

TULALIP HOUSING DEPARTMENT 360-716-4580



Sleep Hygiene

Can it be that it's already time for back to school? With summer at it's end and school starting back up, fall is on the horizon, so it's time to start prepping for the colder months. Before taking down the pools and summer fun toys from the outside, try starting inside the home with healthy sleep habits.

Children need 9 - 13 hours of sleep each night for their growing bodies and brains, while adults need between 7 - 9 hours of sleep. Current studies show that 58% of middle school students, 77% of high school students and 35% of elementary students and adults are not getting enough sleep.

There are long-term negative health effects of lack of sleep. Some of those negative effects can impact your immunity, making you 3 times more likely to catch a cold. Not the best way to start a new school year!

So what things will help you start getting better sleep?

1. Get on a sleep schedule- start going to bed and waking up at the time every day - yes even on the weekends!
2. Avoid caffeine, alcohol and nicotine at least 5 hours before

bedtime - these are stimulants that can make it harder to fall asleep and make it hard to achieve good quality sleep.

3. Create a good sleep space - having TVs, phones and other screens can make it harder to fall asleep. A good sleep space will be quiet, have dim lighting and a cool temperature.

4. Bedtime routines - adults and children can do calm and relaxing activities 1-2 hours before bed, including stopping the use of electronics.

5. Beds are for sleep - if you find yourself unable to sleep after 20 minutes, get up. Try engaging in relaxing activities such as stretching or reading something boring and then try again.

It might seem like an overwhelming task but it only takes about 10 -14 days to regulate your body's internal clock. The benefits that come from just getting a little more sleep; improved memory, learning and focus, better mood, stronger immune response and reduced risk of chronic illnesses, will make a big impact when you awake.

Contact Numbers

Tenant Services

360-716-4580

Tulalip Utilities

360-716-4840

Leasing Department

360-716-4129

Housing After Hours

Emergency Line:

425-622-4855

Emergencies include:

- Leaks, flooding of sinks/toilets
- Electrical/hot water issues
- Appliances break
- Locked out/lost keys
- Exterior entry unsecured
 - Windows, doors or garages broken and/or do not lock

WWW.TULALIPHOUSING.ORG/HUDHOUSING

VISIT OUR WEBSITE FOR ALL PROGRAM INFO, FORMS AND APPLICATIONS

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SLEEP HYGIENE *zzzz*

HABITS TO HELP YOU HAVE A GOOD NIGHT'S SLEEP

ROUTINE, ROUTINE

- Reset your body clock: wake & sleep at the same time
- Do relaxing activities 1-2 hours before bed.
- Put down electronics



AVOID STIMULANTS



- Limit caffeine, alcohol and nicotine
- 4 - 6 hours before bed

SLEEP ENVIRONMENT

- Comfortable temperature
- Dim lighting
- Quiet and no screens



TRY AGAIN



- If it takes more than 20 minutes to fall asleep, get up
- Go to dim lit space, read something boring
- Try again to fall asleep

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Housing Updates

Tulalip Housing is committed to keeping and maintaining confidentiality of all our tenants, rental voucher participants and emergency wellness participants. We need your help to keep this commitment to all that we serve so we kindly ask you to be considerate of Housing staff when outside of business hours. Many of our staff are also Tribal Members and will be seen in the community, at events and gatherings. They may or may not have their family and/or kids with them and having conversations about Housing matters jeopardizes confidentiality. If you have questions or concerns that you need to address with Housing, please reach out to your Tenant Service Specialist. If you have an after hours Housing emergency, please reach out to the Emergency Line.

Lisa Williams

lisawilliams@tulaliptribes-nsn.gov
 Neighborhoods:
 Church Site
 Quil 1 & Quil 2
 Y-Site

William lukes

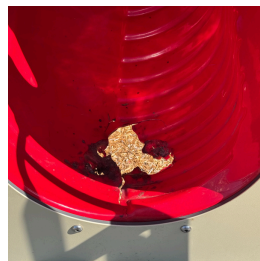
williamiukes@tulaliptribes-nsn.gov
 Neighborhoods:
 Mission Highlands Tax Credit 1
 Silver Village - Rueben Shelton & Steve Williams
 Battle Creek

Tiffany Lock-Osterberg
 tlock-osterberg@tulaliptribes-nsn.gov
 Cell - 360-926-4883
 Neighborhoods:
 Mission Highlands Tax Credit 3
 28th Drive NW
 Senior Apartments
 Senior Duplexes
 Silver Village - Verle Hatch ONLY
 Farris Property

Maintenance Updates

Our Grounds Maintenance would like to bring it to our tenant's attention that, playgrounds are being damaged again during fireworks season. Please do not light fireworks off in or on our playground equipment. Please report it to Housing if you see or hear about destruction to the playgrounds. The damages are located at:

- Mission Highlands Tube at the main playground a hole was burned into it, this is our second replacement.
- Quil II's wood pilings are splintered like fireworks were lit on top of them



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Dear **Silver Village Residents**,

My name is Heidi Zackuse, and I'm the Healthy Homes Manager for the Tulalip Housing Department. I am a proud Tulalip Tribal member from the Zackuse/Hill family, born and raised here in Tulalip. I applied for this position because of my background in construction and, more importantly, because lung health is deeply personal to me. In my own family, we've been affected by serious lung conditions such as Asthma, COPD, and Cystic Fibrosis.

My goal is to work with you as a team to make your home as healthy as possible for you and your family. The Housing Director has identified the Silver Village area as a potential health risk, and we were awarded a Healthy Homes Grant to address these concerns.

Over the next three months, I will visit your home to assess and identify any health-related risks. I'll then work with a team of professionals to address, mitigate, and resolve any issues we find.

Here's what the process will look like:

1. Assessment Form

You'll receive a form either posted on your door or handed to you. You can also scan the QR code below to complete it. Please fill it out; it helps us understand any concerns you already have and prepare for the inspection. <https://www.tulaliphousing.org/HUDHousing/HealthyHomes>



2. Home Inspection

A professional will conduct a thorough inspection of your home, which may take up to 3 hours. We'll need access to your crawl space and attic to identify potential issues and recommend solutions.

3. Follow-Up Work

If needed, we'll schedule additional visits to perform maintenance, repairs, or installations to improve your home's health and safety.

4. Healthy Homes Kit

Every resident will receive a kit with helpful items to support a healthier living environment.

I look forward to meeting you and discussing how we can make your home safer and healthier.

To schedule your assessment, please call me at 360-716-4650 between 7:00 AM and 3:30 PM. If I don't answer, please leave a message with your name and the best way to reach you, and I'll return your call as soon as possible.

Warm regards,

Heidi J. Zackuse

Healthy Homes Manager

Tulalip Housing Department

7730 36th Ave NW, Tulalip, WA 98271

360-716-4650

hfrayberg@tulaliptribes-nsn.gov

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