

January 2024



# Crestview Chatter



Wishing you Peace Love & Laughter in the New Year

## Carry-In Dinner

January 17th at Noon

We will put a sign up sheet out in the Community Room,  
if you know what you are wanting to bring please write it down.

If you are unsure of what you are wanting to bring,  
please still join us and bring something to share with all your friends.



What do you say on the 1st of January?  
Last year just seems like yesterday!



Please do **NOT** flush  
anything except  
toilet paper in your  
toilets.

In the event of snow accumulation, the Housing Authority will clean the entrance into the building within 24 hours after the cessation of snow accumulation. The main sidewalks will be cleared so you can still get to the community building if need be.

Ice melt will be put out as needed.

Always remember, this is the time of year that many people slip and fall.

You need to always use precautions when you are out and about.

# January Birthdays!



Sylvia  
Jan. 13

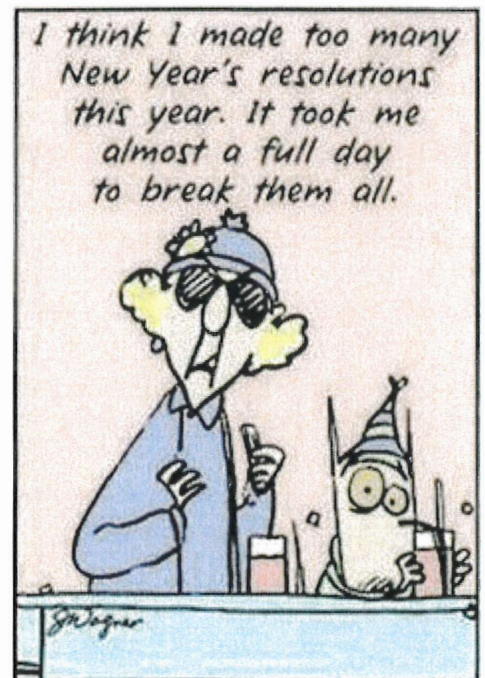


## What is a mountains favorite type of candy? Snow caps.

This January is Bath Safety month, reminding you to take some extra precautions and save yourselves from home injuries. Bathing is such a routine activity that we often neglect to take proper precautions while we're in what is absolutely one of the most dangerous places in our homes. But there are a lot of things we can do to minimize the risk of injury in the bath. And many of these precautions are especially important for the very young and the very old. Safety bars — or grab handles — and non-slip mats inside the tub or shower are just two of the most effective — and most common — ways to stay safe in our soapy havens. Let's look at a few more — in honor of National Bath Safety Month, which takes place every January.

### HISTORY OF NATIONAL BATH SAFETY MONTH

Before Ancient Greece, in prehistoric times, the sea and rivers served as the most raw and original form of a bath. The oldest accountable daily ritual of bathing can be traced to the ancient Indians. They used elaborate practices for personal hygiene with three daily baths and washing. These are recorded in the works called grihya sutras and are in practice today in some communities. As communities formed in the ancient world, public baths became the main form of bathing, largely because many didn't have access to private bathing facilities. The Great Bath of Mohenjo, daro is one of the earliest public baths in history. Located in Sindh, Pakistan, the bath dates back to the ancient Indus Valley Civilization — one of the three oldest human civilizations, next to ancient Egypt and Mesopotamia.





# WINTER



K O A X M G U P N Q D S H O V E L C W F I T  
 Z B N I R E T A E W S O J S Y A D I L O H K  
 A J T Q H V I M O G T L B R N P X U G E F C  
 N T F S O L S T I C E G E I A H R B D L R X  
 S D E Z C U B N H L Y P V M F R T A Q W O P  
 L I B U K H F O A U P R T D I L S N E G Z O  
 W G R D E L C I C I M X A E P T O H T S E B  
 H I N F Y O K G L O V E S U M C R D I P N L  
 S R X I L B W S P H U F N T R K A E B J Q Y  
 C F P A D E C E M B E R O Z H B N G T A S N  
 A H T O G R Q H F T L I W V D A E K S N P A  
 R E K L W H A P U N O T S B G J C F O U I M  
 F C V B E K J O D X N Q H G L Y S W R A T W  
 M A S G U N E M B K G Z O P W I B Q F R L O  
 U L O K F T N H S W J B E C S A Z P V Y G N  
 E P D T I C G A E R O M S F L B K Z H C A S  
 Q E J H B I D U L T H N Y L G N I T A K S M  
 A R W O E P N B Z F N C S X J O H M U R V G  
 B I C L R M H G Q P S E K A L F W O N S D U  
 Y F S N V T E K C A J H D Q Z I P L X M B R

blizzard

frostbite

igloo

skating

snowman

December

frozen

jacket

skiing

snowshoes

February

gloves

January

sleigh

solstice

fireplace

hockey

longjohns

slippery

sweater

flannel

holidays

mitts

snowballs

toboggan

flurries

hot chocolate

scarf

snowboarding

whiteout

frigid

icicle

shovel

snowflakes

wintertime



# Laughter is the Best Medicine

Humor and laughter help us remain young at heart. Jokes and comedy provide a ray of lightness in our lives. As a way to help our readers remain smiling, we provide monthly installments of jokes related to seniors and aging.

