

# Crestview Happenings

Let's Have  
**Lunch**  
TOGETHER

October 19th @ 12 P.M.

Carry-In Dinner

Bring a dish to share!



October 4th  
Commodities

October 5th  
Rent Pick-Up  
2 P.M.

WE WILL BE CLOSED ON  
**COLUMBUS DAY**

Monday,

Oct. 10th



www.free-printable-signs.com

October 25th  
Filters

---

# Autumn Word Scramble

---



1. ANIRY \_\_\_\_\_
  2. GANREO \_\_\_\_\_
  3. SEEBMTRPE \_\_\_\_\_
  4. OCREBOT \_\_\_\_\_
  5. RLLCOUOF \_\_\_\_\_
  6. RCAON \_\_\_\_\_
  7. UTNMAU \_\_\_\_\_
  8. KTYAACSH \_\_\_\_\_
  9. OEBREVMN \_\_\_\_\_
  10. AEFL \_\_\_\_\_
  11. STHAERV \_\_\_\_\_
  12. PERAS \_\_\_\_\_
  13. SOSEAN \_\_\_\_\_
  14. EAKDR \_\_\_\_\_
  15. SLQEIURR \_\_\_\_\_
  16. AHNNICGG \_\_\_\_\_
  17. QSUASH \_\_\_\_\_
  18. OWLELY \_\_\_\_\_
  19. CRNO \_\_\_\_\_
  20. PAELP \_\_\_\_\_
  21. ELALHONW \_\_\_\_\_
  22. UNPIPMK \_\_\_\_\_
  23. INGINHVSATKG \_\_\_\_\_
  24. UCENSHTST \_\_\_\_\_
-



Dianna  
October 27th

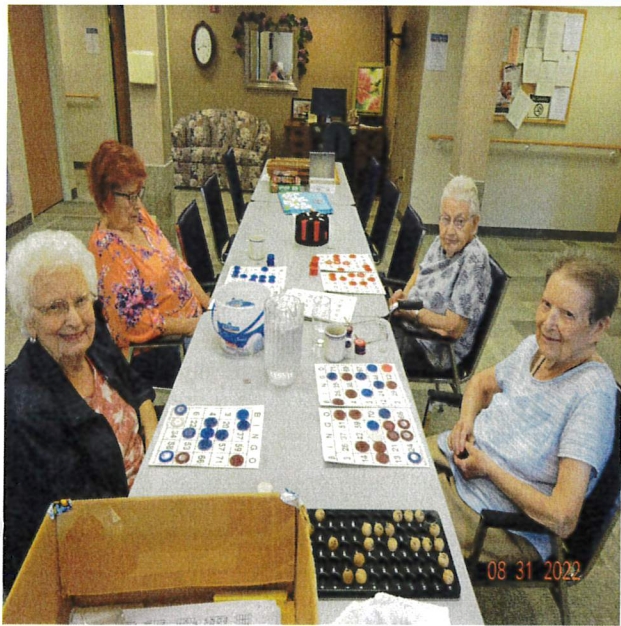


**October 26th**  
**BINGO 2:30 P.M.**

**October Move-In Anniversaries**  
Helen-2018  
Lois- 2019

**Watch out for this group!**  
**They mean business when**  
**they come to play BINGO!**

**Coffee, sweets, & conversation.**  
**We learned some new &**  
**interesting things from these**  
**ladies! The good ole days!**



## No Bake Vanilla Cake Batter Breakfast Cookies



### Ingredients

- 1/4 cup gluten free oat bran
- 1/4 cup gluten free oat flour gluten free rolled oats ground to a flour
- 1 scoop vanilla flavored protein powder\*
- 1-2 tablespoon [sweetener of choice\\*\\*](#)
- 2 tablespoon mild tasting nut butter of choice (I used cashew butter and coconut butter)
- pinch sea salt
- 1/4 teaspoon vanilla essence/extract
- 1/4-1/2 cup dairy free milk of choice (I used unsweetened vanilla almond milk)
- Sprinkles optional

### Instructions

1. Line a large plate with baking paper and set aside.
2. In a large mixing bowl, combine the oat bran, oat flour, protein powder, sea salt and mix well. Add the nut butter of choice and mix through until the batter is very crumbly.
3. Add the vanilla extract/essence and using a tablespoon, add the milk of choice until a very thick batter is formed. Stir through sprinkles and form into three to four large balls and place on the lined plate. Press firmly into a cookie shape and top with extra sprinkles.
4. Eat immediately or for a firmer cookie (and ones which can be portable and left at room temperature), refrigerate or freeze for at least 30 minutes.

