

# West Plains Housing Authority

February 2025

*Live in harmony with one another; be compassionate and humble.*

Happy  
Valentine's  
Day

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## 90 Plus Party at Walnut Grove



Residents and WPHA staff honored a Walnut Grove resident with a 90 Plus Party. The honored guest for the day was Dorothy Parker. Guests were served cake and punch. Ms. Dorothy received a 90 Plus Club cup and her name has been added to the 90 Plus Club plaque that hangs in the community room.

The 90 Plus Party has been a long-standing event at South Tower and Walnut Grove. Each year, tenants turning 90 (while living at the towers) are honored with a celebration during the month the resident turns 90. We will celebrate the tenants next birthday, if moving in after turning 90.

WPHA looks forward to helping our residents celebrate this milestone in their life.

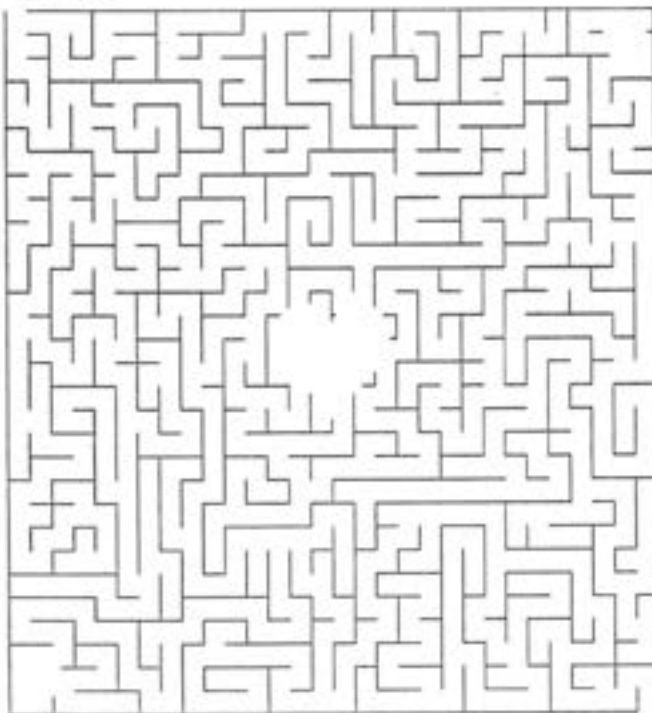


WPHA will be closed on Monday, February 17<sup>th</sup>,  
in observance of Presidents' Day!

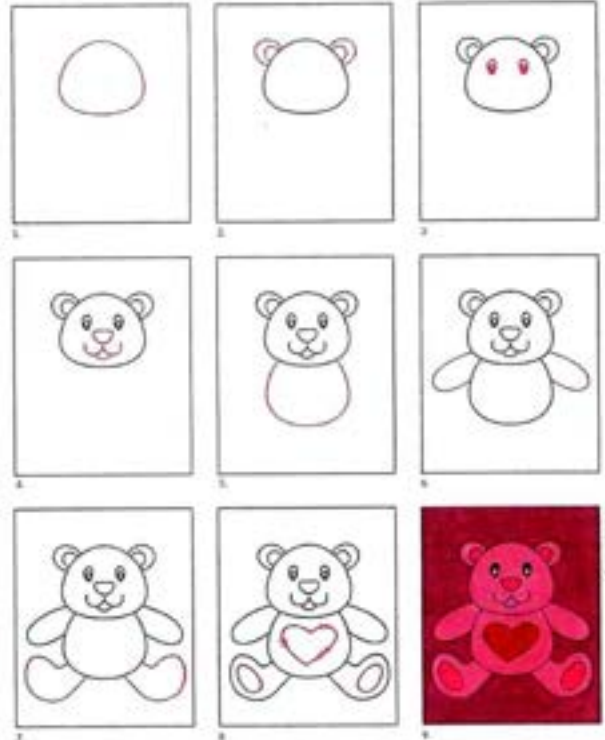


A big "WELCOME" to our new residents! We are glad to have you with us. We look forward to getting to know you.

## Valentine's Day MAZE



## How to Draw a Teddy Bear



## Notes from Jerry

February Greetings!

As the new year begins, some of you have realized the insurance plan you chose is not the best fit for you. If this is the case, you need to act quickly to have a change made. Most loopholes to get a change made will close by mid-February. See an insurance agent for help with a change.

