

AMIHA Newsletter

February 2021
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Rental Assistance Opportunities for Tribal Members

AMIHA currently has two Rental Assistance programs available for Tribal Members.

California Coalition of Rural Housing-Rural Rental Housing Emergency Assistance Program (CCRH-RRHEAP). This program is available to **AMIHA participants** that are at 50% Area Median Income or below. To receive assistance through this grant you must submit an application to AMIHA. The amount of assistance available depends on your level of income. Funding will be distributed on a **first come first serve** basis. Applications have been mailed to participants but are also on the AMIHA web site www.amiha.org. For further information please contact Abriana Soto, Housing Administrator at 951-760-7390 ext. 3 or email asoto@amiha.org.

Treasury Department-Emergency Rental Assistance Program (ERA) This program is available to **Tribal Members living in Rental housing (on or off reservation)** that are at 80% Area Median Income or below. Funding is available to assist with rent and/or utilities for up to 12 month or until all funds have been spent. Program details are still being worked out and the application is expected to be available on the AMIHA web site soon. Please watch your mailbox and check the AMIHA website for the application and further information on this funding.

2021 AMERIND Safety Poster Contest

Calling all K-8th graders to participate in the annual AMERIND Safety Poster Contest. The purpose of AMERIND's annual poster contest is to promote Safety in our communities. Let's Get Southern California Tribal Artists recognized!

Housing Authority Level (AMIHA) First-place winners in each category [K-3, 4-6, 7-8] receives a \$25.00 Target gift card!

National Level (AMERIND) First-place winners in each category [K-3, 4-6, 7-8] receives \$1,000 cash!

POSTERS DUE TO AMIHA MARCH 5, 2021

Please look for the flyer with all the details in your mail



What is the AMIHA *Wait List*?

When an applicant submits an application for housing, and all of the required information is provided, the applicant is placed on the AMIHA “wait list” in chronological order based on the date their original application is received. The AMIHA wait list is reviewed and updated on a regular basis to ensure all applicants are up to date with the required information and documentation. It is the responsibility of each applicant to update their application on an annual basis (from the date of the original application). To remain on the wait list, an applicant **MUST** continue to update his/her application **every year**. Applicants who fail to update their application annually will be dropped from the list.

MISSION STATEMENT

To provide safe, affordable, and decent housing for Indian people residing on the reservations that incorporates traditional concepts and values. To seek out and effectively administer innovative programs to maintain the existing housing stock and to create new housing opportunities for the residents we serve.

Current Homeowner Requirements

CURRENT HOMEOWNERS ARE REQUIRED TO COMPLETE A RECERTIFICATION.

Recertification: the income of a participant shall be re-examined every three (3) years. The purpose of the re-examination is to determine whether there needs to be an adjustment, increase, or decrease, of the participant’s monthly payment.

For further questions or information please contact Abriana Soto, Housing Administrator at asoto@amiha.org.

NOTE: Participants may be required to recertify their income sooner if they are applying for assistance with other grant funds.



All Mission Indian Housing Authority (AMIHA)

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AMIHA is the Tribally Designated Housing Entity (TDHE) for the following fourteen (14) Southern California Indian Tribes:

Agua Caliente	Pechanga
Cabazon	Santa Rosa
Cahuilla	Santa Ynez
Jamul	Soboba
La Jolla	Torres-Martinez
Morongo	Twenty-Nine Palms
Pauma	Viejas

AMIHA provides differing types of services to these tribes based on their housing needs and direction from tribal leaderships. AMIHA was founded in 1970 with the purpose of providing affordable, low-income housing to tribal members. AMIHA serves 14 reservations in 3 counties. With over 50 years of experience working with multiple Indian Tribes on construction and rehabilitation of low-income housing, AMIHA is one of only three Indian Housing Authorities in the State of California that represents multiple Tribes. To date, AMIHA has built more than 1,000 housing units in San Diego, Riverside, and San Barbara counties.

Maintaining Your Home This Winter

What types of home maintenance are AMIHA Participants responsible for?



- Normal wear and tear
- Damages caused by occupants
- Preventive Maintenance
- Rodent and Pest Control
- Site and yard maintenance

What types of maintenance and support does AMIHA provide their Participants?

