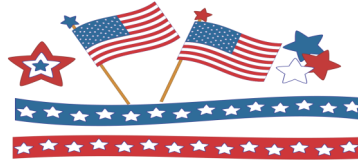


Ord Housing Authority  
2410 K Street  
Ord, NE 68862  
(308)728-3770  
Fax (308)728-7824  
TTY/TDD 1-800-833-7352  
oha@ordhousing.net  
Hours: 8:00-4:30 M-F

# July Companion 2016



## Housing Authority Lunches

**After hours**  
Emergency Phone Numbers:

Kalynn (308)730-1629  
Ann (308)530-1655

Ord Police Department  
(308)728-5771

Valley County Sheriff  
(308)728-3906

Ord City Office  
(308)728-5791

HHS  
(308)728-3685

CNCAP (CNCS)  
(308)745-0780



On Wednesday, July 6th-it's "Weiner Wednesday".  
July birthdays will be noted at this lunch.

On the 20th we will be celebrating "Christmas in July"  
while dining on baked ham and roast turkey with all the  
trimmings. Dust off your Christmas duds  
and join us for lunch.



Remember lunches are only  
\$4.00 each.



## July Birthdays

### *PARKVIEW*

Alan B. 1  
Rachel G. 15  
Daisy B. 21  
Janice K. 28

### *ROLLING HILLS*

Leslie S. 11

### *SUNRISE*

Caleb D. 8  
Sharlene W 10  
Sarah V. 25

**HAPPY BIRTHDAY  
TO EACH OF YOU!!**

OHA will be **CLOSED** on Monday,  
July 4th in observance of  
Independence Day.

The housing staff hopes you have a  
happy and **safe** holiday!!



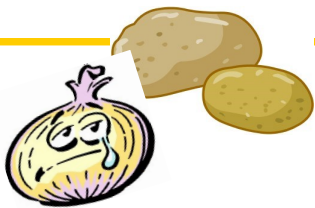
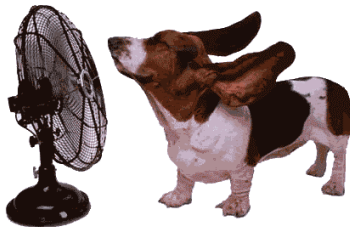
## >COPING WITH THE HOT WEATHER<

Keeping your cool in hot weather isn't just attitude-your body needs attention too!!



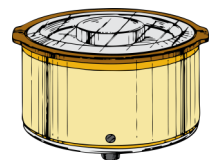
Risks of getting too hot include dehydration, heat stress, heat cramps, or heat exhaustion. Here are a few ways to stay cool and most of them are very affordable:

- ◆ **stay out of the sun while it's at its hottest**-plan your days activities ahead of time
- ◆ **dress simply**-light in color, lightweight cotton and loose fitting-don't forget your hat
- ◆ **wear footwear that breathes**-flip flops or sandals are great for some activities-but light weight sport sneakers worn with socks that wick away the moisture will help keep your feet cool
- ◆ **stay hydrated**-drink water **even** if you might think you're not thirsty-stay away from sugary drinks, caffeine and alcoholic drinks-these tend to increase dehydration
- ◆ **eat to stay cool**-fresh veggies and fruits are great-stay away from junk foods
- ◆ **use fans**-they will continuously circulate the air-moving air feels cooler than still air
- ◆ take a cool bath or shower
- ◆ put cold water on your feet and wrists
- ◆ the hottest sun is usually between 10am and 4 pm
- ◆ if you don't feel good-**STOP** what you are doing-drink some cold water and rest in the shade



### SLOW COOKER CHEESY POTATOES

*(soooooo easy and so yummy)*



1 (32oz) bag frozen hash browns

2 cans cheddar cheese soup

1 can evaporated milk

1 can French fried onions-divided

Spray inside of slow cooker with unstick spray. In large bowl, stir together browns, soup, milk, and **half** the fried onions. Pour into cooker and cover, cook on high for about 4 hours or low for about 8 hours. Top with remaining onions just before serving.

You could also add a couple of cups of shredded ham or some sliced kielbasa (use your imagination-anything works)



PARKVIEW RESIDENTS-

**Please** keep the sidewalks clear and free of all items that could cause an accident or get in the way of the mower.  
THANKS!!



**ATTENTION ALL RESIDENTS**

To help you keep **cool** this summer, CNCAP is offering **free** fans through




“State Fan Distribution”  
If interested please come to the office and we will assist you!

**Notice to Sunrise Villa Residents:**

Maintenance will be coming to your apartments on Thursday, July 14th to do insect prevention spraying and to clean the a/c filter. You do not need to be present when they do this. Thank you for your cooperation.



LET FREEDOM RING  
PROUD TO BE AN AMERICAN  
stars and stripes fireworks  
4TH OF JULY AMERICA  
RED WHITE BLUE  
God Bless the USA  
FREEDOM  
HOME OF THE BRAVE Patriotic  
One Nation Under God USA  
CELEBRATE sparklers USA  
Independence Day

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
					CARDS 1-4	
3	4 Happy July 4th OHA CLOSED	5	6 LUNCH-NOON Weiner Wednesday	7 TOPS 8-11	8 CARDS 1-4	9
10	11 COFFEE 2:30	12 BOARD MEETING @ NOON	13 CARDS 1-4 	14 TOPS 8-11 PV RENTED 5	15 CARDS 1-4	16 PV RENTED ALL DAY
17	18	19	20 LUNCH-NOON Christmas In July	21 TOPS 8-11	22 CARDS 1-4	23
24 CARDS 1	25 COFFEE 2:30	26	27 CARDS 1-4	28 TOPS 8-11 FOOT CARE 1-3	29	30





# July Events to Remember

- July 1-3      Ord High Alumni Weekend  
July 1      VCHS Foundation Golf Tournament-Rhe'Ann McBride 728-3011  
Each Friday      Farmers Market-16 Street      Downtown Ord 5-7  
July 2-4      Lake Ericson Centennial Event-three days of events scheduled  
July 2      Annual Ord Country Run-Rich Cecetka 750-2529  
July 3      Fourth of July Kickball Tment.-Bussell Park-Beth Knapinski-920-312-4228  
July 4      Celebration all day in Comstock-starting @ 8:00am  
July 6 & 20      Story time at the Ord Township Library 10:30am-728-3012  
July 15/16      Ord City wide Garage Sale-Justina Young 730-7349  
July 16      Lake Ericson Vinyl Night-Joe Wadas-728-3132  
July 21      The Good Living Tour-The Golden Husk/Downtown Ord-728-7875  
July 23      Lake Ericson Fun Run-7:30 am  
July 27-30      Nebraska's Big Rodeo-Burwell-events scheduled all four days-346-5910  
July 31-Aug 6      Valley County Fair-728-5071

