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(308)728-3770
Fax (308)728-7824
TTY/TDD 1-800-833-7352
oha@ordhousing.net
Hours: 8:00-4:30 M-F



April 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



BELATED EASTER LUNCH

Hope you will be able to join us on
Wednesday the 19th at noon for
Easter buffet.

We will be dining on baked ham,
cheesy potatoes, and several other
choices.

(I might even make some deviled eggs if I can find some eggs for less
than \$5 a dozen.)

The cost is still a very reasonable \$4.00 each.



Easter Blessings

*May Christ's glory and
the promise of this joyous
time of year, bring peace
and happiness to you and
those you hold most dear.*

**HAPPY BIRTHDAY TO EACH
OF YOU WHO WILL
CELEBRATING A BIG DAY
IN APRIL**



"This Institution is an Equal Opportunity Provider & Employer"



*The OHA Staff would like to take a moment
and wish each of you a very
Blessed and Happy Easter!*

(hopefully all that nasty winter is behind us)

*****IT'S A TATER TOT BONANZA*****

Breakfast Casserole

1/2 pkg of bacon-chopped

10 eggs

1/2c sour cream

2 t parsley-chopped

32oz tater tots

1c milk

1 sm onion-chopped

2 c shredded cheese-divided



salt/pepper to taste

Heat oven to 350 and prepare 9X13 baking pan. Cook the bacon until crispy and drain on paper towel. Place about half the tots in single layer in bottom of pan. Whisk the eggs, milk, sour cream, and s/p in a large bowl until smooth. Add the onion and parsley. Reserve 1/2 cup of cheese and stir rest into the egg mixture, add the bacon, pour over the tots. Place the remaining tots in a single layer over the eggs. Sprinkle the remaining cheese and bake about 50-55 minutes, until eggs mixture is set in the middle. Remove from oven and let rest for 10 minutes and serve. IDEA: use sausage instead of bacon, top with salsa.

Cowboy Casserole

4 strips bacon

2 cloves-garlic

1 can cream of soup (your favorite)

3c baby spinach-chopped

8 oz shredded cheese

1/4c parm cheese

1 sm onion-copped

1# burger

3/4c milk

1c corn

32oz tater tots

salt/pepper to taste

Heat oven 350 and in **oven safe** skillet cook bacon until crispy and drain on paper towel. Leave the grease in the skillet, add the onion and garlic and cook until softened. Add the burger, chopping into small pieces and brown until there is no more pink remaining. Remove from heat and drain off the grease. Stir in the soup, milk and s/p until nicely smooth. Add the spinach and corn, sprinkle evenly with the cheese. Place the tots on top in a single layer, arranging them in concentric circles (or just toss them in and push then close together, either will work). Sprinkle parm cheese on top, bake for 30-35 minutes or until tots are golden. Remove from oven and crumble the bacon over the top. Top with sour cream.



HEEEE HAWWW!!!!

LET'S CHAT JUST A BIT ABOUT SELF-ESTEEM

be you
do you
for you

First, what exactly is self-esteem-it's how we perceive ourselves.

When you look in the mirror, what do you see and how do you feel.

Here are just a few tips for building and maintaining positive self-esteem:

- **Do not compare yourself to others*-remember the grass isn't always greener
- **Identify your strengths and areas of opportunity*-make a list of your positive qualities and areas that need a little work
- **Be open to change*-making the list is one thing-but you must be motivated to grow and change-DO NOT GIVE UP
- **Be realistic*-change does not happen over night, and perfection does not exist
- **Have a support squad*-the people who love and care about you will be you biggest support system in your journey-talk to them
- **Keep positive*-you are your own worst critic-do not use negative self-talk
- **Do what you love*-when we are doing something we enjoy, our brains release endorphins that make us happy
- **Live in the present*-you can't change the past, and you have no way to know the future, it is important to focus and the here and now to establish a positive outlook

YOU ARE **BRAVER** THAN YOU BELIEVE- **STRONGER** THAN YOU FEEL-
SMARTER THAN YOU THINK!

BELIEVE IN YOURSELF

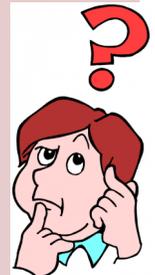


ANNUAL INSPECTIONS**

ABOUT
FOUR MONTHS
AND COUNTING!!
START PREPPING-SO
YOU WILL WE BE READY FOR
US TO ENTER YOUR HOME



He is a wise man who does not grieve for things he has not, but rejoices for those which he has.



April



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
 Palm Sunday						
9 PV RENTED 	10	11 BOARD MEETING	12	13	14	15 PV RENTED ALL DAY
16	17	18	19 LUNCH @ NOON PV	20	21	22
23	24	25	26	27	28 OHA CLOSED	29
30						

Reminders for April

- April 1 Puddin & The Grumble-3-4:30pm- The Husk
- April 4 Meal Planning on a Budget-6:30-8pm-The Library
- April 6/8 Beginners Yoga-6:30-7:30pm-The Library
- April 7 Ord Alumni Basketball Tournament
- April 7 Easter Bunny at Anderson Pharmacy-11am-2pm
- April 15 Nebraska Grown Arts Festival-all day throughout the Loup Valley Region
- April 15 Rock Painting Class-1-3pm-The Library
- April 29 Casino Night-Vet's Club-7-9pm-raise money for Bussell Park Playground Equipment