- Insurance Claims
- Safety and Health Repairs (when funds are available)
- Assistance locating a licensed contractor
- New Home 2 Year Warranty on Construction defects
- MEPA funded repairs and maintenance



Wind and Rain Damage to your Home

This time of year, Southern California regularly experiences high winds, rain and severe weather. Often these winds cause damage to your roof blowing roofing shingles loose or even blowing them off. Please take a few minutes to survey the area around your home to see if you see any roof debris, or if you see any loose or missing shingles on your roof.

If you live in an AMIHA managed home, immediately report any damage to Debbie Skallerud or Yvette Yazzie at AMIHA. If you are not in an AMIHA home, you should contact your insurance company and report the damage immediately. Repairing roof damage early can prevent further damage to your roof and/or the interior of your home.

Contact Information: Debbie Skallerud 951-553-1013 or dskallerud@amiha.org & Yvette Yazzie #951-428-6386 or yvazzie@amiha.org.

Maintaining Your Home This Winter (cont.)

Rodent Prevention Tips

Did you know?

Mice can squeeze through a hole the size of a nickel and rats can squeeze through a hole the size of a half dollar!



Prevention is the key

Keeping your home free from rodents is all about prevention and exclusion.

Don't give them a place to live and food to eat! In case pests have become a problem in your home, call a professional pest management company. *** You are the most important line of defense in the home ***



Clean Up!

Clean up to eliminate rodent food and nesting sources

- All trash/garbage should be put in rodent-proof, watertight containers with tight-fitting lids.
- Arrange bird feeders so that seeds cannot fall on the ground OR keep bird feeders farther away from the house. Use squirrel guards to limit access to the feeder by squirrels and other rodents.
- Eliminate clutter by cutting and removing grass/weed overgrowth.
- Remove old trucks, cars, and old tires.
- Elevate hay, woodpiles, and garbage cans at least 1 foot off the ground.
- Clean up pet waste frequently and keep pet food indoors in containers with tight lids.
- Keep compost bins as far away from the house as possible (100 feet or more is the best). If you suspect rodents, discontinue adding food waste to the compost pile immediately.
- Food from vegetables gardens and fruit trees should not remain on the ground.

*** Rodents like to make their homes in clutter ***



Seal Up!

Seal up common entrance into the home

- Kitchen cabinets, refrigerators, stoves, floor corners, closets, fireplace, doors, windows, pipes under sinks/washing machines, pipes to hot water heaters/furnaces, floor vents and dryer vents, attic, basement, crawl space, and around electrical, plumbing, cable, and gas lines.
- Fix small holes with steel wool and caulked to keep in place.
- Fix large holes with lath screen or lath metal, cement, hardware cloth, or metal sheeting. These materials can be found at any hardware store.
- Sink holes and burrows outside your home should be covered by solidly packed dirt and monitored.



Trap Up!

Trap up rodents to decrease their populations

- Choose an appropriate trap (snap and/or glue) and add bait to attract rodents.
- Set traps in any area where there is evidence of rodent activity.
- Poison is not recommended because rodents may die in the walls or under the floors preventing you from removing it.
- If you suspect a rodent infestation, call a professional pest management company.



What Tribal Members need to know about COVID-19 *(Updated January 2021)*

What is coronavirus disease 2019 (COVID-19)?

Coronaviruses are a type of virus (germ) that can cause cold-like symptoms and sometimes serious problems with lungs and breathing. COVID-19 is a novel (new) coronavirus.

What are the symptoms of COVID-19?

Not everyone who has COVID-19 has symptoms, but symptoms may include:

- **Fever, chills, cough, shortness of breath, tiredness, muscle or body aches, headache, sore throat, new loss of taste or smell, congestion or runny nose, nausea or vomiting, or diarrhea.**

How does COVID-19 spread?

Most often, COVID-19 is spread person to person through close contact. When people cough, sneeze, talk, sing and breathe, the virus is released into the air and can spread to others. Someone with mild symptoms may spread the disease without knowing they are sick.

Sometimes, there is also airborne transmission when very small drops of the virus stay in the air even after a person with COVID-19 has left the area.

Who is most at risk?

Anyone can get COVID-19. Those at risk of severe illness are:

- **Elders and adults over 60 years of age,**
- **People with heart disease, lung disease, or diabetes.**

How can I protect myself and my family?

Stay at home. "Social distancing" is recommended. This means keeping your family at home and away from others who may be sick.

- If you must go out, wear a mask and try to stay at least 6 feet away from others.
- Avoid gatherings with other people, especially indoors.
- Avoid touching your eyes, nose, and mouth.
- Do not shake hands, hug, or touch others.
- Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer.



