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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



There is no lunch scheduled for November.

But, do try to join us in December for a traditional Christmas buffet. We will be dining on roast turkey, baked ham, cheesy potatoes, veggie, dressing, dinner rolls and a sweet treat.

STILL ONLY 4 BUCKS!!



**TO EACH OF YOU WHO
WILL BE CELEBRATING
A SPECIAL DAY IN
NOVEMBER!**

REMINDER TO ALL RESIDENTS-

Ord Housing Authority will be **CLOSED** the following days in November-Friday the 10th, Thursday and Friday the 23rd and 24th.



"This Institution is an Equal Opportunity Provider & Employer"



ATTENTION PARKVIEW RESIDENTS-it's time to start cleaning off your porches for the upcoming winter. Moving **all** items will help to make snow and ice removal more complete. *Let's all have a safe upcoming winter!!*



ATTENTION-ROLLING HILLS RESIDENTS:

Maintenance will be coming to **each** apartment during the second week of November to install a replacement furnace filter. You are not required to be home for this to take place. *Thanks so much for your cooperation.*



*****TWO MAKE AHEAD SIDE DISHES THAT WOULD BE PERFECT FOR THANKSGIVING*****

Twice Baked Potato Casserole

- | | | |
|---------------------------------|--------------------------|----------------------------|
| 6 lg potatoes-washed | 4T butter-soft | 4oz cream cheese-soft |
| 1c sour cream | 1 1/2c milk | 3c cheddar cheese-shredded |
| 10 slices bacon-cooked/crumbled | 5 green onions-sliced | 3/4t garlic powder |
| | salt and pepper to taste | |

Bake potatoes until soft, about an hour at 350. Remove from oven and let cool just a bit. Slice taters in half and scoop out the flesh, place into a large bowl. Mash the flesh, add butter, cream cheese, sour cream and milk, stir until blended. Fold in 2 cups of cheddar cheese, about half the bacon and green onion and garlic powder. Season with the salt and pepper. Prepare a baking dish and transfer mixture, sprinkle with the remaining cheese. Bake until cheese is melty, about 20 minutes, turn oven to broil and broil until top is golden, about 2 or 3 minutes. Top with remaining bacon and onions- ENJOY!

Cabbage Roll Casserole

- | | | |
|--------------------------|--------------------------------|-----------------------|
| 3T cooking oil | 1# burger or sausage | 1c onion-chopped |
| 3 cloves garlic-minced | 2c beef or chicken broth | 15oz can tomato sauce |
| 1/2t salt | 1/2t pepper | 8c cabbage-chopped |
| 1c long grain white rice | 1 1/2c cheddar cheese-shredded | |

Heat oven to 350 and prepare a 13X9 baking dish. Heat 1 tablespoon oil in large saucepan, add burger, onion and garlic, cook until no longer pink, about 5 minutes. Stir in broth, tomato sauce, rice, salt and pepper, bring to a simmer. Cover and reduce heat, simmer until the rice is tender, about 15 minutes (the mixture will be a little saucy). Uncover and remove from heat. Heat 2 tablespoons of oil to large skillet, add cabbage, cook until cabbage is JUST tender, 5 to 7 minutes. Remove from heat, spread 1/2 the cabbage on bottom of baking dish, top with 1/2 the meat mixture and 1/2 the cheese. Repeat layers and bake about 25 minutes, until cheese has melted and started to brown just a bit.

Don't wait until
the 4th Thursday
in November to sit
with family and
friends to give
thanks.

Make every day a
day of
Thanksgiving.

Blessings to You

AT THANKSGIVING

Hope your holiday is filled
with traditions that uplift you,
prayers that inspire you,
and family and friends
who love and appreciate you.

Wishing you God's blessings,
at Thanksgiving and always.

THIS IS SOMETHING THAT MAY BE AFFECTING YOU AND YOU DON'T EVEN KNOW IT—

Seasonal Affective Disorder (SAD) or more commonly called *The Winter Blues*.

As the days get shorter and darker many people find themselves feeling sad, and don't know why.

SAD usually begins and ends at about the same time every year. If you are like most people, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody. **Don't just brush it off**-take steps to keep your mood and motivation steady throughout the year.

Go to a movie-take a walk-get out in the sunlight-spend time with other people- eat nutritious foods and stay away from cookies and candies. And above all-BE PATIENT!

Change will not happen over night.

A few symptoms that you should be aware of:

- feeling sad or down most of the day, nearly every day
- losing interest in things you once enjoyed
- having low energy
- sleeping too much
- craving carbs-resulting in weight gain
- difficulty concentrating



Many studies are not sure what may cause SAD, but here are a few possibilities:

- your biological clock-the decrease in sunlight can disrupt the body's clock
- serotonin levels-reduced sunlight can cause a drop in the amount serotonin that your brain makes
- melatonin levels-lack of sunlight can change the balance of your body's melatonin and disrupt your normal sleep patterns

Bottom line is to get out and get some sun-if you are unable to go outside, set in the warmth of a sunny window and take it all in!!

HAPPY WINTER TO ALL



Sun

Mon

Tue

Wed

Thu

Fri

Sat

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

Activities in November

Nov 1/15	Story Time @ The Library	7:00pm
Nov 3-6	Goodwill Trailer @ St.Mary's	
Nov 4	Philip Daniel Concert @ The Husk	7-9:00pm
Nov 9	Open House Event Downtown Ord	4-8:00pm
Nov 13	Farm/Ranch Estate Planning Valley County Fairgrounds	1-4:00pm
Nov 17	Pink Friday Local shopping	
Nov 19	Dodgeball Tournament @ High School	1-3:00pm
Nov 25	WinterFest-Small Business Saturday	
Nov 30	Healing Hearts-Grief Support Group The Heritage Building	3-4:00pm