Here is your installment of humor for January:

## Laughter is the best medicine...

*An elderly woman from Brooklyn decided to prepare her will and make her final requests. She told her rabbi she had two final requests. First, she said she wanted to be cremated, and second, she wanted her ashes scattered over Bloomingdales.*

*"Bloomingdales!" the rabbi exclaimed, "Why Bloomingdales?"*

*"Then I'll be sure my daughters visit me twice a week."*

## Snow removal in Parking Lot

IF large accumulation of snow has fallen, you may be asked to move your cars, so we can clear our lots properly for your safety. Our maintenance team **can not** scoop between your cars due to liability issues.

If you happen to see the snow plows in the parking lot and you can get to your car, please move it so he can get the parking lot cleared as soon as possible and we don't have to call them back another time.



## Facts about Martin Luther King Jr. Day

- Martin Luther King became the youngest person to receive the Nobel Peace Prize in 1964.
- He played a key role in passing civil rights act's which outlawed racial segregation in America.
- In United States More, more 730 streets have been named after Martin Luther King Jr.
  - In the US only 3 people have a national holiday:  
Christopher Columbus, George Washington, and Martin Luther King Jr.
- George Washington and Martin Luther King Jr. are the only Americans whose birthday are declared national holidays.

## Tricks: New ways to use old things:

**Salt as Iron Cleaner:** Eliminates sticky residue from an iron. Run the hot iron (no steam) over plain paper sprinkled with salt.

**Olive Oil as a Stainless Steel Cleaner:** Buff steaks out of stainless steel with a little oil on a terry-cloth rag, then shine with a dry paper towel.

**Clothespin to mark your spot:** Clamp a spring-type pin on a page to save your place in a book.



What is it called when a snowman has a temper tantrum? A meltdown!

## Fun New Years Facts

- The most common New Year resolutions include 'quit smoking, lose weight, stay healthy and fit, save more money, and get (more) organized.'
- As far as United States is concerned, the most popular tradition is that of dropping the New Year ball in New York City's time Square exactly at 11:59 p.m. The ball goes through a minute-long descent and hits the ground at the stroke of midnight.
- The dropping of the New Year ball is actually pretty new tradition that started only in 1907. Though currently the ball is made of Waterford Crystal, it was originally made of wood and iron.
- America has another pretty popular New Year tradition, which is known as The Rose Bowl. The tradition started back in 1890 featuring the Rose Parade in California's Pasadena. The parade features floats festooned with eighteen (18) million flowers.



Bingo will be on , January  
Come join in on the fun.



## Flashback 1995

What were you doing 29 years ago?

Here are just a few memory joggers.

**In the News:** Newt Gingrich became speaker of the House.  
Murder trial against Oj Simpson began in L.A.  
Windows 95 debuted.

**Popular Books:** Kiss the Girls by James Patterson, High Fidelity by Nick Hornby, and The Rainmaker by John Grisham.

**At the Movies:** The Usual Suspects, Toy Story, Twelve Monkeys, Braveheart, Se7en, Clueless, Batman Forever and Jumanji.

**TV Debuts:** Xena, Warrior Princess, The Drew Carey Show, American Gothic, News Radio, Star Trek, Voyager and JAG.

**On the Radio:** Take a Bow by Madonna, Fantasy by Mariah Carey, You Are Not Alone by Michael Jackson, Kiss From a Rose by Seal and Exhale by Whitney Houston.

Come and make a  
Valentine's Puzzle  
Wreath with us on  
Thursday January 25th  
at 2:00 PM.



Did you Know.....? During a full moon, most of us lose 20 minutes of sleep. We also take five minutes longer to drop off and have less deep sleep, a new study has found. January's Full World Moon is on the 25th, so you may want to turn in a little bit early!



What has six legs and flies south for the winter?

Monarch Butterfly

## Snow Man Humor

- What do you call a melted snowman? -**Water**
- What is a girl snowman called?- **Snow-Ma'am**
- What kind of ball doesn't bounce?- **Snowball**
- Why did the snowman turn yellow?- **Ask the dog**
- What do snowmen wear on their heads?- **Ice Caps**
- What two letters of the alphabet do snowmen prefer?- **I.C.**
  - What's white and flies up?- **Confused snow flake**
- What do you call a snow man in the middle of May?- **A puddle**
  - What do snowmen like to do on the weekend?- **Chill out**
  - What do snowmen take when the sun gets too hot?- **Chill pill**
  - Where do snowmen get the weather report?- **The winter net**
- Why did the snowman call his dog Frost?- **Because frost bites**
  - What does a snowman put on his face at night?- **Cold Cream**
- What does a snowman like to put on his icebergers?- **Chilly sauce**
- What's a snowman's favorite Mexican food?- **BRRRRRRR-ITOS**
- What do snowmen like for breakfast?- **Ice Krispies and frosted flakes**
- What kind of cake does a snowman like?- **Any kind with lots of frosting**
- What did one snowman say to the other snowman?- **"Do you smell carrots?"**
- How does Frost the Snowmen get around the neighborhood?- **On his ice-icle**
- What do they sing at a snowman's birthday party?- **Freeze a jolly good fellow**
- Why did Frosty go to the middle of the big lake?- **Because snowman's an island**
- Why didn't the snowman eat the chicken wings?- **Because they had hot sauce on them**
- What happened when the icicle fell on the snowman's head?- **It knocked him out cold**
- What happened when the snowwoman had an argument with the snowman?- **She gave him the cold shoulder**



What animal grows skin but has skin that doesn't grow?

