

# Hillcrest Happenings

2024

GOTHENBURG HOUSING AUTHORITY



Hillcrest carry in dinner will be held on May 8<sup>th</sup> at 12:00 pm.



Your May hostess will be Karen M. and Connie.



Join us for Bingo on May 28th at 2 PM  
Your Fanatic Spring Caller will be Dottie

Friendly ways to greet your neighbor include:

Saying "hello," smiling, or waving each time you see them.

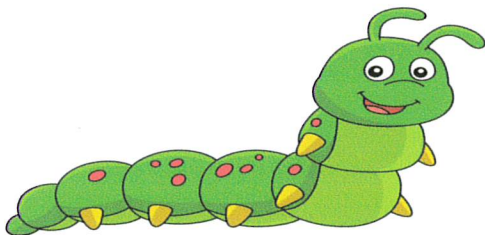
Asking how they're doing.

Offering to help if you see them carrying groceries or something unwieldy.

If you're having people over, **make sure they don't block a neighbor's vehicles.**

Don't gossip about your neighbors, in person or online.

Be respectful of others' privacy.



Our sprinkler system has been turned on and the grass is looking so green already. If you have a broken sprinkler head or are having issues with one outside your door, please do not try and fix it yourself.

We ask you notify the office, so we can contact our sprinkler guy to come repair them.

"Spring is the time of plans and projects."

# Cinco De Mayo

Cinco de Mayo or the fifth of May is a celebration of the winning of the Battle of Puebla during the Franco-Mexican War. In 1862, a small army of approximately 2,000 men led by General Zaragoza overcame the French army of more than 6,000 soldiers. This battle wasn't an end to the war, but it was an encouragement that rallied more support for the Mexican army. The celebration of Cinco de Mayo is often confused as being Independence Day for Mexico. The war for Mexican independence from Spain began in 1810. Mexican Independence Day is



celebrated on September 16th. In Mexico, Cinco de Mayo is celebrated with military parades & reenactments of the Battle of Puebla. In the U.S., this day has evolved into a celebration of Mexican culture. The celebrations include having parades, listening to mariachi music, dancing, & eating traditional Mexican foods.

## Arthritis Awareness Month:

Arthritis is the leading cause of disability in America. More than 50 million adults and 300,000 children are suffering with joint pain (or disease). Arthritis Awareness Month helps all of us deal with this commonly misunderstood health issue.

There are more than 100 different forms of arthritis and related diseases. The most common types include osteoarthritis (OA), rheumatoid arthritis (RA), psoriatic arthritis (PsA), fibromyalgia, and gout.

### **What are the CDC-recognized arthritis interventions?**

CDC funds state and national organizations that implement 18 evidence-based physical activity and self-management education programs that help adults manage arthritis symptoms. These programs can also help people manage other chronic diseases, like heart disease, high blood pressure, and diabetes. Some of these programs are designed for Spanish-speaking adults, like Camine Con Gusto, a walking program. For the full list and complete description of these programs, please visit the Osteoarthritis Action Alliance (OAAA) website.

Whether it is coffee time or just out enjoying the sun, we are family!!!!



# Birthdays This Month

Bill 24th



## Move in Anniversaries

Nancy-2023

Annette-2023

Lori-2012

Jean-2022

Carolyn-2015

Vickie-2018



### Keep Flower Bed Areas Neat and Tidy:

Your flower bed should be free from weeds, starter trees and any form of overgrown vegetation throughout the year. All flowers and plants should be contained within your flower bed area.

Please cut back and keep vegetation off the sidewalk area.

Keeping the sidewalk area free from vegetation can:



prevent a tripping hazard;

be beneficial to the delivery person, Meals on Wheels, health care workers, lawn contractors, and all other services so they can do their jobs safely and efficiently.

**\*\*If you have lawn chairs, tables or anything outside of this flower section it must be moved on mowing days. It is not our maintenance guys responsibility to get off and move your items.\*\***



**\*\*Empty flower pots must be removed from in front of your apartment. \*\***

Did you know May is.....