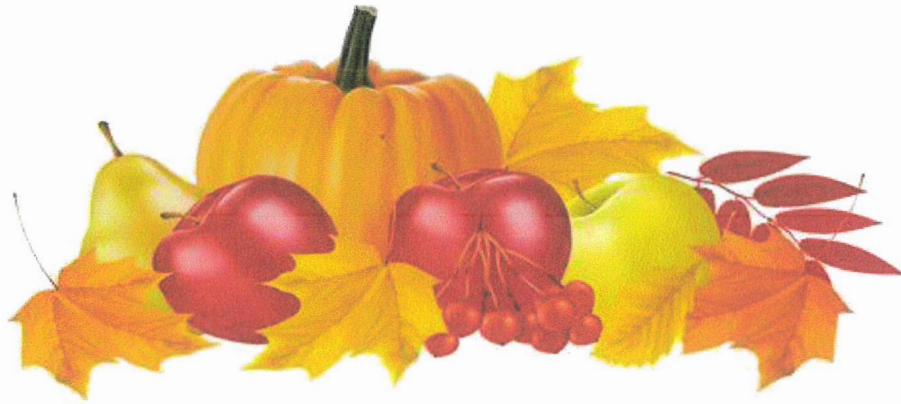
One bowl and ten minutes is all you'll need to have dessert for breakfast- With a healthy makeover! These No Bake Protein Packed Vanilla Cake Batter Breakfast cookies are single serving, gluten, sugar and dairy free!

---

## Lions Club Pancake Feed

The Lions Club will be serving pancakes  
at the Gothenburg Senior Center  
beginning at 5 pm  
on Wednesday, October 5.  
Everyone is welcome!





# Fall Fest

Please join us in our First Fall Fest on  
October 20th at 6 p.m.

In the  
Hillcrest community room/main parking



Soup will be provided

We ask that you bring your favorite  
finger food or dessert.

To enjoy our outside festivities, we  
ask you bring your lawn chair.



If you have any questions, please see Nancy or Gerri  
at the office.

## GREASE FIRE

DO NOT PUT WATER ON THE FIRE



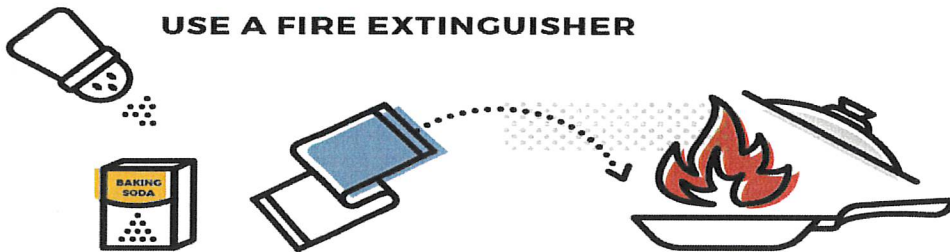
SMOTHER THE FIRE WITH A PAN LID

SMOTHER THE FIRE WITH A WET RAG OR TOWEL

TURN OFF THE BURNER AND LET THE PAN COOL OFF NATURALLY

THROW PLENTY OF SALT OR BAKING SODA ON THE FIRE

USE A FIRE EXTINGUISHER



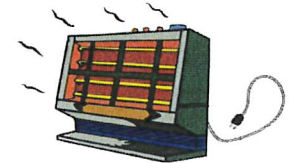
## COOKING

#1 CAUSE OF HOME FIRES



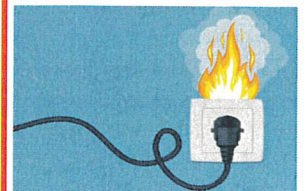
## HEATING

#2 CAUSE OF HOME FIRES



## ELECTRICAL

#3 CAUSE OF HOME FIRES



## CIGARETTES & CANDLES

#4 CAUSE OF HOME FIRES



## Pet Fire Safety Tips

Know the three P's to protect your pet from fires



### Prevent

- Keep pets from accidentally turning on the oven by using knob covers or locking the stovetop.
- Never leave candles unattended.
- Don't use a glass water bowl on decks- the sun filtering through can actually ignite wooden decks!
- Pet-proof your house and check for loose wires and other potential fire hazards.



### Prepare

- Put a pet rescue alert sticker on your door/window to alert rescue personnel that pets are inside the home.
- Know where your pets hide when they're scared.
- Have an emergency preparedness kit created for your pets in the event of a disaster like a house fire.



### Practice

- Create & practice an emergency exit plan- make sure emergency kits, leashes, & crates are nearby to secure/transport pets in the event of evacuation.

# Columbus Day

Columbus Day, also called Indigenous Peoples' Day, in the United States, holiday (originally October 12; since 1971 the second Monday in October) to commemorate the landing of Christopher Columbus on October 12, 1492, in the New World. Columbus Day is celebrated on Monday, October 10, 2022.