If someone gets sick, what can they do?

- **If someone thinks they have been around someone with COVID-19 and they get a fever and symptoms such as cough or trouble breathing, they should call their healthcare provider or local Indian Health Service unit for medical advice. They can also get tested to see if they are infected.**
- In an emergency, call 911.
- People who are mildly sick with COVID-19 do not need to see a healthcare provider and are able to recover at home.
- Cover coughs and sneezes with a tissue, then throw the tissue in the trash and wash hands.
- Stay home and away from others for 14 days to avoid getting others sick.
- Caregivers should keep sick family members away from others in the home and clean and disinfect surfaces and items that are touched often, like door handles, sink handles, toilets, remote controls, etc.

Is there a vaccine or treatment?

Some vaccines are now available. They are being distributed across the country, but will take several months before they are available to everyone in the community. The best way to continue to reduce the risk of getting sick with COVID-19 is to wear a mask, keep social distancing and practice healthy habits like washing hands regularly.

Medical care can help relieve symptoms of COVID-19. Some people may also be offered monoclonal antibodies for treatment. These help the immune system fight COVID-19. If you are sick, call your healthcare provider for instructions.



For more information:
[CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)

Effective January 11, 2021
Source: CDC

Water Heater Tips to Put Safety & Savings on Tap

10 WATER HEATER TIPS TO PUT SAFETY AND SAVINGS ON TAP

Keep safety and energy savings on tap year-round with these simple tips for your home water heater.



1. Set the water heater thermostat to 120°F or less to save energy and reduce the risk of scalding. (If your dishwasher lacks a booster heater, a setting of 140°F may be needed.)
2. Hand-test water temperature before bathing or showering. A child's bath water generally should be no hotter than 100°F.
3. Securely install water heater restraints to wall studs to prevent movement or toppling during an earthquake, as required by state law.
4. Keep flammable products away from the water heater and vent system to help prevent fire hazards.

5. Keep the area around the water heater clean and well-ventilated.
6. Fix leaky faucets to prevent heated water from dripping away.
7. Use cold water to wash clothes and rinse dishes when possible.
8. Run full loads in the clothes washer and dishwasher.
9. Install low-flow devices on faucets and showerheads — less water, less heating.
10. Wash clothes in cold water. It lowers microfiber pollution and cold water uses less energy. Up to 90% of the energy cost goes towards heating the water.

For more energy-saving and safety tips visit [sdge.com/winter](https://www.sdge.com/winter).



Fire Safety Checklist for Homeowners and Renters

If there is a fire, you may have less than 3 minutes to get out of your home. Talk about what you should do to be safe. Make sure everyone in your home knows what to do if there is a fire.



Put a check in front of each statement that is true for your home.

Smoke Alarms

- ☐ Smoke alarms are on every level of the home.
- ☐ Smoke alarms are inside and outside sleeping areas.
- ☐ Smoke alarms are tested each month.
- ☐ Smoke alarm batteries are changed as needed.
- ☐ Smoke alarms are less than 10 years old.



Test your alarm regularly.
Your smoke alarm is working if it makes a noise when you press the "test" button.

Cooking Safety

- ☐ The cooking area has no items that can burn.
- ☐ People stay in the kitchen when they are frying, grilling, boiling, or broiling food.
- ☐ Pot handles are always turned toward the back of the stove.

Escape Plan

- ☐ There is a fire escape plan that shows 2 ways out of every room.
- ☐ Everyone knows where the safe meeting place is outside the home.
- ☐ Everyone living in the house practices the escape plan 2 times a year.

Carbon Monoxide Alarms

- ☐ Carbon monoxide alarms are located on each level of the home.
- ☐ Carbon monoxide alarms are less than 7 years old.

Electrical and Appliance Safety

- ☐ All electrical cords are in good condition and not broken or cut.
- ☐ People clean the dryer of lint after every use.
- ☐ All plug outlets are safe and do not feel warm when you touch them. (If they are warm, call the landlord or an electrician.)

Candle Safety

- ☐ Candles are in sturdy fire-proof containers that won't be tipped over.
- ☐ Adults blow out all candles when leaving the room or going to bed.
- ☐ Candles are kept out of reach from children and pets.



Children are sometimes curious about fire.

If you have children in your home, lock up any items that can start a fire (matches, lighters, cigarettes, etc.) and make sure children cannot reach candles.

Learn more about fire prevention:
www.usfa.fema.gov

U.S. Fire
Administration



FEMA



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