If you need help with paperwork, have questions or any issues that concern you, please come by or call the main office (417-256-6663) and choose extension 207. If I do not answer, please leave your name and number and I will call you to schedule an appointment. My email address is [wpharic@gmail.com](mailto:wpharic@gmail.com). I am here to help YOU! There is never a silly question.

## Spicy Chicken Stir-Fry with Green Beans

- 2 tablespoons vegetable oil
- 6 ounces fresh green beans, trimmed and cut into 2-inch pieces (about 2 cups)
- 3 cloves garlic, thinly sliced
- 1 teaspoon grated peeled ginger root
- 1 1/4 pounds boneless, skinless chicken breast, cut into thin strips
- 1 can (10 3/4 ounces) Campbell's® Condensed Spicy Tomato Soup
- 1/2 cup Chicken Broth
- 1 tablespoon reduced sodium soy sauce
- 1 tablespoon packed brown sugar
- 2 green onions, thinly sliced (about 1/4 cup) (optional)
- 2 tablespoons chopped dry roasted unsalted peanuts (optional)
- 3 cups hot cooked white rice (optional)

Heat 1 tablespoon oil in a 12-inch skillet over medium-high heat. Add the green beans and stir-fry for 2 minutes or until slightly charred.

Reduce the heat to medium. Add the garlic and ginger and cook and stir for 30 seconds or until the garlic is lightly browned. Remove the green bean mixture from the skillet.

Heat the remaining 1 tablespoon oil in the skillet over medium-high heat. Add the chicken and stir-fry until done. Stir in the soup, broth, soy sauce and brown sugar and heat to a boil. Reduce the heat to medium. Cook for 1 minute.

Return the green bean mixture to the skillet and stir-fry until hot. Garnish with the green onions and peanuts and serve over hot cooked rice, if desired.



## Chicken Rice Bowl

- 1 cup chicken broth
- 1/2 cup chopped frozen green pepper, thawed
- 1/4 cup chopped onion
- 2 teaspoons olive oil
- 1 package (9 ounces) ready-to-use grilled chicken breast strips
- 1/2 cup frozen corn, thawed
- 1/2 cup frozen peas, thawed
- 1 teaspoon dried basil
- 1 teaspoon rubbed sage
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

Cook rice in broth according to package directions. Meanwhile, in a large skillet, sauté the green pepper and onion in oil for 2-3 minutes or until crisp-tender. Stir in the chicken, corn, peas, basil and sage. Cook, uncovered, for 4-5 minutes over medium heat or until heated through. Stir in the rice, salt and pepper.

## Chinese Chicken Fried Rice

- 1 large boneless chicken breast, cut into 1/2-inch pieces
- 1/4 cup finely chopped carrot
- 1/4 cup chopped fresh broccoli
- 1/4 cup frozen peas
- 1 green onion, chopped
- 1 tablespoon butter
- 1 large egg, lightly beaten
- 1 cup cold cooked long grain rice
- 4-1/2 teaspoons reduced-sodium soy sauce
- 1/8 teaspoon garlic powder
- 1/8 teaspoon ground ginger

In a large skillet, sauté the chicken, carrot, broccoli, peas and onion in butter until chicken is no longer pink, 3-5 minutes. Remove from skillet and set aside.

In same skillet, cook and stir egg over medium heat until completely set. Stir in the rice, soy sauce, garlic powder, ginger and chicken mixture; heat through. If desired, garnish with additional green onions.

### The Pastor's Teeth

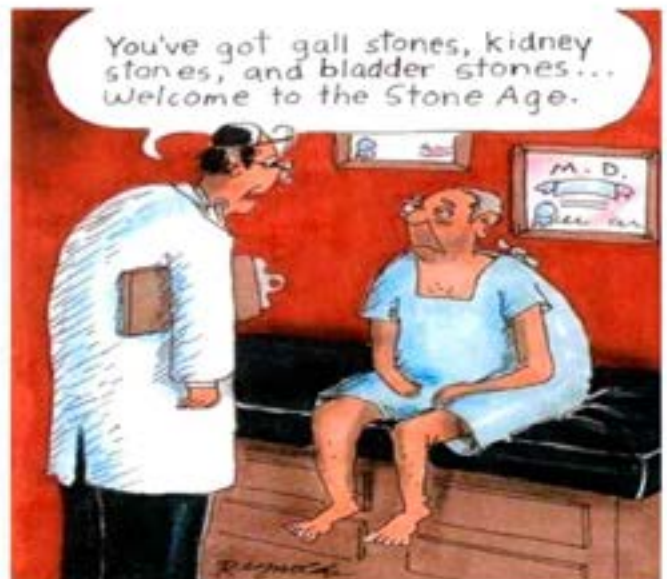
A pastor went to the dentist for a set of false teeth. The first Sunday after getting his teeth, he preached for only eight minutes. The second Sunday, he preached only 10 minutes. But the following Sunday, he preached nonstop for nearly three hours...until the congregation realized he couldn't quit, and finally slowed him down. Concerned for his health, they asked, "Are you Okay? What happened?" The pastor explained, "Well, the first Sunday with my new teeth, my gums were so sore I couldn't preach longer than eight minutes. The second Sunday, I felt I could go a little longer to 10 minutes. But, today, I mistakenly put my wife's teeth in, and discovered I couldn't shut up."