Although his explorations were financed by King Ferdinand and Queen Isabella of Spain, Columbus was a native of Genoa, Italy, and over the years Italian Americans took up the cause of honoring his achievement. The 300th anniversary of his landing was celebrated in New York City in 1792 by the Society of St. Tammany, or Columbian Order, and the 400th anniversary, in 1892, by presidential proclamation nationwide. During the latter half of the 19th century, the day began to be celebrated in cities with large numbers of Italian Americans, and in 1937 it became a national holiday by presidential proclamation. The day came to be marked by parades, often including floats depicting the ships of Columbus, and by public ceremonies and festivities. By the quin centennial in 1992, the holiday was an occasion for discussing the European conquest of American Indians, and some people objected to celebrating the event and proposed alternatives, among them Indigenous Peoples' Day.

The landing of Columbus also came to be commemorated in Spain and Italy. In many of the Spanish-speaking countries of the Americas, the landing is observed as Día de la Raza ("Day of the Race" or "Day of the People"). Rather than celebrating Columbus's arrival in the New World, many observers of Día de la Raza celebrate the indigenous peoples of Latin America and the culture that developed over the centuries as their heritage melded with that of the Spanish explorers who followed Columbus. In some countries religious ceremonies are an important part of the observances.



## 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

Website: [www.gothenburg-housing.com](http://www.gothenburg-housing.com)



LIKE US ON FACEBOOK

at: Gha Authority

### 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

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
Patty Barkmeier	308-529-2847

### AFTER HOURS

#### Emergencies Only

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

Executive Director: Gerri~ 308-708-0223  
Admin. Assistant: Nancy~ 308-537-2275  
Office Manager: LaDonna~ 308-529-2686

### Autumn Word Scramble

- |              |                  |
|--------------|------------------|
| 1. RAINY     | 13. SEASON       |
| 2. ORANGE    | 14. RAKED        |
| 3. SEPTEMBER | 15. SQUIRREL     |
| 4. OCTOBER   | 16. CHANGING     |
| 5. COLORFUL  | 17. SQUASH       |
| 6. ACORN     | 18. YELLOW       |
| 7. AUTUMN    | 19. CORN         |
| 8. HAYSTACK  | 20. APPLE        |
| 9. NOVEMBER  | 21. HALLOWEEN    |
| 10. LEAF     | 22. PUMPKIN      |
| 11. LEAF     | 23. THANKSGIVING |
| 12. PEARS    | 24. CHESTNUTS    |



### Listen for these RED FLAGS

Are they asking for **credit card/banking information?**

Are they asking for personal information like **Medicare or social security numbers?**

Offer is **good only today!**

They know something about you but **need to verify your information.**

**Never donate money over the telephone.** Ask they send you something in writing.

When any of these happen **HANG UP! IT'S OKAY**

**TO BE RUDE**

Report scams to the  
Nebraska SHIP/SMP at  
**1-800-234-7119**

### Medicare doesn't call you unless you called them!

Don't invite salesmen into your home unless you made an appointment. Ask for ID before letting them in.

**It's OKAY to be Rude! Tell them you are not interested and close the door.**

### Regarding Charities:

Do not give cash! Contribute by check payable to the fund, not an individual. Mail directly to the fund. **Be extra vigilant when donating online or on the phone** in the wake of natural disasters or tragedies. Fake charities pop up to take advantage of people's generosity.

Report scams to Nebraska  
SHIP/SMP at  
**1-800-234-7119**

~~NEBRASKA~~  
SHIP



Preventing Medicare Fraud









OUT17306

[doi.nebraska.gov/SHIP](http://doi.nebraska.gov/SHIP)



# October

2022

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
						1  NE vs Indiana 6:30 P.M. (BTN)
2 World Farm Animals Day	3	4 Commodities	5 Pick-Up Rent 2 P.M. 	6	7  NE vs Rutgers 6 P.M. (FS1)	8 National Motorcycle Ride Day
9 Fire Prevention Day	10 Office Closed Columbus Day	11	12 Old Farmer's Day	13	14 Be Bald and Free Day	15  NE vs Purdue (TBD)
16 Dictionary Day	17 Pumpkin Craft 2:30 P.M. 	18	19 Carry-In Dinner 12 P.M.	20 Fall Fest 6 P.M.	21 Babbling Day	22 National Nut Day
23 Happy Mother-in-law Day	24	25 Filters	26 BINGO 2:30 P.M.	27  Dianna	28 Frankenstein Friday	29  NE vs Illinois (TBD)
30 National Candy Corn Day	31  Halloween	<p><b>October Health Awareness</b></p> <ul style="list-style-type: none"> <li>~Breast Cancer Awareness~</li> <li>~Bullying Prevention Month~</li> <li>~Domestic Violence Awareness~</li> <li>~Down Syndrome Awareness~</li> <li>~Eczema Awareness~</li> <li>~Health Literacy Month~</li> </ul>				