A Snake





## Cheeseburger Soup

Total Time: Prep: 30 min. Cook: 25 min. Makes: 8 servings (2 quarts)

### Ingredients

- 1/2 pound ground beef
- 4 tablespoons butter, divided
- 3/4 cup chopped onion
- 3/4 cup shredded carrots
- 3/4 cup diced celery
- 1 teaspoon dried basil
- 1 teaspoon dried parsley flakes
- 1-3/4 pounds (about 4 cups) cubed peeled potatoes
- 3 cups chicken broth
- 1/4 cup all-purpose flour
- 8 to 16 ounces Velveeta, cubed
- 1-1/2 cups whole milk
- 3/4 teaspoon salt
- 1/4 to 1/2 teaspoon pepper
- 1/4 cup sour cream

### Directions

In a large saucepan over medium heat, cook and crumble beef until no longer pink, 6-8 minutes; drain and set aside. In same saucepan, melt 1 tablespoon butter over medium heat. Saute onion, carrots, celery, basil and parsley until vegetables are tender, about 10 minutes. Add potatoes, broth and ground beef; bring to a boil. Reduce heat; simmer, covered, until potatoes are tender, 10-12 minutes.

Meanwhile, in a small skillet, melt remaining 3 tablespoons butter. Add flour; cook and stir until bubbly, 3-5 minutes. Add to soup; bring to a boil. Cook and stir 2 minutes. Reduce heat to low. Stir in cheese, milk, salt and pepper; cook until cheese melts. Remove from heat; blend in sour cream.

If desired, serve with onion rings and green onions.

If your phone number has changed, please let the office know so we can keep our contact information current.

Thanks.

January is named after Janus, the god of beginnings and transitions; coming from the Latin word for door (ianua) since January is the door to the year.

Before noisemakers were manufactured European farmers blew horns and beat drums on New Year's Eve to banish the spirits they believed brought disease to the crops.

January is one of seven months with 31 days. Can you name the others?

The Garnet, birthstone of January, got its name from the Latin word for pomegranate because its crystals resemble the fruits color and seeds.

Carnations, the flowers of January, are sometimes called pinks because the petals edges look like they've been cut with pinking shears.

Aquarians, those born between January 20th and February 19th, are said to be intellectual, friendly, honest and loyal.



People born in the 50's have lived in 7 decades, 2 centuries & 2 millenniums. We had the best music, fastest cars, Drive-in theaters, soda fountains & happy days. And we are not even that old yet, we're just that cool.

**GOTHENBURG HOUSING AUTHORITY**

810 20th  
308-537-7275  
Fax: 308-537-3695

**OFFICE HOURS**  
Monday thru Friday (except holidays)  
8:00 AM to 4:30 PM

**Mission Statement**

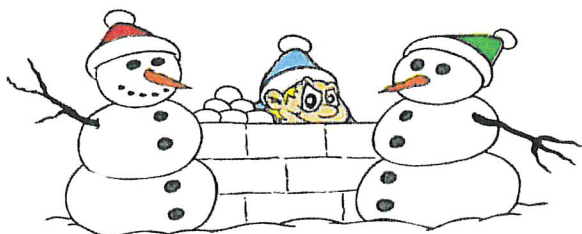
The Gothenburg Housing Authority is committed to providing adequate and affordable housing in a professional, fiscally prudent manner that sustains families, supports community needs, and promotes economic opportunity.



Equal Housing Opportunity

**Board of Directors**

- Patty Barkmeier 308-529-2847
- Jackie Kuxhausen 308-537-2402
- Jim Hudson 308-784-4919
- Charlene Ogier 308-537-3863
- Eldon Rodine 308-529-1199
- Jack Kniss 308-537-3008



**AFTER HOURS**  
Emergencies Only  
**AFTER HOURS**  
Emergencies Only

Maintenance: 308-529-7714  
308-529-7332

Executive Director: Gerri- 308-708-0223

The Office will be closed Monday, January 1st

If you have a Maintenance Emergency, please call numbers listed above.

**CLOSED**  
for  
New Years

GHA hopes you Have a Happy and Safe New Year's.





# January

2024



Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1	2	3 Pick up Rent at 2:30 	4	5	6
7	8 Office Closed 	9	10 Board Mtg. 1 PM	11	12	13 Sylvia B-Day 
14	15  Office Closed	16	17 CV Dinner at Noon 	18	19	20
21	22	23	24	25 Valentine's Puzzle Craft at 2 PM  Full Moon	26	27
28	29	30	31			
31						