National Egg Month—National Hamburger Month—Women’s Health Care Month—Young Achievers’ Month—Tennis Month—Healthy Vision Month—Learn German Month—National Military Appreciation Month—National Salsa Month—Older Americans Month—National Smile Month—Gifts from the Garden Month—Mystery Month—National Barbecue Month—National Allergy Month—Outer Space Month—Ultraviolet Awareness Month—National Physical Fitness &U Sports Month

“In the spring, at the end of the day, you should smell like dirt.”



The earliest Mother's Day celebrations can be traced back to the spring celebrations of ancient Greece in honor of Rhea, the Mother of the Gods. During the 1600s, England celebrated a day called Mothering Sunday. It was held on the fourth Sunday of Lent (the 40-day period leading up to Easter). During this time, many of England's poor worked as servants. As most jobs were located far from their homes, the servants lived at the houses of their employers. On Mothering Sunday, the servants had the day off & were encouraged to spend the day with their mothers. Special cakes called mothering cakes were often brought along to provide a festive touch. In the U.S., Mother's Day was first suggested in 1872 by Julia Ward Howe (who wrote the words to the *Battle Hymn of Republic*) as a day dedicated to peace. Howe held organized Mother's Day meetings in Boston, MA for years. In 1907, Anna Jarvis from Philadelphia began a campaign to establish a national Mother's Day. Jarvis persuaded her mother's church in Grafton, WV to celebrate Mother's Day on the second anniversary of her mother's death (that year it was the second Sunday of May). By the next year, Mother's Day was also celebrated in Philadelphia. In 1909, Jarvis & her supporters wrote to ministers, businessmen, & politicians in their quest to establish a national Mother's Day. It was successful, & by 1911, Mother's Day was celebrated in almost every state. In 1914, Congress passed legislation & President Woodrow Wilson signed it proclaiming Mother's Day to be celebrated each year on the second Sunday of May.

#### Reminder:

For the safety of all tenants, please refrain from bringing your pets into the Community Room.



#### Mother's Survival Kit

**Stick of gum** to remind you to stick with it

**Candle** to remind you to shine brightly

**Chocolate Kiss** to remind you that you are loved

**Match** to light your fire when you feel burned out

**Tootsie Roll** to remind you not to bite off more than you can chew

**Pin** to remind you to stay sharp

**Smartie** to help you out on those days you don't feel so smart

**Starburst** to give you a burst of energy on days you don't have any

**Snickers** to remind you to take time to laugh

**Marble** in case someone thinks you have lost yours

**Confetti** to remind you to have fun

# The First Derby Day



Popular rider Oliver Lewis rode H. P. McGrath's thoroughbred Aristides to victory in the first Kentucky Derby on **May 17, 1875**, at the Louisville Jockey Club. Fourteen of the fifteen jockeys in the derby, including Lewis, were African Americans.



The Kentucky Derby was begun by Meriwether Lewis Clark, a prominent Louisville citizen who developed the Louisville Jockey Club. Clark began construction on the race course in 1874 on land leased from two relatives, John and Henry Churchill. He patterned the Kentucky Derby after the English Classic, the Epsom Derby. The Derby, now run annually the first Saturday in May at Churchill Downs, is the oldest consecutively held thoroughbred horse race in the United States. The Kentucky Derby, the [Preakness](#), and the [Belmont Stakes](#) comprise the coveted Triple Crown of U.S. horse racing.

In 1773, the [College of William and Mary](#) sponsored a survey of the area that eventually became Louisville, site of the Kentucky Derby. George Rogers Clark settled there in 1778, and the town, named for Louis XVI of France, was organized in 1779. By the early 1800s, Louisville became a major port serving both the Midwest and the South. During the [Civil War](#), it was a key supply depot for Union troops.

