

King Ranch Chicken Casserole

Ingredients

1 tablespoon vegetable oil
1 white onion, diced
1 red bell pepper, diced
1 green bell pepper, diced
1 (10.75 ounce) can condensed cream of mushroom soup
1 (10.75 ounce) can condensed cream of chicken soup
1 (10 ounce) can diced tomatoes with green chile peppers
1 cup chicken broth
2 tablespoons sour cream
2 teaspoons ground cumin
1 teaspoon ancho chile powder
1/2 teaspoon dried oregano
1/4 teaspoon chipotle chile powder
1 cooked chicken, torn into shreds or cut into chunks
8 ounces shredded Cheddar cheese
10 corn tortillas, cut into quarters

Directions

Preheat oven to 350 degrees F (175 degrees C).

Heat oil in a large skillet over high heat. Sauté onion, red bell pepper, and green bell pepper in hot oil until warmed through, about 2 minutes.

Combine onion-pepper mixture, cream of mushroom soup, cream of chicken soup, diced tomatoes, chicken broth, sour cream, cumin, ancho chile powder, oregano, and chipotle chile powder together in a large bowl and stir until sauce is well-combined.

Spread a few tablespoons of the sauce in the bottom of a 9x13-inch baking dish. Spread 1/2 the chicken over the sauce. Spread about half the sauce over the chicken and top with 1/3 the cheese. Spread a layer of tortillas over the cheese. Spread remaining 1/2 the chicken over the tortillas, and top with almost all of the remaining sauce, reserving 1/2 cup sauce. Top with 1/3 the cheese, remaining tortillas, the reserved 1/2 cup sauce, and remaining 1/3 cheese.

Bake casserole in the preheated oven until bubbling, about 40 minutes. Increase the oven temperature to broil. Broil the casserole until top is golden, 2 to 3 minutes more.



Recipe
Corner

GOOD NEIGHBOR GUIDELINES/TENANT CONFLICT

Are you a good neighbor? Do you respect your neighbor's right to a peaceful environment? Do you treat your neighbors the way you want to be treated? Respect works both ways; if you give it, you will get it.

Keep noise at a reasonable volume at all times. If you can hear noise coming from your neighbor's apartment, it is likely they can hear you too; do not drop or throw trash, cigarette butts, etc. in the yard; do not spread rumors and do not listen to rumors.

It is not always possible to get along with everyone. If you have problems with neighbors, it is best to let it go and walk away. The key to peaceful living is to avoid conflicts with neighbors.

As your landlord, HHA does not get involved in disputes between neighbors. Try to work it out yourselves.

IF your neighbor's actions create a hazard to you or your property, or to HHA property, please contact HHA immediately. Contact the local authorities if you witness any criminal activity.

Be reminded, you are responsible for the actions of all household members, visitors, and guests.

