

# West Plains Housing Authority

April 2025

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



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## West Plains Citywide Yard Sale

--April 17, 18, & 19--

## Spring Cleanup

The spring cleanup week will be held  
April 21 through 25.



Use this opportunity to clean up around your apartment and have items hauled away free of charge. City regulations on furniture (wrapping in plastic) still apply.

## WPHA Staff

Mandy, Executive Director / HR  
Brenda, Deputy Director  
Stacie, Housing Specialist  
Desirae, Housing Clerk  
Sandra, Section 8 Coordinator  
Nina, Financial Operations Specialist  
Jerry, Resident Initiative Coordinator

## Jerry's Journal

Greetings Residents!

Happy Easter! As we journey along into spring, we can begin to enjoy the start of a new season. The beautiful spring days have me ready to be outside. Spring's arrival always makes me feel just a little bit more lively.

I saw a church sign this week that really made me stop and think about how we live life. The sign said, "Don't save anything for a special occasion. Being alive is a special occasion." We need to live each day to the fullest. The tornados on March 14 showed us just how fast things can 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.

**Jerry**

*"Spring is nature's way of saying, 'Let's party!'"*

– Robin Williams



## Free Breakfast!

Rebecca Brown with Assist AMERICA Home Care is excited to announce breakfast and brunch will be provided to the residents of Walnut Grove and South Tower on the first Wednesday of each month. This will begin on Wednesday, April 2.

Breakfast will be served to Walnut Grove residents at 9:00 in the Brill Community Room. South Tower residents will be served brunch at 10:30 in the South Tower Community Room. Please come down to fill your tummies, meet Rebecca, and have a time to socialize with neighbors.



## Dog Waste Disposal

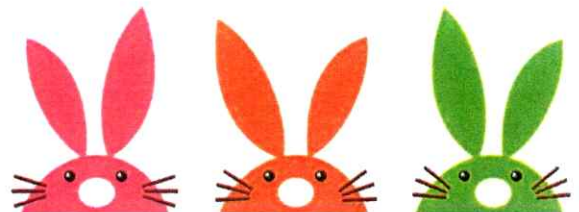
Please remember to clean up after your furry friends. When disposing of waste, please make sure it is put in the dumpster, not landing on the floor of the trash room. When the waste bags get stepped on or the dumpsters get rolled over them, it really makes a nasty mess that has to be cleaned up. Thank you for your cooperation. If we all do our part, it keeps our buildings looking (and smelling) good.



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

## Ice Cream Social

Walnut Grove residents will be having a tenant-sponsored ice cream social. All Walnut Grove residents are invited to attend. This event will be held in The Brill Community Room on Wednesday, April 16<sup>th</sup> at 2:00. Mark this on your calendar and make plans to attend! If you have questions, see Shirley LaClair.



# What's Cooking?

## Broccoli Crunch Salad

- 1 cup mayonnaise
- ¼ cup apple cider vinegar
- 3 Tablespoons sugar
- 1 teaspoon onion powder
- ½ teaspoon black pepper
- Salt to taste
- 3 cups broccoli florets, broken into bite-sized pieces
- 1 (12 ounce) bag broccoli slaw mix
- ½ cup sunflower seeds
- ½ cup dried cranberries
- ½ cup chopped red onion (optional)
- 1 cup chopped cooked bacon

Combine mayonnaise, apple cider vinegar, sugar, onion powder, pepper, and salt in a bowl. Whisk together until smooth and creamy. Set aside.

On a large bowl combine broccoli florets, red onion, sunflower seeds, dried cranberries, and bacon. Pour dressing mix on top of broccoli mix and toss until well coated.

Chill until ready to serve.



## Hot and Cheesy Chicken Casserole

- 3 cup chopped cooked chicken
- 1 (14-oz.) package frozen broccoli florets
- 2 cup cooked rice
- 1 ½ cup frozen peas
- 1 (10.75-oz.) can condensed cream of chicken soup
- 1 (10.75-oz.) can condensed fiesta nacho cheese soup
- 1 (10- to 10.5-oz.) can diced tomatoes and green chilies

- ½ cup milk
- ½ tsp. crushed red pepper (optional)
- ½ cup shredded cheddar cheese (2 oz.)
- ½ cup shredded mozzarella cheese (2 oz.)
- 1 cup crushed rich round crackers

Preheat oven to 350 degrees F. Place chicken in bottom of a 13x9x2-inch baking dish or 3-quart rectangular casserole.

