

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



September Companion



THERE IS NO LUNCH SCHEDULED
FOR SEPTEMBER

OCTOBER WILL BE MUCH COOLER,
SO GET READY FOR A COUPLE POTS OF
HOMEMADE SOUP.



See you then.

REMINDER TO ALL RESIDENTS

The OHA office will be

CLOSED

On Monday, September 4th in observance of
Labor Day.

See you on Tuesday, with business as usual.

Have a safe holiday!

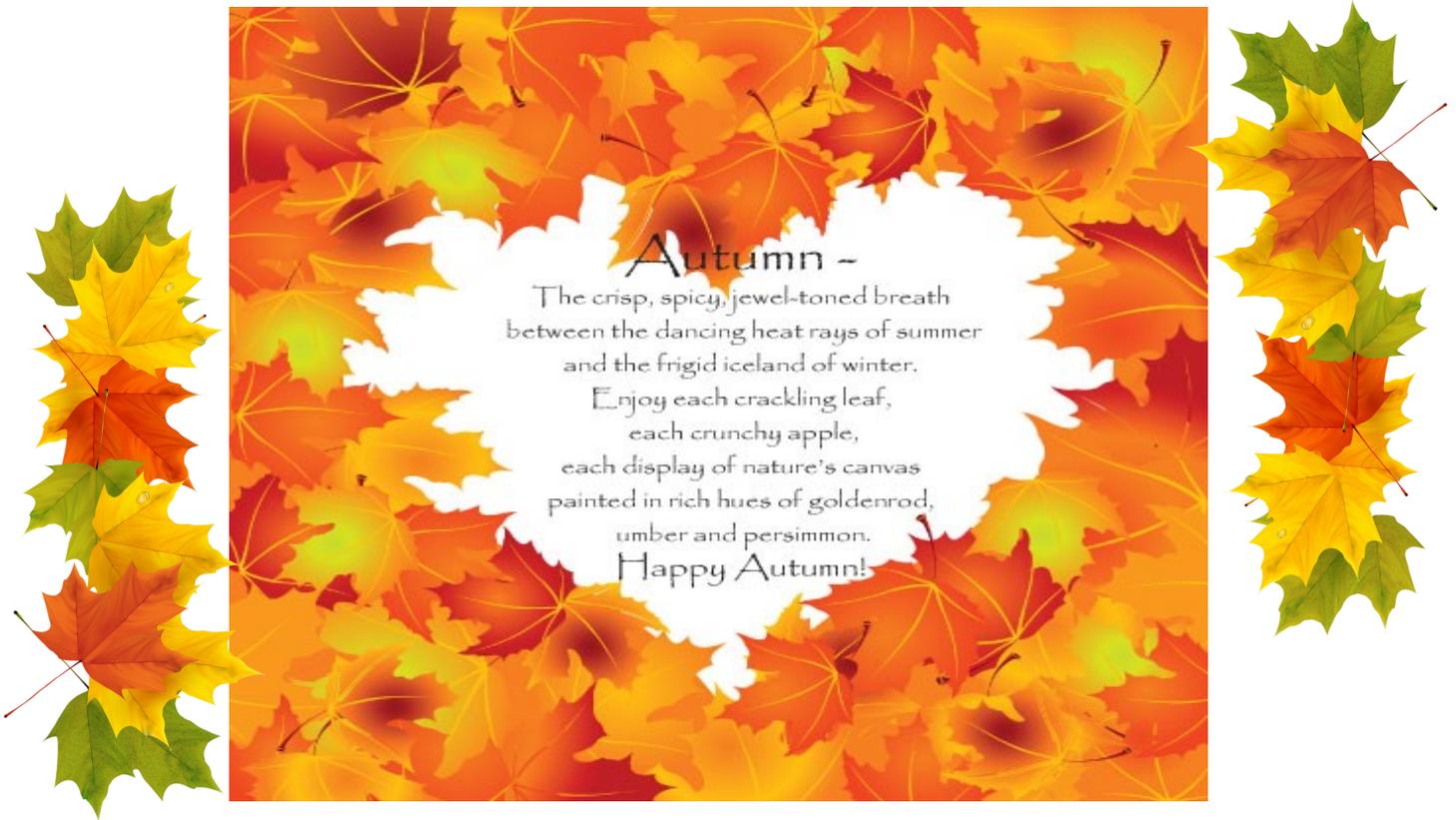
**HAPPY BIRTHDAY TO EACH
OF YOU WHO WILL HAVE A
SPECIAL DAY IN
SEPTEMBER!!**



"This Institution is an Equal Opportunity Provider & Employer"