Why do you never see elephants hiding in trees?  
Because they are really good at it.

**We all get heavier as we get older because there's lot more information in our heads. So I'm not fat, I'm just really intelligent and my head couldn't hold any more so it started filling up the rest of me. That's my story and I'm sticking to it.**



People need to understand the difference between wants and needs. I want abs, but I need ice cream.



Remember when you could lay in one position for hours, now you have to rotate like a rotisserie chicken every 15 minutes or something hurts.

When you are tired of being old and would like to go back to youth, think again. Think of algebra.



## The High Rise

### News from South Tower

Good morning to everyone from South Tower to Walnut Grove.

WOW! We are having a cold, oh so cold, winter. I can hardly wait until spring is here. However, until then, I will bundle up to go outside. Brrrrrr!

Happy birthday to all. Enjoy your day!

I feel I must touch on a not so nice subject. I am sure you are tired of hearing about this. Most of us clean up after our dogs, but there is still an on-going problem with poop in our yard. I don't want to walk in it. There are poop bags in the lobby. Cigarette butts are still being thrown on the ground. Trash is being put in the cigarette cans and being left on the grounds. This is our home. **Respect the rules.** We want it to look nice. We are tired of cleaning up the messes some one has left behind.

Shopping carts need to be put away after using them. They cannot be left in the lobbies overnight. Put your trash where it belongs—in the dumpsters and put boxes in the recycling area.

We have lost a few residents lately. Please pray for those who grieve. We have also had some residents who moved out and new ones moving in.

*"Be your own kind of beautiful!"*

Reminder: Make sure you make your Medical transport ride appointments 3 days in advance. Weekends do not count. To schedule a ride call 866-269-5927.

I hope everyone chose the right health-care plan to fit your needs. Some times we choose a different plan and it is not the plan we needed. Health-care keeps changing and all the changes get confusing.

Help new residents if possible. Show them this is our home and we enjoy living here.

Support the activities in the buildings if you can. Enjoy what comes your way.

Have you ever thought about candles? A candle can be a moment of comfort in the world. A light in the dark. A chance to rest, relax, and simply be. It is a reminder of how much you are loved just for being you.

#### Just a Reminder:

- ✓ Call for maintenance when needed.
- ✓ Jerry will help your needs, phone calls, or paper work.
- ✓ Respect rules.
- ✓ Pray for one another.
- ✓ Help your neighbors.
- ✓ Remember those who are home recovering or in the hospital.
- ✓ Don't throw cigarettes on the ground. Put them in the cans.
- ✓ Trash belongs in the dumpsters; not on the ground.
- ✓ Call in advance for medical rides.
- ✓ Respect one another.

#### Final thought:

I have endured. I have been broken. I have known hardships. I have lost myself, but here I stand moving forward and growing stronger each day. Never forget the harsh lessons of life that make you stronger.

'Til next time.

Stay safe, healthy and happy. Bless you all.