In large bowl combine broccoli, rice, and peas.

Spread mixture over the chicken.

In medium bowl combine cream of chicken soup, nacho cheese soup, diced tomatoes, milk, and crushed red pepper. Stir in 1/4 cup of the cheddar cheese and 1/4 cup of the mozzarella cheese.

Pour mixture over broccoli mixture in baking dish.

Sprinkle crushed crackers evenly over all.

Top with remaining cheddar and mozzarella cheeses.

Bake, uncovered, 35 to 40 minutes or until topping is golden. Makes 8 to 10 servings.



## Easy Pineapple Lemonade

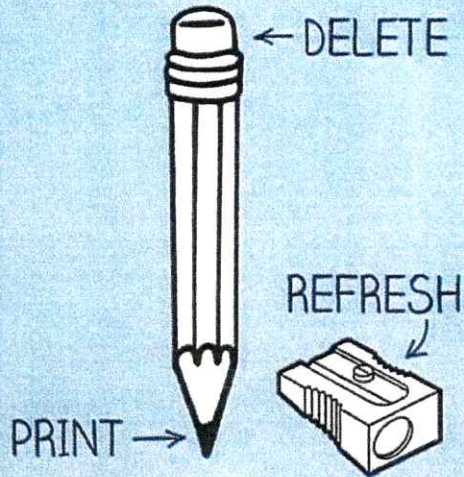
- 1 cup Country Time Lemonade Mix
- 3 cups cold water
- 1 can chilled pineapple juice (46 oz.)
- 2 cans Sprite

Mix everything together. Serve well chilled, over ice if desired.



# Just for Fun!

## WHEN I WAS A KID, THIS WAS MY COMPUTER:



DAN BACKLAND FOR GRUMPY OLD GITS | © LITTLE CHURCH MOUSE LTD MMXX

So, I was in the shoe shop this morning trying on a shoe, I said to the assistant, "It's too tight". She said, "Try it with the tongue out." I said, "It's th no ghoo, itth thill thoo thigh".

I got myself a seniors' GPS. Not only does it tell me how to get to my destination, it tells me why I wanted to go there.

A police officer came to my house and asked me where I was between 5 & 6. He seemed irritated when I answered, "Kindergarten."

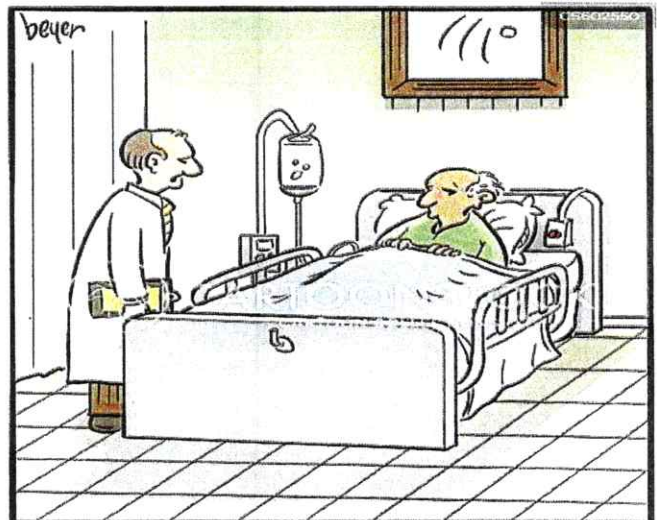


"I told you. This is NOT a good age to throw a surprise birthday."

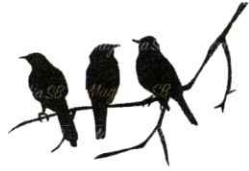
**What's the difference between a Northern fairy tale and a Southern fairy tale?**

A Northern fairy tale begins like this: "Once upon a time."

