write down whatever is on your mind and notice how you feel when you finish.
11 Mother's Day: Send a "thank you" card or text to someone in your life today. Sharing gratitude can help you feel more positive too.	12 Help yourself while helping others: Declutter by donating old clothes, toys, books, etc. Clearer spaces can help your mind feel clearer as well.	13 Try a breathing exercise to feel more calm and grounded. Inhale for 4 seconds, hold for 4, exhale for 4, and hold again for 4. Repeat as needed.	14 Read this affirmation today whenever you need it: "We're all first-time humans. Give yourself grace as you keep learning and changing."	15 Today is Mental Health Action Day! Visit mhanational.org to find out more about how you can take action to support mental health efforts.	16 Go somewhere you've never been. This could be as simple as taking a different route home. Mixing it up can be refreshing and open you up to new possibilities.	17 Spend some time with a furry friend to lower stress hormones and boost your mood. If you don't have a pet, see a friend who does or volunteer at a shelter.
18 Your mind functions best when your basic needs are met. Do your best to drink at least 64 ounces of water today to stay hydrated.	19 Think of one person whom you'd like to strengthen your relationship with. Schedule a time to connect on the phone or to meet in person.	20 You deserve rest and you do not need to earn it. Take a nap, sit quietly in nature, or enjoy your lunch break without working.	21 Try a new coping skill today. Some examples are: belly breathing, progressive muscle relaxation, playing with a pet, or watching your favorite movie.	22 What causes matter to you? Think of one way you can support these causes, whether it is with your time, donations, etc.	23 Reflect on what boundaries you need to live a more peaceful life. If you feel ready, communicate your boundaries to the people involved.	24 Connect with your spirituality if this is something you want to explore. Try joining a faith community, spending time in nature, volunteering, etc.
25 Look for a community event to attend. Some examples of this might include a local film festival, a community potluck, a sports game, etc.	26 Memorial Day: Plan a cookout or game night with loved ones. Connecting with people you care about can increase your happiness.	27 Experiment with a new recipe, write a poem, paint, color, or try a Pinterest project. Creative expression and overall well-being are linked.	28 Try asking someone: *"How are you, really?"* today to get a better sense of how they're doing, deep down.	29 Make a list of your strengths! If this feels hard, try asking people close to you what they think your top 3 strengths are.	30 Plan a break for yourself. You could ask your boss for time off, think of things you might want to do on vacation, consider a "staycation," etc.	31 Write a letter to yourself to celebrate all the actions you've taken this month to support mental health.

Monthly Goals

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Get more information and resources.

mhanational.com/may

MHA
Mental Health America

Mental Health America

10 JOURNAL PROMPTS TO SPARK SELF-REFLECTION

Instead of trying to fix or improve things, what are three things about yourself or your life that you can decide to accept exactly as they are? How does this shift your stress level?

Not everyone has an easy time being positive, and it can be especially hard if you're already not feeling in a great place mentally. So, rather than listing things you're thankful for, jot down some things you don't have... and are glad you don't have or have to deal with! Was this an easier way for you to think? Does this help you see things differently?

If you had the chance to adjust three things about the upcoming day to make it great, what would they be? What are the reasons for your choices? What steps can you take now to make them a reality tomorrow?

For every bad thing happening in the world right now, people are out there working to make things better. Now, challenge yourself to find at least one positive effort, breakthrough, or solution happening around something that upsets you.

We all feel stuck sometimes. What is one aspect of your life that feels like you're running in place? Is there something that you're waiting to happen to change things? What's one small action you can take—no matter how insignificant—that could open a path forward?

What's something you do that makes you feel bad about yourself (procrastination, overthinking, isolation, etc.)? Now, think about what the complete opposite action is. What would happen if you tried it for a day?

When was a time when you felt completely recharged and refreshed? What were you doing? Who were you with (or were you alone)? Are there little things about that time that you can bring into your life more often?

Write down five cool things you've already done that made you feel happy or peaceful—or, in other words, things you've already knocked off your "bucket list." What was it about these things that made you feel good, and how can you work that into your day-to-day life?

