

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

**After hours**

Emergency Phone Numbers:  
Melinda (308)750-8245  
Kalynn (308)730-1629

Ord Police Department  
(308)728-5771

Valley County Sheriff  
(308)728-3906

Ord City Office  
(308)728-5791

HHS  
(308)728-3685

CNCAP  
(308)745-0780

# August Companion

The August lunch will be held in the  
Parkview Community Room  
on Wednesday, the 18th @ noon.

This month ———

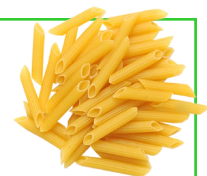
I've decided it's time for

**P A S T A !!!**

Hope you will be able to make it over for  
"never ending" pasta.



**Even though food prices have increased,  
we are able to keep the lunches at  
\$4.00.**



Even though we have just been through some very HOT weather, here is a bit of info about staying hydrated from the CDC.

Water helps your body: keep a normal temperature, lube joints, protect spinal cord and other tissue, get rid of body wastes.

Tips to drink more water: carry a water bottle and refill as needed, freeze water in bottles to take with you, choose water-not sugary drinks, opt for water when eating out, save money, too, serve water with meals at home, add a lime or lemon wedge to ice water.

The amount of water your body needs can vary, if you start to feel like your thinking is unclear, or you have a mood change, get very warm—drink a glass of cold water.

**OUR BODIES ARE MOSTLY WATER—IT MUST BE  
REPLENISHED DAILY!**

**HAPPY BIRTHDAY TO  
EACH OF YOU WHO  
WILL BE  
CELEBRATING A  
SPECIAL DAY IN  
AUGUST!**





## ATTENTION TO ALL RESIDENTS-

Just a few reminders that need to be mentioned again.

- \* if you have a pet, it is **your** responsibility to clean up the poo and dispose of it properly
- \* PLEASE PLEASE DO NOT FLUSH ITEMS IN THE TOILET- such as: paper towels, feminine products, pet poo, any food or bones, sanitary wipes, just to name a few
- \* Remember, we can assist you to have your rent automatically paid each month directly from your bank account-  
*It is very quick and simple.*

If you have any questions or concerns, feel free to call the office @ 728-3770 and we will help you.

### ZUCCHINI PIZZA CASSAROLE

4c unpeeled zucchini-shredded

2 eggs

2c mozzarella cheese-shredded-divided

1# burger

1 can (15oz) Italian tomato sauce

1/2t salt

1/2c parmesan cheese

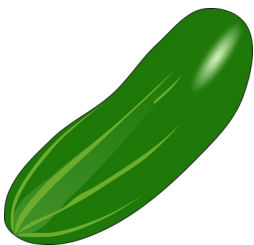
1c cheddar cheese-divided

1/2c onion-chopped

1 green pepper-chopped

Heat oven to 375. Place zucchini in colander, sprinkle with salt. Let stand about 10 minutes, then squeeze out as much moisture as you can. Combine zucchini with eggs, parm cheese and half of the mozzie and cheddar cheeses. Press into a prepared 13X9 baking pan. Bake about 20 minutes. Meanwhile, crumble the burger and onion, brown until no longer pink. Drain. Add tomato sauce, spoon over the baked zucchini mixture. Sprinkle with remaining cheese and green pepper, bake until heated through, about 20 minutes longer.

(maybe you know a friend who has a garden with way too many zucchinis and will share)



READY OR NOT  
SCATTERED SITES -  
HERE WE COME!!

Your homes are next in the  
annual inspection line.

You can expect us at your home  
anytime after the 23rd of August.



Please have your home  
ready for us to enter, we  
can get our work done  
much more efficiently, if  
you are prepared.

Thank you

Call the office @ 728-3770 for more info.

T'was the night before school,  
when all through the town,  
the parents were cheering  
- a robust sound!!

By nine, kids were washed  
& tucked into bed where  
memories of homework  
filled them with dread!

New pencils, new folders,  
new notebooks too!  
New teachers, new friends -  
their anxiety grew!

The PARENTS giggled  
when they learned of this fright  
and shouted "GO TO BED!!!  
IT'S A SCHOOL NIGHT!!!

Annette Melner

## CAN HUGGING BE GOOD FOR YOUR HEALTH?



A study from a Cleveland clinic reports —**YES!!**

Covid-19 has changed the way we give and receive affection, but it's important for our mental health to remain connected to those we love. And the health benefits of physical touch are quite impressive. Hugs are not only a great way to show someone you care about them—research has shown they can cause a decrease in the stress hormone cortisol, strengthen your immune system and even help lower your blood pressure and heart rate in stressful situations.

*Why does hugging seem to have a therapeutic effect?*

It may be because the brain has specific pathways created to detect human touch. We can detach ourselves from people and get locked up in our own world, but just the physical act of hugging can really connect us with people.

*Good news:*

The CDC says hugs between two consenting people are fine if they are fully vaccinated and feeling well. Hugging communicates that you are safe, loved and that you are not alone—a much needed message as the world works to put an end to the pandemic.

goodbye July, hello  
**AUGUST**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 	3	4 CARDS 1-4	5	6 CARDS 1-4	7 PV RENTED ALL DAY
8 PV RENTED ALL DAY	9	10 BOARD MEET. NOON	11 CARDS 1-4	12	13 CARDS 1-4	14
15	16	17	18 LUNCH NOON	19	20 CARDS 1-4	21 PV RENTED ALL DAY
22	23	24 FOOT CARE 1-3	25 CARDS 1-4	26	27 CARDS 1-4	28 PV RENTED ALL DAY
29	30	31				



# AREA THINGS TO DO IN AUGUST

- |                |  |
|----------------|--|
| Aug 1/7        | Valley County Fair   |
| Aug 3          | National Night Out-Downtown Ord-5pm-7pm  |
| Aug 6/13/20/27 | Farmer's Market-Downtown Ord-5pm-6:30pm  |
| Aug 6          | Street Dance-The Saloon-9pm-12 midnight  |
| Aug 14         | Missoula Children's Theatre Community Show-<br>The Husk- 3pm and 5:30pm-730-8133 |
| Aug 20/22      | North Loup Popcorn Days  |