A Southern fairy tale begins like this: "Y'all ain't gonna believe this!"



"All your ailments are caused by old age. So, I want you to go cold turkey on birthdays for awhile."



## The High Rise

### News from South Tower

Good morning to everyone from South Tower and Walnut Grove. Hopefully you are having a blessed and happy day.

Happy April birthdays to all at South Tower and Walnut Grove. I hope you have a wonderful and blessed day.

Please keep praying for those who are ill or recovering at home.

Welcome the new neighbors and make them feel at home. Some are young and some are older. Young or old, make sure they get a "Hello!"

How did March go for you? So, so sad about the tornados and storms. It sure came close to West Plains. You just don't know when the good Lord will call you home. Make sure you are ready.

The birthday bash with Southern Care & Comfort was fun. I won a game. Who? Yes, me. Those in attendance had a great time.

The winds have been very heavy and strong. My grandson had to help me out back so I didn't blow away. (Smile now!) It's true. The sun was out, but still so, so, so cold.

I guess if you were born here you are used to the weather. I love the California heat. However, all the years on the beaches did cause me to have basal cell carcinoma.

The bulletin board in the downstairs' lobby is where you will find the phone numbers for healthcare, medical transport, and taxi service. Don't forget to lock your doors and not have your key with you like I did. Reminder, again, to please return shopping carts downstairs when you are finished with them. The carts cannot stay in the lobby by your door. They must be put back downstairs as soon as possible. Thank you.

If you know of anyone, family member or friend, that is struggling with depression or suicide thoughts, there is help out there. Please call the Crisis Intervention Center located at the hospital or call 988.

Today's thought—*May the God of hope fill you with all joy and peace as you trust in him.*

If you like to read, there is an awesome book called *Chicken Soup for the Woman's Soul*. Sorry fellas. I haven't found one for you yet.

#### REMINDERS:

- \*Call maintenance when needed. Put work orders in as soon as possible.
- \*If you have called for a delivery order of food or drink, please make sure you are downstairs waiting for its arrival. Other residents can't hunt you down and others can't let them in after hours.
- \*Respect rules.
- \*Pick up your trash and cigarette butts.
- \*Remember those that are ill and still recovering.
- \*Join in and support building activities.
- \*Call for medical rides three days in advance.
- \*Shopping carts must be returned back downstairs.

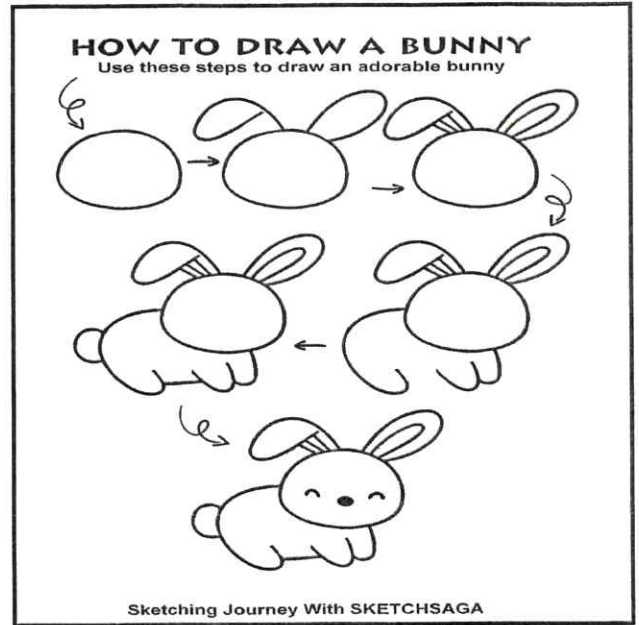
**Final Thought:**

*Life isn't waiting for the storms to pass, it's about learning to dance in the rain.*

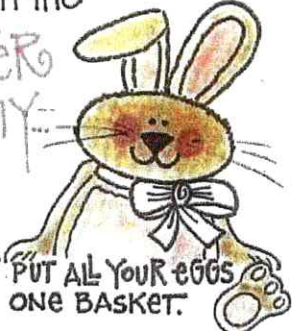
Stay safe, healthy and happy. Bless us all.