*Gabby*



# Puzzle Answers

## WORD SEARCH

- AFFECTION  
 - CANDY  
 - CARD  
 - CELEBRATE  
 - CHOCOLATE

- FEBRUARY  
 - FLOWERS  
 - GIFT  
 - GIRLFRIEND  
 - BOYFRIEND

- HEART  
 - KISS  
 - LOVE  
 - POEM  
 - PINK

# Be My Valentine

## Crossword SOLUTION

G I F T  
 H E A R T  
 C O U R T I N G  
 C A N D Y  
 P I N K  
 R O S E S  
 E N V E L O P E  
 D O V E S



# VALENTINE'S DAY



## WORD SEARCH

- AFFECTION  
 - CANDY  
 - CARD  
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 - CHOCOLATE

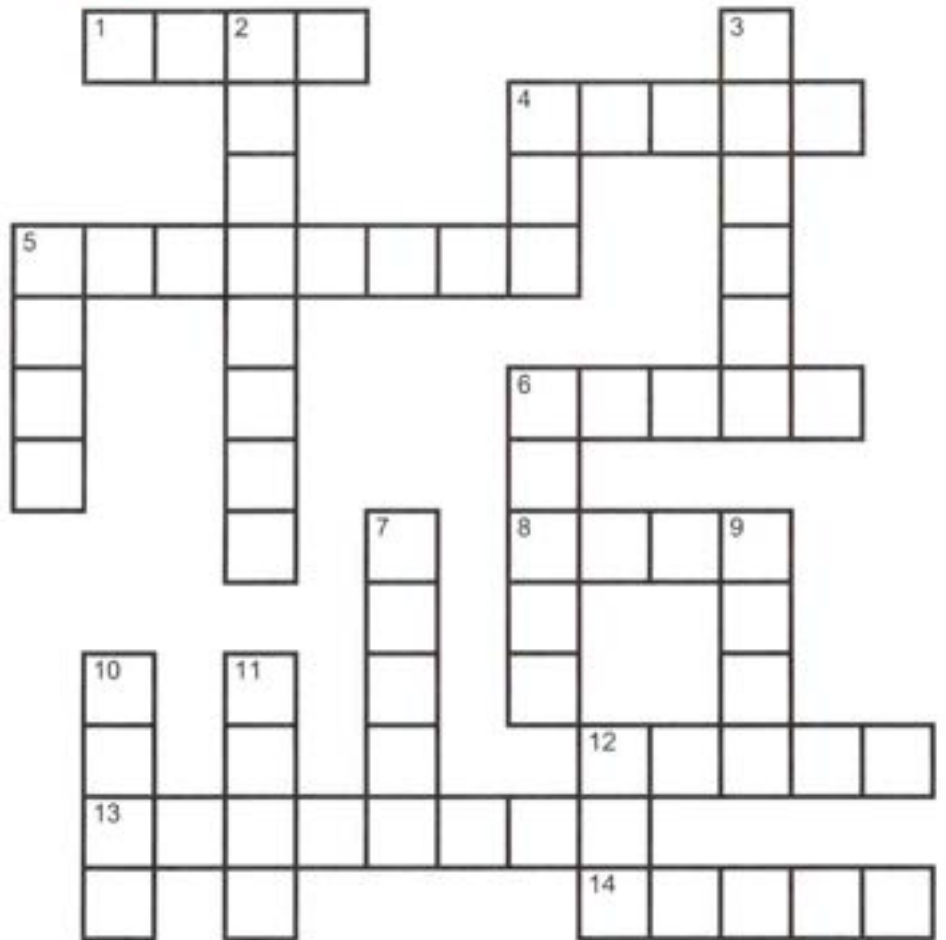
- FEBRUARY  
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 - BOYFRIEND

- HEART  
 - KISS  
 - LOVE  
 - POEM  
 - PINK

# Be My Valentine

## Across

1. A special item given to show love and appreciation.
4. A symbol commonly associated with love and emotion.
5. The act of pursuing someone romantically.
6. Sweet treats that come in various flavors and shapes.
8. A color often associated with love and romance.
12. Beautiful and fragrant plants often associated with love.
13. A container for sending a special message or gift.
14. Symbolic birds representing love and peace.



