

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

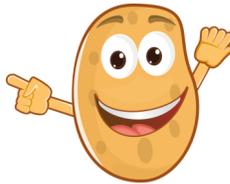
Ord City Office  
(308)728-5791

HHS  
(308)728-3685

CNCAP  
(308)745-0780



# February Companion



## February Lunch

Join us on Wednesday the 21st,  
in the Parkview Community Room  
for the first lunch of the new year.  
We will be enjoying Hot Pork, with real potatoes  
and gravy, and of course a sweet treat.

All this for only \$4.00 each.



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



## **REMINDER TO ALL RESIDENTS**

The OHA office will be  
**C L O S E D**  
on Monday, February 19th  
in observance of Presidents' Day.  
Have a safe holiday!



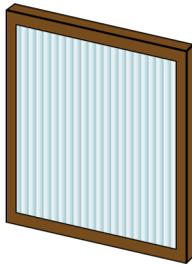
## ATTENTION TO ALL RESIDENTS-

Most of the month of January was quite hectic around here. With snow on top of snow AND many furnace issues, it definitely kept everyone "hopping".



Just wanted to take a minute and say a great big **THANK YOU** to each of you for your patience and understanding at this time.

Your cooperation was very appreciated!



### *NOTICE TO ALL ROLLING HILLS RESIDENTS-*

Maintenance will be coming to EACH apartment during the second week of February to exchange the furnace filter. It is not necessary to be home for this to take place. THANKS !!



### ~~~TIME TO GRAB THAT CROCK POT~~~

(I got a good one this time)

### CHICKEN TATER TOT CASSEROLE

32 oz bag of tater tots

3 oz bag of bacon bits (or make your own)

1# boneless, skinless chicken breast-diced

2c shredded cheddar cheese (or your favorite)

3/4c milk

salt and pepper to taste

<You can also add any of your other favorite seasonings >

Spray cooker with nonstick spray. Layer half of the tots on the bottom of cooker, sprinkle with a third of the bacon bits and a third of the cheese. Add the diced chicken next and season with salt and pepper.

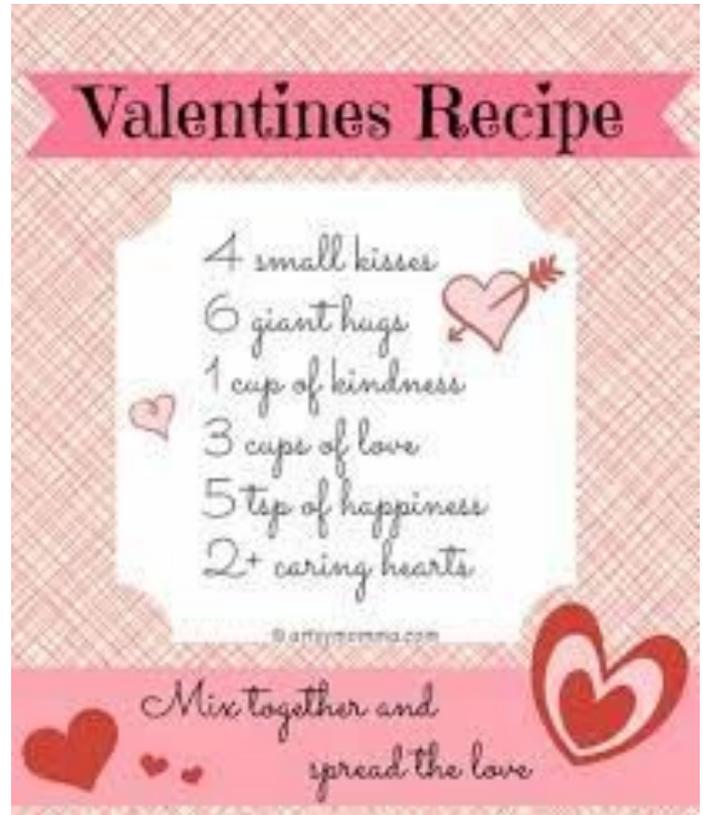
Now add another third of the bacon and cheese. Put the rest of the tots on top. Finish with the remaining bacon and cheese. Pour the milk all over the top. Cover and cook on low for 4 to 6 hours depending on your crock pot.

Top with of bit of sour cream and/or salsa-yum.



There are 525,600 minutes in a typical year. On leap years, there are 527,040 minutes. What will you do with the extra 1440 minutes this leap year?

Make a plan!



**\*\*THINK ABOUT THESE\*\***

*Delight in the little things.*

*It takes no more time to see the good side of life than to see the bad.*

*If the only prayer you said in your whole life was "thank you," that would suffice.*



Sun

Mon

Tue

Wed

Thu

Fri

Sat

				1	2	3
4	5	6	7	8	9	10
11	12	13 BOARD MEETING @ NOON	14  <i>Happy Valentine's Day</i>	15	16	17
18 PV RENTED ALL DAY	19  	20	21 LUNCH @ NOON	22	23	24
25	26	27	28	29 		

# AREA EVENTS

Feb 2 & 21	Story Time @ The Library	7:00pm
Feb 10	Valentine Dinner/Concert @ The Husk	6-9:00pm
Feb 17	Finger Knitting @ The Library	1:30-3:00pm



Even though it's only February, it seems like we have had a long winter, and what's even worse, there could be quite a bit yet to come.

Thought I'd gab a bit about SAD (Seasonal Affective Disorder), or much more commonly known as the "winter blues" or "cabin fever". SAD is believed to be caused by the shorter days and lack of light that characterize the winter months.

The winter blues can affect anyone during a long, cold and dark winter. When spring rolls around, and days get longer and weather warms up, most of the "blues" just disappear on their own, you might not even notice it happened for a while.

The blues can disrupt our individual biological clocks, which determine our sleep/wake times, our energy levels, this in turn affects our mood, sleep and behavior.



A few winter blues symptoms **might** be:

- reduced energy
- not sleeping well
- feel like you want to hibernate-avoiding others
- feeling a bit down in the dumps

Ways that **might** help you beat the winter blues:

- get outside-bundle up and go for a walk-get some fresh air
- call a friend and have a 10 minute chat about something fun
- exercise-work up a good sweat and then stop and breathe deeply
- eat nutritiously-don't grab something sweet and cram it in

In short, make the most of each day-smile and laugh-walk and exercise-someway, have a good time with each thing you do throughout the day-

*there is always at least one wonderful thing about each day.*