We can usually think of things we want to change in our lives pretty easily, and sometimes, they feel too big to take on. It's important to remind ourselves that we can do difficult things. What's something you used to struggle with that you don't struggle with anymore? Have you rewarded yourself for your success? If not, what can you do to celebrate?

Think of a time when someone's kindness, courage, or optimism gave you hope... now flip it: What if you were already someone else's sign of hope without realizing it? What do you think you did to inspire that person?

We value your input. Please fill out this form and send it to back to us by emailing it to jamee.vargas@utahpha.org, dropping it off at our office or call us and we can make other arrangements with you.

All who complete this form and turn it in will receive tickets in our Events Participation Drawing for a GRAND PRIZE!

***Turn it in by 5/16 to receive 5 tickets!**
***Turn it in by 5/30 to receive 3 tickets!**
***Turn it in by 6/4 to receive 1 ticket!**

WE WILL ANNOUNCE THE WINNER AT HOUSING APPRECIATION ON 6/5/25!

Thank you!

Utah Paiute Tribal Housing Authority

UTAH PAIUTE TRIBAL HOUSING AUTHORITY

Community Needs Assessment

Resident Opportunity and Self-Sufficiency (ROSS) Program

Name:_____ **Date:**_____

Household Information (Answers to this survey will remain anonymous.)

1. Are you an adult 18 or over? (CIRCLE ONE)

   YES **NO**

2. Are you the head of household? (CIRCLE ONE)

   YES **NO**

3. Does anyone in your household have a physical or mental disability? (CIRCLE ONE)

   YES **NO** **NO RESPONSE**

4. Which gender do you identify with? (CIRCLE ONE)

   Male **Female** **Other**_____ **NO RESPONSE**

5. What is your age? (CIRCLE ONE)

   18-24 **25-34** **35-44** **45-54** **55-64** **65+** **NO RESPONSE**

6. Which community do you live in? (CIRCLE ONE)

Annabella	Cedar	Cedar Band	Cedar Village	Joseph
Enoch	Fillmore	Ivins	Kanosh	Parowan
Richfield	Shivwits	St. George	Washington	Beaver

Community/Household Needs

7. How would you rate the following issues for your household? (Mark each line with an X)

	Serious Problem	Moderate Problem	Not a Problem	Does not apply to my household
Availability of job training opportunities				
Availability of jobs for adults				
Availability of jobs for youth				
Lack of Education (College/High School/GED)				
Need for childcare services				
Cost of living				
Income/Wages				
Debt				
Availability of Financial Services (Banking)				
Availability of Financial Counseling				
Elder living assistance (62+)				
Availability of health care				
Health of household residents				
Seeking employment with a criminal record				
Substance abuse services/treatment				

8. What are things, if any, that make it difficult for you or other adults in your household to find and/or keep work? (CHECK ALL THAT APPLY)

Barrier	X
Caring for a family member who is sick or disabled	
Need affordable childcare	
Need transportation	
Need job experience	
Need job training	
No job opportunities	
Do not have high school diploma or GED	
Do not have a college degree	
Disability	
Criminal record	
Other (specify)	

9. Do you or any others in your household have interest in the following? (CHECK ALL THAT APPLY)

Interest	X
GED/adult education	
Vocational training	
College education	
Increasing income	
Getting a job or a better job	
Saving money	
Eliminating debt	
Homeownership assistance/education	

10. Do you or another adult in your household have difficulty with any of the following? (CHECK ALL THAT APPLY)

Subject/Skill	X
Reading	
Math	
Speaking/Reading/Writing English	
Using a computer	

11. What are the health care needs of your household beyond primary care? (CHECK ALL THAT APPLY)

Health Care Needs	X
Health care education/prevention	
Nutrition and exercise programs	
Services to help alleviate stress, anxiety, depression	
Assistance with daily living for elderly/disabled residents	
Health screening services	
Substance abuse treatment	
Transportation to health care services	
Other (Specify)	

The Utah Paiute Tribal Housing Authority appreciates your time and input on this assessment of community needs!