



R e s i d e n t L u n c h e s

The first resident lunch of the new year will be held on Wednesday, January 7th and Shirley will be serving two kinds of soup and grilled cheese.

We will be celebrating January birthdays at this time.

The second lunch will be on the 21st and we will be dining on chicken and noodles over mashed potatoes.

***EACH MEAL IS ONLY
\$4.00!!***

Where else can you get a home cooked meal, with many choices, for just 4 bucks.

We hope many of you will join us.

PARKVIEW

Hank K. 19

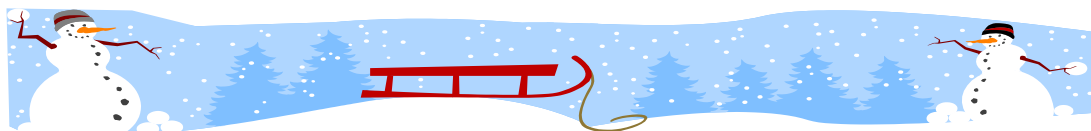
Jackie S. 20

Sharalyn B. 20

SCATTERED SITES

Carolyn C. 6

Halle W. 12



Reminder!

OHA will be **CLOSING** at noon on December 31st and
CLOSED on Thursday, January 1st-

HAPPY NEW YEAR!

We will also be **CLOSED** on Monday, January 19th in honor of
Martin Luther King, Jr. Day.



Start the new year with one less thing to do.....

JUST A QUICK REMINDER—

For your convenience we have the capability to process automatic rent payments directly from your checking account. It is very simple to get started.. The bank will automatically draw the rent money from your account on the fourth of each month. You will then have a record of the transaction on your bank statement showing that
your rent has been paid.

If this sounds like something that may help you out, give the office a call or just stop by.

Attention-please find the attached information sheet on depression from The Heritage at VCHS.

The winner of the December word search is **Linda Trojan.**

CONGRATULATIONS --she will get one of the January lunches **FREE.**

Way to go Linda!!

**ANOTHER HEADS UP-
EVERYONE**

March is right around the corner-
That means inspections are growing
nearer.

Are you getting prepared???

After all the holiday treats-it's time to lighten up our food a little.

TRY THIS ONE**

Slow cooker chicken, broccoli and rice

1 1/2c white rice-uncooked
2c shredded cheese-use your favorite
5 md carrots-peeled and sliced
1 can cream/chicken soup

1 3/4# chicken breasts-skinless
1# frozen broccoli cuts-thawed
1 can cream/mushroom soup
1 1/2c chicken broth

SPRAY inside of slow cooker with nonstick spray. Place the rice in cooker. Layer the chicken, **1 cup cheese**, broccoli, carrots, soups and remaining cheese on top of the rice. Pour the broth around the edges of the slow cooker and **DO NOT STIR**. Cover and cook on low for about 6 hours, high for about 4 hours, **or** until the chicken is cooked through. Stir the rice and veggies before serving. Yum-add a few slices of garlic bread and you are set to go.

New Year Prayer

Dear Lord,

In the new year, we pray that You will guide us each new day in paths that are pleasing to You.

Lord, the new year gives us another chance to rededicate our lives to You, to study Your Word so that we know right from wrong and to act in accordance with Your commands.

Thank you for the sense of direction, purpose and peace we get from aligning our lives with Your Holy will.

We pray for the strength and the will to obey You each and every day of the new year, and when we fail, we pray for Your mercy, Your compassion, Your grace and Your love.

Help us in the new year to be your faithful servants.

In Jesus' name we pray, Amen.

A HAPPY
NEW YEAR



From the
OHA staff