Hooper Housing Authority Parkview Apartments JANUARY 2020 Newsletter



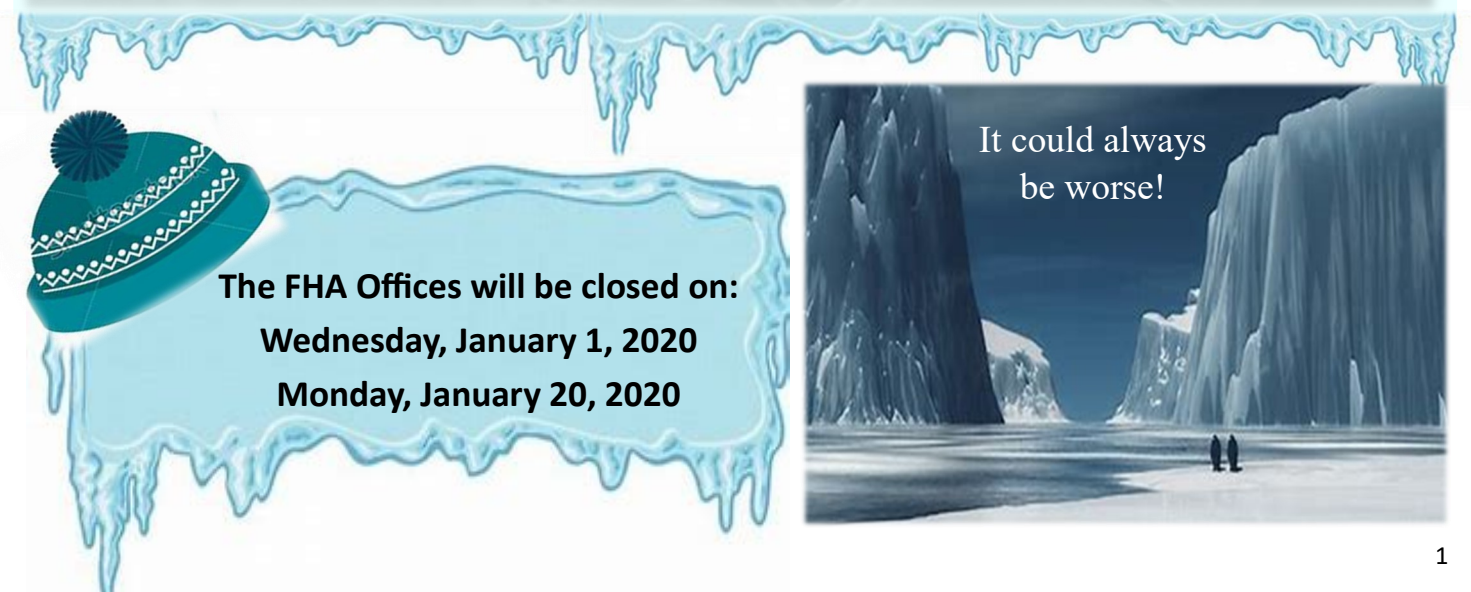
International Day of Commemoration in Memory of the Victims of the Holocaust History

Holocaust Memorial Day is a day commemorating the millions of Jews and minority groups who were murdered by the Nazis during the Holocaust in the 1930s and 40s. The Holocaust, a systematic and state-planned program to kill millions of Jews and other minority groups in Europe, was one of the most horrific genocides in history with an estimated 11 million lives lost. The purpose of the day is to encourage discussion of this difficult subject in order to make sure that it never happens again.

In 2005, Holocaust Memorial Day was established by the **United Nations General Assembly**. **January 27**, the remembrance date, is significant as it was the date that **Auschwitz-Birkenau**, the largest and most infamous Nazi extermination camp in Poland, was liberated in 1945. The Holocaust is marked by many different days around the world. In Israel, the day is known as **Yom HaShoah** and begins when the sun sets on May 4 and finishes in the evening of May 5.

Martin Luther King Day celebrates life and accomplishment of Dr. Martin Luther King, Jr. MLK promoted Civil Rights through nonviolent civil disobedience. He is perhaps best known for his 'I have a dream...' speech in 1963. Martin Luther King Jr. was an American Baptist minister and activist who became the most visible spokesperson and leader in the civil rights movement from 1955 until his assassination in 1968. Born in Atlanta, King is best known for advancing civil rights through nonviolence and civil disobedience, tactics his Christian beliefs and the nonviolent activism of Mahatma Gandhi helped inspire.

Martin Luther King, Jr. day became a federally recognized holiday in 1983. The first year this holiday was observed was 1986, and not by all states. In 2000, it became a nationally observed holiday in all states. Martin Luther King Jr. Day takes place on the third Monday of January each year.



The FHA Offices will be closed on:
Wednesday, January 1, 2020
Monday, January 20, 2020

QUARTERLY

PEST CONTROL TREATMENT

February, May, August & November

The last Tuesday of the month, starting at 10:00 a.m. Be prepared for this visit to your apartment. Even if you are not at home the treatment will be done.

Remember to report anytime you suspect there is an issue. Being proactive and catching things early is the way to successfully avoid or eliminate any issues. Thank you for your help!



\$\$ RENT REMINDERS \$\$

- ⇒ Rent is due **January 1st**.
- ⇒ Rent is late if received after 4:30 p.m. on **January 5th**.
- ⇒ A charge of \$30 will be assessed on the 6th day of each month for late rent.
- ⇒ An additional \$20 will be assessed if rent is not paid by the 20th of each month.
- ⇒ No partial payment is accepted.
- ⇒ Check, cashier's check, or money order only.
- ⇒ **If you mail your payment please allow at least 5 days.**

Any questions, please call 402-727-4848 or on Tuesdays 402-654-2229.

