

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

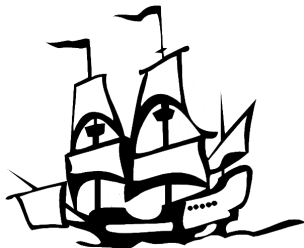
Ord Police Department
(308)728-5771

Valley County Sheriff
(308)728-3906

Ord City Office
(308)728-5791

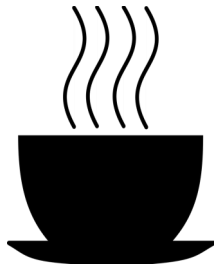
HHS
(308)728-3685

CNCAP
(308)745-0780



****IT'S LUNCH TIME****

On Wednesday, October 18th at noon, join us in the Parkview Community Room to enjoy homemade soup and grilled cheese and of course a sweet treat to top it off with.



The cost is STILL only \$4.00 each- what a bargain.

Hope to see YOU!

REMINDER TO ALL RESIDENTS

The OHA office will be

CLOSED

On Monday, October 9th in observance of Columbus Day.

Have a safe holiday!

**HAPPY BIRTHDAY TO EACH
OF YOU WHO WILL HAVE A
SPECIAL DAY IN
OCTOBER!!**





NOTICE TO ALL RESIDENTS:

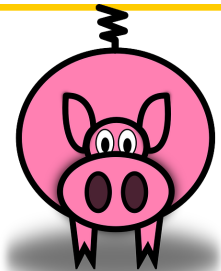
Please be patient with us!

The housing authority staff are doing our best to complete all annual inspection needs in a reasonable amount of time, but you never know what other problems and needs will come up along the way.

THANK YOU SO MUCH FOR
YOU COOPERATION AT THIS
TIME!

Patience is not
the ability to wait,
but the ability
to keep a good
attitude while waiting.

BREAKFAST CASSEROLE WITH BISCUITS AND GRAVY



1 pkg sausage flavored gravy mix

1# sausage

1 can buttermilk biscuit dough-separated

2c cold water

6 lg eggs-beaten

1 16oz pk cheddar cheese-shredded

Heat oven to 350. Place gravy mix in a saucepan and gradually mix in the water, cook over medium heat, stirring often, until gravy comes to a boil. Reduce heat and simmer about one minute, gravy WILL thicken upon standing. At the same time, heat a large skillet crumble and brown the sausage, about 5 or so minutes. Drain well. Place the biscuits in the bottom on a 9X13 greased baking dish. Pour eggs over the biscuits, then layer on the sausage. Pour the gravy over the sausage and top with the cheese. Bake until the eggs are set and cheese is melted, about 30 minutes

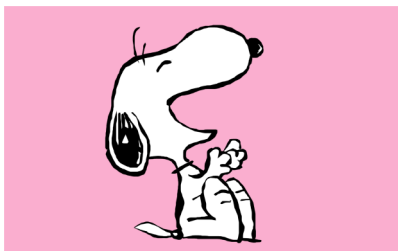
HINT-top with sour cream or salsa or both. I know it's called BREAKFAST-but-I think this would be wonderful on a cool October evening for supper.

HAVE YOU EVER HEARD THIS-**LAUGHTER IS THE BEST MEDICINE**

That might not be too far from the truth.

Laughter therapy is a non-medicated way to reduce stress and anxiety.

Whether you're laughing at a sitcom on TV or quietly giggling at a newspaper cartoon, laughing does you good. Laughter is a great form of stress relief, and that's no joke.



Laughter isn't just a quick pick-me-up, though. It's also good for you over the long term.

Laughter may: **improve your immune system** by turning negative thoughts into positive ones-**relieve pain** by causing the body to produce its own natural painkillers-**increase personal satisfaction** by making it easier to cope with difficult situations-**improve your mood** by lessening your stress, depression and anxiety to make you feel happier

A good belly laugh enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins (the happy hormones) that are released by your brain.

Go ahead and give it a try! Turn the corners of your mouth up into a smile and then give a little laugh or giggle, even if it feels a little forced. Once you've had your chuckle, see how you are feeling.

That's the natural wonder of laughing at work!

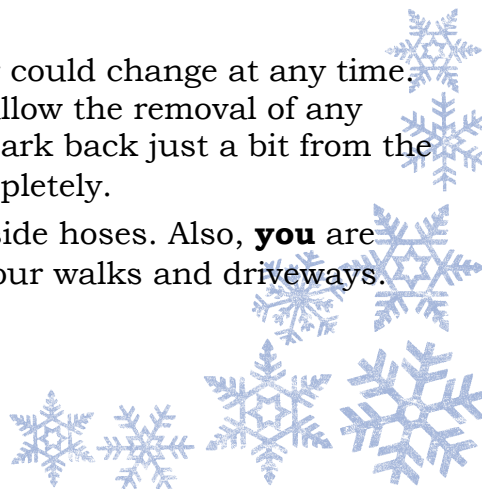


Reminder to all-it might not seem like it now, but weather could change at any time.

Apartment residents should clear off your porches to allow the removal of any snow/ice in the coming months. If you have a car, please park back just a bit from the curb, so the walks can be cleaned completely.

Scattered site homes, remember to disconnect any outside hoses. Also, **you** are responsible for keeping the snow and ice cleared from your walks and driveways.

THANK YOU





October

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1	2	3 PV RENTED 6-9	4	5	6	7
8 PV RENTED ALL DAY	9 DHA CLOSED	10 BOARD MEETING NOON	11	12	13	14
15	16	17	18 LUNCH NOON	19	20	21 PV RENTED ALL DAY
22	23	24 FOOT CARE CLINIC 1-3	25	26	27	28
29	30	31 HAPPY HALLOWEEN Boo!				

AREA EVENTS

October 1	Elyria Fall Festival	11am-2pm
October 4/18	Story Time @ The Library	7pm
October 5	Fruits/Veggies-Enjoying More @ The Library	6:30pm
October 8	St. Mary's Annual Bazzarr	11am-2pm
October 8	Glenn Miller Orchestra @ The Husk	4:30-6:30pm
October 14	Save the Pumpkins @ Burwell Hitching Post	9am-2pm
October 14	Learn Arm Knitting @ The Library	1-2pm
October 17	Celebrate Being A Woman @ Trotter's	4-8pm
October 26	Healing Hearts Grief Support Group @ Heritage	3-4pm