Every May, Louisville hosts the Kentucky Derby and the acclaimed horse show at the [Kentucky State Fair](#). Another part of the Kentucky Derby Festival is a [steamboat race](#) on the Ohio River between Louisville and Jeffersonville, Indiana.

## Simple Pasta Salad

### Ingredients:

- 1 (16 ounce) package uncooked rotini pasta
- 1 (16 ounce) bottle Italian salad dressing
- 2 cucumbers, chopped
- 6 tomatoes, chopped
- 1 bunch green onions, chopped
- 4 ounces grated Parmesan cheese
- 1 tablespoon Italian seasoning



### Directions:

- Gather all ingredients.
- Bring a large pot of lightly salted water to a boil. Place pasta in the pot, cook for 8 to 12 minutes, until al dente, and drain.
- Toss cooked pasta with Italian dressing, cucumbers, tomatoes, and green onions in a large bowl. Mix Parmesan cheese and Italian seasoning in a small bowl, and gently mix into the salad.
- Mix Parmesan cheese and Italian seasoning in a small bowl, and gently mix into the salad. Cover, and refrigerate for at least 30 minutes before serving.

# Memorial Day Challenge

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

- |                     |                |              |             |              |
|---------------------|----------------|--------------|-------------|--------------|
| Afghanistan         | country        | honor        | patriotic   | summer       |
| Air Force           | courage        | independence | peace       | taps         |
| American Revolution | Decoration Day | Iraq         | picnic      | tombstone    |
| Army                | defend         | Korea        | poppies     | tribute      |
| barbecue            | family         | liberty      | remember    | troops       |
| battle              | fireworks      | Marines      | remembrance | vacation     |
| bugle               | flag           | May          | respect     | valor        |
| casualty            | flowers        | memorial     | salute      | veteran      |
| cemetery            | freedom        | memory       | service     | Vietnam      |
| ceremony            | grave          | military     | soldier     | World War I  |
| civil war           | half-staff     | Monday       | solemn      | World War II |
| Coast Guard         | hero           | Navy         | speech      | wreath       |
| commemorate         | holiday        | parade       |             |              |

## SEVERE THUNDERSTORMS & STRAIGHT-LINE WINDS TIPS

—Don't underestimate the power of strong thunderstorm winds known as straight-line winds—they can reach speeds of 100 to 150 mph. Hurricane winds start at 74 mph.

—If a severe thunderstorm warning contains hurricane-force wind speeds seek shelter immediately (as you would for a tornado situation).



—Stay away from windows & go to the basement or interior hallway/room. **DO NOT USE ELECTRICAL APPLIANCES.**

—Be aware that tall trees near a building can be uprooted by straight-line winds.

—Powerful straight-line winds can overturn a vehicle or even make a person air-borne when the winds get up over 100 mph.



—One type of a straight-line wind event is a downburst, which is a small area of rapidly descending rain-cooled air & rain beneath a thunderstorm. A downburst can cause damage equivalent to a strong tornado.

### What is Public Housing?

Public housing is a program established by the US Department of Housing and Urban Development (HUD) to provide decent and safe rental housing for eligible low-income families, the elderly, and persons with disabilities. Public housing comes in all sizes and types, from scattered single-family houses to individual apartments for elderly families.

When Hillcrest was established by HUD and Gothenburg Housing Authority they put into place that Hillcrest and Scattered Sites would fall under all PUBLIC HOUSING guidelines which include the possibilities of low-income FAMILIES being eligible to live on our Hillcrest property.

**These rules are NOT made up by the Executive Director or any office staff!**

Reminder: Per City Ordinance quiet time is from 10 PM to 6 AM.

“There is nothing on this earth more to be prized than true friendship.”

Maybe there really was a time when America was more innocent.

Back when May Basket Day was a thing, perhaps.

The curious custom — still practiced in discrete pockets of the country — went something like this: As the month of April rolled to an end, people would begin gathering flowers and candies and other goodies to put in May baskets to hang on the doors of friends, neighbors and loved ones on May 1.