RENT ~ RENT ~ RENT ~ RENT ~ RENT

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**Call the Fremont Housing Office at 402-727-4848 to put in a Work Order. You can also tell Mary on Tuesdays when she is at the Hooper Office, 402-654-2229.**

### **For Maintenance Emergencies ONLY!**

Call - Ed (Maintenance Supervisor) 402-720-1264  
or Rita (Executive Director) 402-720-9643.

### The Group of Frogs



As a group of frogs was traveling through the woods, two of them fell into a deep pit. When the other frogs crowded around the pit and saw how deep it was, they told the two frogs that there was no hope left for them.

However, the two frogs decided to ignore what the others were saying and they proceeded to try and jump out of the pit.



Despite their efforts, the group of frogs at the top of the pit were still saying that they should just give up. That they would never make it out.

Eventually, one of the frogs took heed to what the others were saying and he gave up, falling down to his death. The other frog continued to jump as hard as he could. Again, the crowd of frogs yelled at him to stop the pain and just die. He jumped even harder and finally made it out. When he got out, the other frogs said, "Did you not hear us?"

The frog explained to them that he was deaf. He thought they were encouraging him the entire time.

Moral of the story:



People's words can have a big effect on other's lives. Think about what you say before it comes out of your mouth. It might just be the difference between life and death.



The next **Regular Board Meeting** is scheduled for January 15, 2020.  
At 6:30 p.m.



### Nutritional Deficiencies Associated With Aging

As we age, it is important to continue choosing healthy foods. While many of us know this, older adults still have an increased risk of developing malnutrition. The reasons are many and varied. Not consuming the proper nutrient rich foods may be due to normal eating habit changes that occur as we age.

These normal aging issues include: loss of appetite due to decreased sense of taste and smell, difficulty chewing or swallowing, mobility issues that interfere with meal prep or getting to the store and carrying groceries, medication side effects such as nausea, dry mouth, and gastrointestinal issues, depression and loneliness, financial concerns or lack of access to nutritional foods, and lack of desire to cook or nutritional knowledge.

#### 7 Signs of Inadequate Nutrition\*:

- Unexplained Fatigue a common side effect of iron deficiency, which can lead to anemia, excessive fatigue, heart disease, depression or thyroid disease.
- Brittle and Dry Hair: when an older person's hair looks brittle, dry and sparse it is often a sign of an inadequate diet. While some hair loss is normal with aging, brittle hair can signal a lack of essential fatty acids, protein, iron and other nutrients.
- Ridged or Spoon-Shaped Nails: A spoon-shaped nail, where the nail curves up like a spoon, can be an indicator of iron-deficiency.
- Mouth Problems: The corners of the mouth will crack or become inflamed which is a warning sign of riboflavin (B2) or iron deficiencies. A burning mouth sensation may arise when iron, zinc, or vitamin B levels fall below the required levels.
- Diarrhea: Chronic diarrhea can be a sign that nutrients are not being fully absorbed by your body. This is called malabsorption and can be triggered by infection, surgery, certain drugs, heavy use of alcohol, and digestive disorders.
- Apathy or Irritability: Unexplained mood changes, especially showing a lack of interest or being irritable, can be symptoms of serious medical illness like depression.
- Lack of appetite: Food no longer taste good because the taste buds have lost their sensitivity. With less calories being burned the appetite often diminishes. This is a serious warning sign of nutritional deficiencies.

*\*Adapted from WebMD*

### Holidays & Days to Remember in JANUARY

- 1 New Year's Day
- 9 Law Enforcement Appreciation Day
- 20 Martin Luther King Jr.
- 24 International Day of Education  
National Compliment Day
- 27 Commemoration Victims of the Holocaust

### Homemade Windshield De-icer Recipe

3 parts vinegar

1-part water

Pour vinegar and water into a spray bottle. Spray on the night before or 1-5 minutes before leaving (depending on how thick the ice is). Then the ice will scrape right off.

