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 The September lunch will be on Wednesday the 15th, and we will be dining on burgers off the grill.

Hope you can join us for good eats and conversation.



Remember the cost is still a very affordable \$4.00 each.



The annual inspections are in the books for another year.

If your home needed any repairs, maintenance will be back around to complete them as soon as possible.

PLEASE be patient.

Thanks for your cooperation!

HAPPY BIRTHDAY TO EACH OF YOU WHO WILL CELEBRATE IN SEPTEMBER.





Have a great day!!

"This Institution is an Equal Opportunity Provider & Employer"

#### NOTICE TO ALL RESIDENTS

It may seem a early, but this IS Nebraska, and cold weather could be just around the corner. Now is the time to start getting your home ready for the up coming winter.

#### Parkview residents-

remove all the pots, decorations and etc. you may have on your porch-this will help with snow removal

#### Scattered site homes-

disconnect hoses from hydrants-this will help stop any plumbing issues when it might be zero degrees-have you snow shovels ready and waitingmake sure your gutters are cleaned

**Apartment Residents with cars**-please remember to park just bit back from the curb –this will allow all of the snow and ice to be removed from the walks-which will make them safer to be on



### CHEESY MEATBALL BOMBS

2 cans flaky buttermilk biscuits-5 count 10 frozen Italian meatballs-thawed and cut in half

2 sticks string cheese-each cut into 10 pieces 1/2t Italian seasoning

1/4t garlic powder 1c marinara sauce-heated

1T grated Parmesan cheese

Heat oven to 350. Separate dough into 10 biscuits. Separate each biscuit into 2 layers. Press each into a 3 inch round. Place 1 meatball half, cut side up, and 1 string cheese piece in center of each dough round. Wrap dough around meat and cheese, pressing edges to seal. In ungreased round cake pan, place seam side down in single layer. Sprinkle evenly with Parm cheese, Italian seasoning and garlic powder. Bake 20 to 25 minutes or until golden brown and biscuits are no longer doughy in the center. Serve warm with warmed marinara sauce.

If you have a favorite meatball recipe, you could use that, and make small meatballs to use for filling, BUT the frozen kind are a whole bunch easier.

#### EMOTIONAL WELLNESS

Learn the art of taking minute vacations, slowing down to look at a flower, to chat with a friend, to pat a dog, to read just a few lines from a good book.

Sixty seconds of **something else**.

Sixty seconds to be **someone else**.

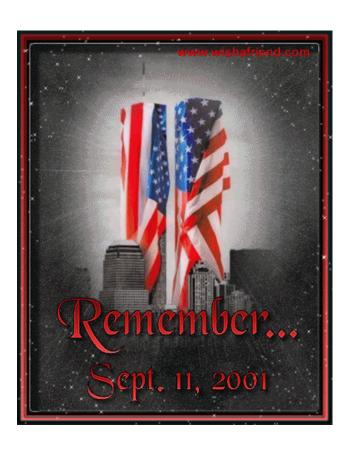
Remember a place where you felt relaxed, calm and happy.

Recall what it was like to be in that place.

What did it look like, smell like, and sound like?

#### **SLOW DOWN AND BREATHE!!!**







#### TRY THIS HACK!

Do have one of "those" pans? You know, the one that gets used the most and the bottom has layers of burned on grease and grim.

- sprinkle with salt
- sprinkle with baking soda
- add some liquid dish soap and rub a bit with a steel wool pad
  - · cover with paper towels
- top it all off with a good drizzle of vinegar
  - Let sit over night

In the morning remove the paper towels and be amazed!
BRIGHT AND SHINY AGAIN

# September Companion

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## Things to do in September

Sept 3/10/17

Farmer's Market-Downtown Ord-5pm-6:30pm