## Down

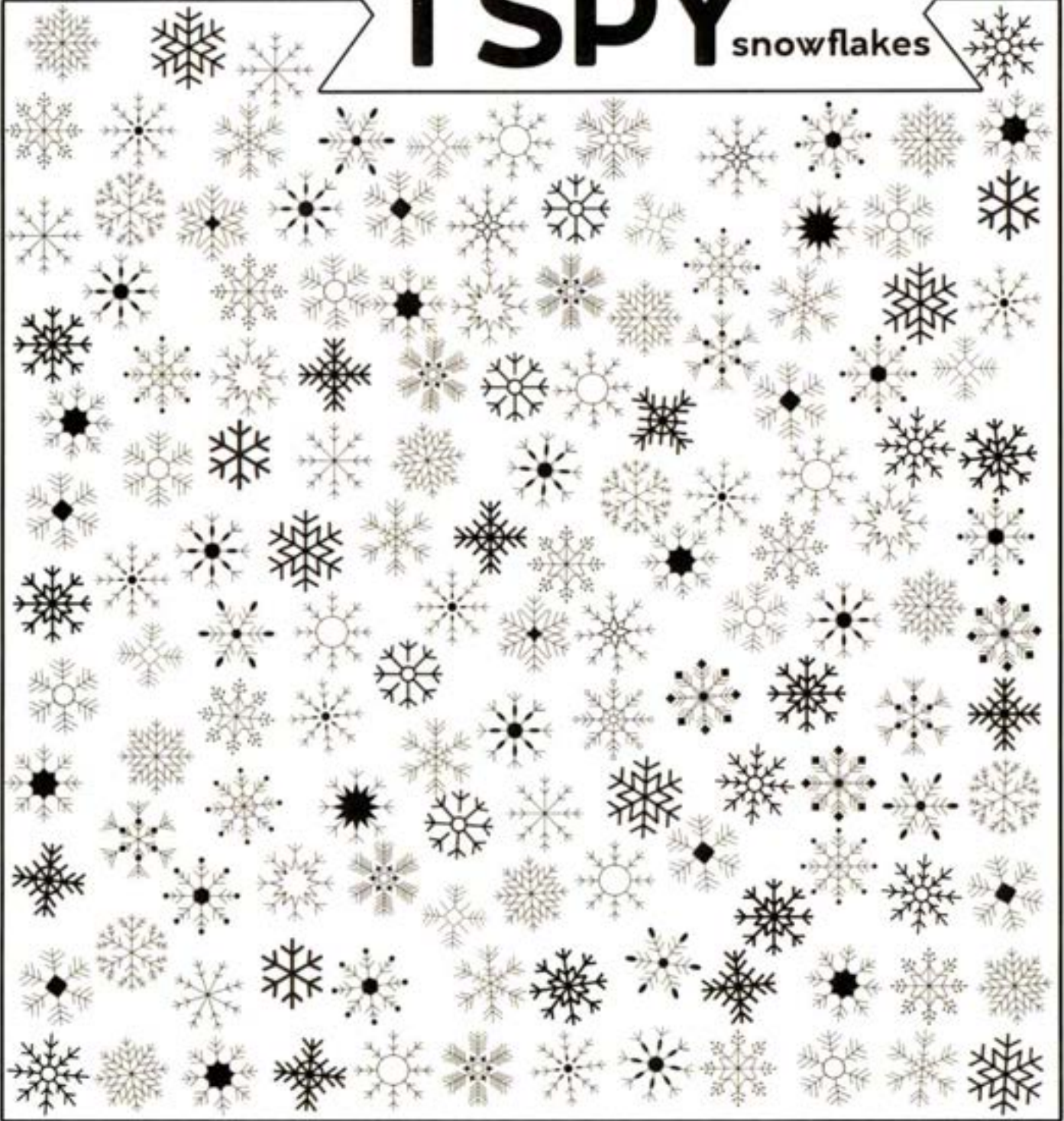
2. The month that celebrates love and Valentine's Day.
3. A close companion with whom one shares affection and trust.
4. A gesture of affection where two people embrace tightly.
5. A small piece of paper with a heartfelt message.
6. The Roman god of love, often depicted with bow and arrow.
7. A heavenly being often depicted with wings and a halo.
9. A gentle touch of lips as a sign of affection.

10. A heartfelt piece of writing expressing emotions.
11. A feeling of deep affection and care.
12. A vibrant color symbolizing love and passion.



Angel  
Candy  
Card  
Courting  
Cupid  
Doves  
Envelope  
February  
Friend  
Gift  
Heart  
Hug  
Kiss  
Love  
Pink  
Poem  
Red  
Roses

# I SPY snowflakes



- |   |  |   |  |   |  |   |  |   |  |   |  |   |  |   |  |   |  |   |  |
|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|
| 2 |  | 4 |  | 4 |  | 5 |  | 4 |  | 5 |  | 7 |  | 4 |  | 6 |  | 5 |  |
| 1 |  | 6 |  | 7 |  | 1 |  | 3 |  | 6 |  | 7 |  | 4 |  | 7 |  | 5 |  |
| 3 |  | 3 |  | 4 |  | 6 |  | 2 |  | 7 |  | 5 |  | 9 |  | 6 |  | 3 |  |