'Til next time,


Gabby 



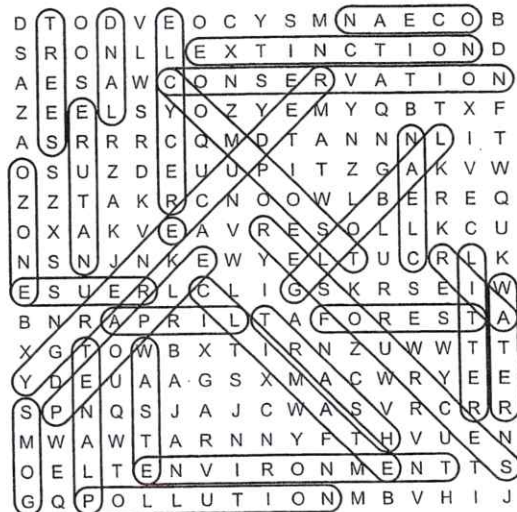
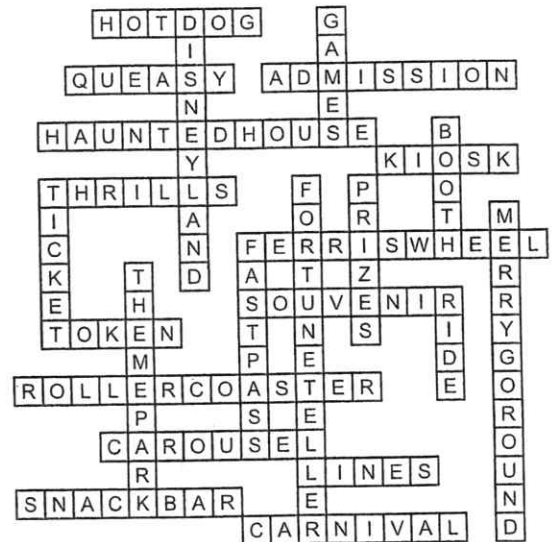
all I need to know I learned from the **leaster bunny**:



- DON'T PUT ALL YOUR EGGS IN ONE BASKET.
- EVERYONE NEEDS A FRIEND WHO IS ALL EARS.
- SOME BODY PARTS SHOULD BE FLOPPY.
- ALL WORK AND NO PLAY CAN MAKE YOU A BASKET CASE.
- LET HAPPY THOUGHTS MULTIPLY LIKE RABBITS.
- EVERYONE IS ENTITLED TO A BAD "HARE" DAY.
- KEEP YOUR PAWS OFF OTHER PEOPLES JELLY BEANS.



