



# TOKA

TOHONO O'ODHAM KI:KI ASSOCIATION

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VOL. 2 ISSUE 3



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## “Go Play Outside!”

Many of us remember being young and going outside every day to play with our friends. As children, the concept of time had little to no effect on our happiness. We always enjoyed having fun and were always sad that we had to go back in the house at the end of the day. Some of us might remember going to a playground once in a while and having a great time sliding down the slide and climbing the monkey bars. We had no clue of the effects those types of structures would have on us; to us, it was just fun.

It's been proven that playgrounds have an immense effect on children's lives. Research conducted by Duerr Evaluation Resources acknowledges that “playgrounds that promote different types of play are vital for a child's cognitive, emotional, physical, and social development.” Children are our future and the better we can support them now, the better off their chances of success will be. As an organization that works for the



Solid Waste Management Program Crew

people, we realize that even the smallest gesture can have an important effect.

In our previous issue we announced the outcome of our 1st Community Clean Up. In that article we mentioned different steps that TOKA is taking in order to improve our community. As you may have seen on our Facebook and Twitter pages, our staff, in collaboration with other organizations, has been working on different projects to improve the community. Later this month, both Pisinimo and Sells rental units will be debuting brand new playgrounds for the community to enjoy.

It took the cooperation of many to get this project to surface from an idea that the

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organization had a long time ago. We collaborated with the Solid Waste Management Program and together were able to complete everything with minimal interruption. Contributions of equipment, water, dirt, and manpower were made by the Solid Waste department and it goes without saying that without their assistance, this would not have come to fruition.

In the Sells rental area, a metal structure that was once the children's playground sits abandoned. It seems to represent something that is outdated, old, and unwanted. It is a sore sight and an object of remembrance of a time long passed. As the organization moves forward, we not only seek to make more houses for our community, we also want to create a space that will bring that community together. After all, a great home shouldn't just be a house, a great home should include its surroundings. It's the little things that make a big difference. These playgrounds are just a drop in the bucket.



# Monsoon season is upon us!

As the monsoon season kicks into high gear, we at TOKA want to make sure that everyone in our community stays safe. The rains in Southern Arizona can cause great damage to our homes. Over the past few months we may



have had some scattered showers. Perhaps during one of these small storms, you noticed that you had a small leak in your roof. Now is the time to get it fixed! No one wants to see a small problem turn

into a huge problem that could cost thousands in the long run. Below are some tips and precautions you can take to make sure your roof is good to go and leak free!

- Inspect your roof; or ask for help from someone who's knowledgeable and comfortable doing it. Be sure to inspect around any roof penetrations. These



include exhaust pipes for fans in the kitchen and baths as well as where an air conditioning unit was fastened. Be weary of any cracks you find!

- If water marks or bulges in your ceiling form, don't be afraid to poke a hole to let the water drip into a bucket. It's much cheaper to fix a small hole than to replace your ceiling. Not to mention cleaning up the floor if the bulge bursts!



- Trim any trees around and clear up any branches that hang over your home. Heavy

branches have the potential of breaking off and causing damage to your roof and/or possibly injure people.

- Ensure your roof is free of any debris. Leaves, branches, and even dead birds can be hazardous! Decomposition can damage your roof and hinder its effectiveness when it comes to the elements.

Repair of a roof that has not been maintained can range anywhere from four to six thousand dollars; at the low end, repairs would consist of things like the roof covering (shingles, rolled roofing, etc.). If the roof needs to be replaced (including the roof decking) then the

range is anywhere from six to eight thousand dollars. In addition if there has been long term water damage, the insulation throughout the ceiling areas and drywall will need to be removed and replaced due to molding and loss of structural integrity. A simple repair of some shingles and some roofing cement can save a lot of money if done immediately.

# Re-Paving the way!



We all know that our roads could use a bit more work. Road erosion occurred during monsoon season water overflow and with the amount of traffic on the streets. In order to help alleviate the increasing deterioration of the roads an asphalt application was applied to all potholes and areas where roadway was removed by constant use and water overflow. Road repair work was required for sub division Sunset Estates, which consists of 15 single-family homes and 5 streets. Culverts located within the

subdivision area were cleaned out to prevent backup and sand/dirt build up. A concrete frame was placed on the large drainage pipes to avert the road collapsing on it, which would have caused



the water flow to cease, and culverts to fill with overflow running into the streets. A total of 5 stops signs were also

installed on the streets for traffic control.

Work began at the end of May 2013 and was completed June 20, 2013 with a work crew of 7 force account employees: Ramon Cruz, Jerome Pablo, Sherman Conde, Isreal Delahanty, Thomas Young, Roland Antone, and Mike Valenzuela. The crew were supervised by Stella Harvey and Nestor Ibarra of Development. A total of 14 work days, Monday through Thursday.



# Healthy workers make for Happy workers!

Health has always been a major concern in this country. We strive to set an example to other organizations and now more than ever, we want to improve our employee's health. In an effort to reduce injuries, healthcare costs, we are continuing to improve our Employee Wellness Program in addition to reducing absenteeism, increasing productivity and morale. Currently, TOKA allows their employees 3 hours a week to participate in an activity that will enhance their wellness such as a physical activity, participating in an educational program, etc., and we are still seeking other programs to offer staff!

On March 20, 2013, TOKA started their first 12 Week Session with HOPP titled Lifestyle Balance. This program provided information to staff on how to reach a healthy balance in lifestyle in order to lose weight through healthy eating habits and being more physically active. A total of 15 participants met every Wednesday, many of whom have already shed some pounds. After this group completes their 12-week session, another group may be organized if there are enough interested individuals.



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## TOKA Residential Calendar

### Residential Counselor Schedules:

#### Debra Lopez

- Sells District Residential Counselor and is in office through out the week for those from this district.
- 2nd Tuesday of each month at Schuk Toak District Office 9am-12pm.
- 2nd Thursday of each month at Pisinemo District Office 9am-12pm.

#### Julie Cruz

- 3rd Friday of each month at San Miguel Community Building for Chukut Kuk District from 9am-3pm.
- 4th Tuesday of each month in Hickiwan District from 9am-3pm.
- 4th Friday of each month at Baboquivari District from 9am-3pm.

#### Serena Jose

- 2nd Wednesday of each month at Sif Oidak District Office 9am-12pm.
- 3rd Friday of each month at Gu Vo District Office 9am-12pm.
- Last Tuesday of each month at San Xavier District 9am-3pm.

#### Merlena Smith

- 1st Wednesday of each month at Gu Achi District Office from 9am-12pm.
- 4th Thursday of each month at San Lucy Health and Human Services Modular from 10am-2pm.

#### Beverly Matthews

- Collections is at San Lucy Health and Human Services Modular for collection appointments and payment pick-ups, 4th Thursday of each month 10am - 2pm.

## Maintenance Tip:

To avoid grease fires and operation problems, one should clean or replace the range hood filter every month.



Be advised not to dispense the grease down the drain. The grease may potentially clog your drain.