The goal of Ord Housing Authority is to provide quality housing to residents in the City of Ord. We will fulfill our mission by providing a range of high quality and affordable housing options.

Our goal is to encourage our residents towards self-sufficiency, independent living, and community responsibility.



NO-PEEK CHICKEN

(only 5 ingredients)

2 (6oz. pkg) wild rice

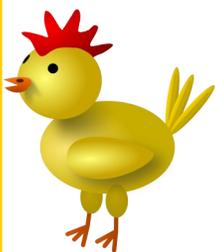
1 can cream of celery soup

1 1/2# chicken breasts or thighs-boneless

1 can cream of mushroom soup

1 1/2 cans water (use empty soup can)

salt/pepper to taste



Heat oven to 350 and grease a 9X13 baking dish. Combine rice, soups and water in baking dish, mix well. Place chicken on top of rice and season with salt and pepper. Cover tightly with tin foil. Bake for about 1 1/2 hours, or until all liquid is absorbed. AND NO PEEKING-let the oven do it's work-it will be worth the wait. Add a small salad and garlic toast - enjoy.

UNDERSTANDING SLEEP



Sleep is an important part of your daily routine-you spend about one-third of your time doing it. Quality sleep and getting enough of it at the right times, is as essential to survival as food and water.

The Three R's of Sleep-**Rest, Relaxation, Renewal**-The Three R's are a foundation for better physical and mental health. Many tend to associate lack of sleep, no time to relax or take a pause, as younger person's issue. NOT TRUE!!!

These are the GOLDEN RULES OF SLEEP-

- *Get an adequate amount of sleep every night.* Determine the amount of sleep you need to be fully alert all day long and get that amount every night.
- *Establish a regular sleep schedule.* Go to bed every night at the same time and get up each morning at the same time, including weekends.
- *Get continuous sleep.* For sleep to be rejuvenating you should get your required amount of sleep in one continuous block.
- *Make up for lost sleep as soon as possible.* This can be hard to do without making a bit of a shift in your regular schedule. But do try.

Many studies have shown that sleep doesn't put the brain on hold while you're in bed, your brain is very active during sleep. Everyone dreams. You spend about 2 hours each night dreaming, but may not remember most of your dreams, exact purpose isn't known, but dreaming may help process your emotions.

Your need for sleep and your sleep patterns change as you age, but this varies significantly each individual, there is no magic number of sleep hours that works for everyone. You need to determine your own needs.

BUT FOR NOW-

GOOD NIGHT AND SWEET DREAMS

***WE DID IT — WE DID IT ***

Another annual inspection **is in the books!!**

If your home needed any "extra attention", maintenance will be there as quickly as possible to take care of things.

THANK YOU so much for your patience and cooperation at this time.

We appreciate each of you.



September



Sun

Mon

Tue

Wed

Thu

Fri

Sat

					1	2
3	4  OHA CLOSED	5 RH RENTED 4-?	6	7	8	9
10 PV RENTED ALL DAY	11	12	13	14	15	16
17	18	19	20	21	22  hello AUTUMN	23
24 	25	26	27	28	29	30

AREA EVENTS

- | | |
|-------------|--|
| Sept. 2/4 | Arcadia Fall Festival |
| Sept. 3 | Ericson Lake Duck Races-12pm-2pm |
| Sept. 8/10 | Kaleo Luau-Burwell- www.KampKaleo.com |
| Sept. 20 | Story Time-The Library-7pm |
| Sept. 22/24 | Junk Jaunt |
| Sept. 28 | Healing Hearts: A Grief Support Group-3pm-4pm-The Heritage |