**PUZZLE ANSWERS**



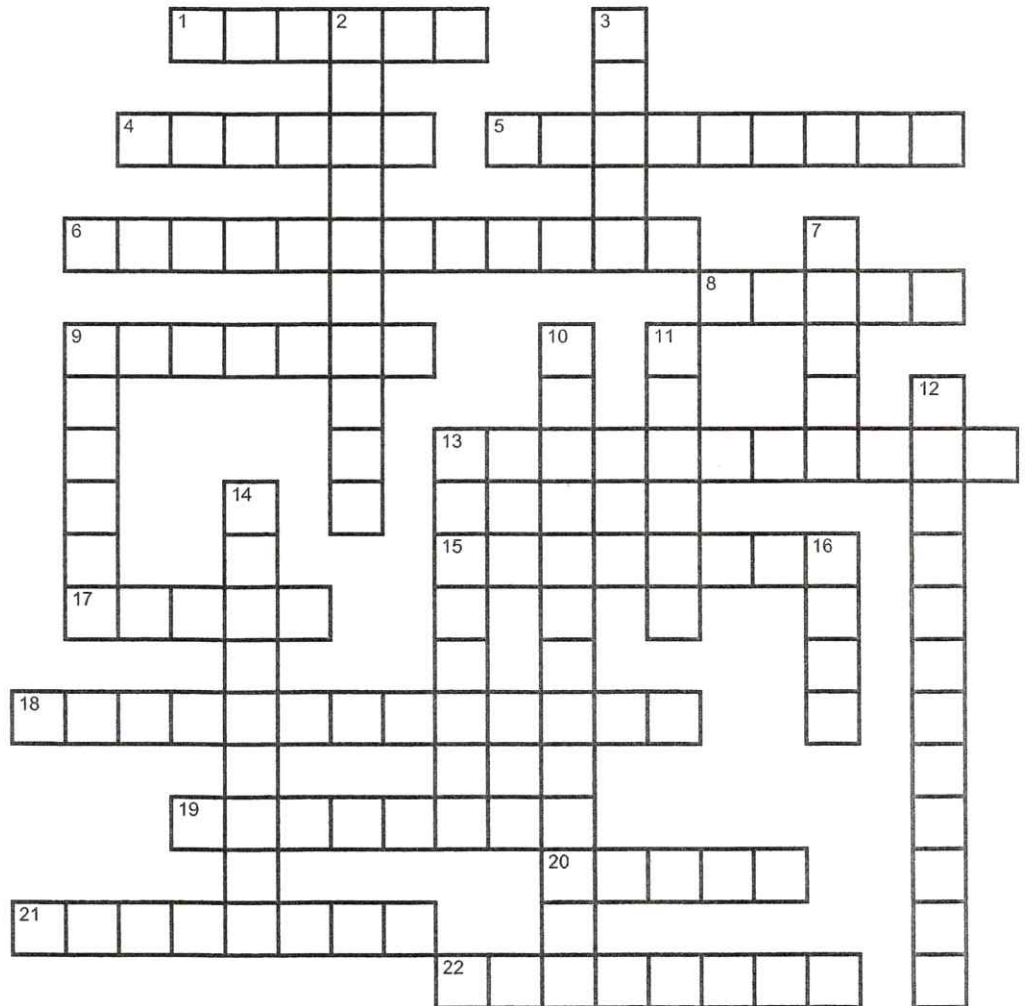
ACROSS

1. A popular snack consisting of a cooked sausage served in a sliced bun.
4. Feeling sick or nauseous, especially after riding a fast or spinning attraction.
5. The amount of money you pay to enter a place or event.
6. A spooky attraction designed to scare visitors with various special effects.
8. A small structure or stand where goods or services are sold.
9. Feelings of excitement or fear, often experienced on rides.
13. A large, rotating wheel with passenger cars attached for a scenic ride.
15. A small item that is kept as a reminder of a place.
17. A small, round object used as payment for rides or games.
18. A high-speed, looping ride that provides excitement and adrenaline rushes.
19. A rotating platform with seats for people to ride on.
20. Where people queue up to get on rides or enter attractions.
21. A place where you can buy light meals.
22. A large outdoor event with games, rides, and entertainment.

DOWN

2. A famous and popular amusement park located in California.
3. Activities or competitions that you can participate in at a fair or theme park.
7. A small temporary structure at a fair or festival where goods or services are sold.
9. A small piece of paper that allows entry to a park or attraction.
10. A person who claims to predict the future and answer questions about your life.

# Amusement Park



11. Items which can be won by playing games or participating in activities.
12. Another term for a carousel or a rotating ride for children.
13. A special pass that allows you to skip long lines and get on rides faster.

14. A large amusement park that follows a specific concept.
16. An experience of being moved quickly and thrillingly, often on a mechanical device.





# Earth Day Every Day

Find all of the Earth Day related words from the list below. The words can be up, down, forward, backward, or diagonal.



AIR  
APRIL  
CLEAN  
CLIMATE  
COMPOST  
CONSERVATION  
ENERGY

ENVIRONMENT  
EXTINCTION  
FOREST  
GLOBAL  
LAND  
LITTER  
NATURE

OCEAN  
OZONE  
PEOPLE  
PLANET  
POLLUTION  
RECYCLE  
REDUCE

RESOURCES  
REUSE  
SMOG  
TRASH  
TREES  
WASTE  
WATER