

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

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

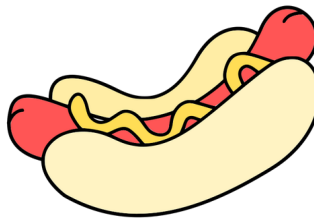
CNCAP

(308)745-0780

This month lunch will be on Wednesday, the 21st, in the Parkview Community Room @ noon.

Let's have a
"Wiener Wednesday",
right off the grill.

The affordable cost is still only \$4.00 each.



ATTENTION ALL APARTMENT RESIDENTS

Please be considerate of all other residents in your complex, by making sure you leave the washers and dryers **ready** for the next user!



- Remove all items promptly
- Wipe washers and gaskets out after each use
- Clean out the dryer lint traps and dispose of residue and dryer sheets in trash can

If everyone takes a few extra minutes, it will make the "laundry chore" just a bit more enjoyable.

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



"This Institution is an Equal Opportunity Provider & Employer"

REMINDER TO ALL RESIDENTS-

By now you should have received notification about the upcoming **required** annual inspections.

Apartment inspections are scheduled to start on July 12th and continue until completed. Scattered sites homes will start August 23rd.

If inspections show your home needs any work-maintenance will get to it as soon as possible. Please be patient.

It's not too late to call the office with any needed repair work that you know of.

If you have any questions, PLEASE call.

Thank you for your cooperation.

LET'S GET DIPPY

Fruit dip



1 pkg cream cheese-softened

3/4c cherry yogurt

1 (8oz) frozen whipped topping-thawed

1 jar (7oz) marshmallow cream

In a large bowl, whip cream cheese and yogurt, until well blended. Fold in the whipped topping and marshmallow cream. Serve with your favorite fruit-almost anything will work.



Veggie dip

1 sm garlic clove

1T lemon juice

1 1/2c cottage cheese

1/2t oregano-dried

1T fresh dill-chopped (or dried)

2T scallions-chopped

3T milk

salt and pepper to taste

Plop the garlic in a mini food processor (or blender) and process until finely chopped. Add all the other ingredients and a bit of salt and pepper. Process until smooth, taste and add a bit more salt or pepper, if needed. If you prefer a thinner texture, blend in a touch more milk. Serve with your favorite veggies.

HAPPY DIPPING
Enjoy



REMINDER TO ALL RESIDENTS

You need report **all** of your income!

If you do not-you **must** repay—

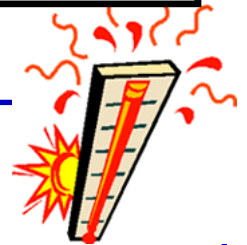
IT'S THE LAW!!!!

It is much easier to pay as you go, rather than having a pay a large amount of back rent.



>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



JULY



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|------------------------|--------------------------------|--|--|---------------------|--------------------------------|
|  | | | | 1 TOPS 8-11 | 2 CARDS 1-4 | 3 |
| 4  <i>Happy 4th of July</i> | 5 OHA CLOSED | 6 | 7 CARDS 1-4 | 8 TOPS 8-11 | 9 CARDS 1-4 | 10 |
| 11 | 12 | 13 BOARD MEETING NOON | 14 CARDS 1-4 | 15 TOPS 8-11 PV RENTED 10-3 | 16 CARDS 1-4 | 17 PV RENTED ALL DAY |
| 18 PV RENTED ALL DAY | 19 | 20 | 21  LUNCH NOON | 22 TOPS 8-11 | 23 CARDS 1-4 | 24 |
| 25 Five months until Christmas!!  | 26 | 27 FOOT CLINIC 1-3 | 28 CARDS 1-4 | 29 TOPS 8-11 | 30 CARDS 1-4 | 31 |

ACTIVITIES IN JULY

- July 2 VCHS Annual Charity Golf Tournament-728-3011
- July 2 Stars & Stripes Concert-downtown Ord-6:30-8:00pm
- July 2/9/16/23/30 Farmer's Market-downtown Ord-5-6:30pm
- July 3 St. Mary's Open House/pancake feed-8:00-11:00am
- July 3 Dan Klimek Country Run-Gorak Hall-8:00-11:00am
- July 23/26 Goodwill Trailer-St. Marys