In some communities, hanging a May basket on someone's door was a chance to express romantic interest. If a basket-hanger was espied by the recipient, the recipient would give chase and try to steal a kiss from the basket-hanger.



Perhaps considered quaint now, in decades past May Basket Day — like the ancient act of dancing around the maypole — was a widespread rite of spring in the United States.

### May Basket Tales

Through the 19th and 20th centuries, May Basket Day celebrations took place all across the nation:

A reporter in the Sterling, Ill., *Gazette* in 1871 explained the seasonal ritual this way: "A May-basket is — well, I hardly know how to describe it; but 'tis something to be hung on a door. Made of paper generally, it contains almost anything, by way of small presents you have in mind to put in it, together with your respects, best wishes — love, perhaps. It is hung after dark at the door of anybody the hanger fancies. — Which done, the said hanger knocks and scampers."

The writer went on to say, in the spirit of the times, that if a boy hangs a May basket on a girl's door and the girl catches him, "it's a great disgrace." If a girl is the hanger, "it disgraces the boy again not to catch her."

In St. Joseph, Mich., the *Herald* reported on May 6, 1886, "little folks observed May Basket Day custom in hanging pretty baskets to door knobs."

The Taunton, Mass., *Gazette* in May 1889 told the story of a young man who got up very early and walked a mile and a half to hang a basket on his sweetheart's door, only to find another basket from another beau already hanging there.

"With the young, in rural communities especially," the St. Louis *Republic* reported on May 1, 1900 — in archaispeak, "it is May Basket Day — when the youthful fancy manifests its turn to thoughts of love by surreptitiously leaving baskets of spring flowers on the stoop appertaining to the home of the one adored."

Two bold children hung May baskets on the White House front door on May Day 1925. The Indiana, Pa., *Gazette* reported that first lady Grace Coolidge found her admirers and gave them flowers she had picked.

In Dunkirk, N.Y., the *Evening Observer* observed on April 30, 1932, that young people were collecting samples from wallpaper dealers and "creating baskets of all sorts and varieties as to size, shape, and color, and will hang them on the doors of their friends at dusk on May Day."

Writing in the Humboldt, Iowa, *Independent* in May 1976, the local extension home economist reminisced: "What a gallant occasion Mother made of May baskets. Lists were made and rewritten. It became almost as exciting as Christmas." Her family used old milk cartons for containers and they made popcorn and Boston cremes for each basket. People in her community returned May baskets to their owners at Halloween.





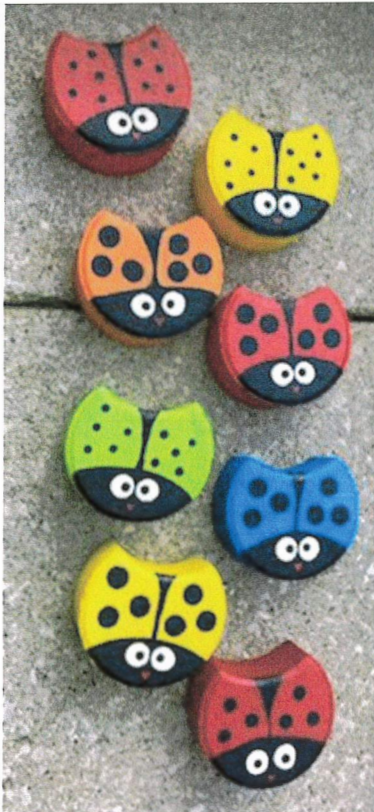


### History of Memorial Day

The idea for honoring fallen heroes on a specific day began after the Civil War. Memorial Day was originally called Decoration Day when people decorated the graves of soldiers with flowers. In the spring of 1866, Henry Welles, a druggist in Waterloo, NY, spoke with General John B. Murray, Seneca County Clerk, about organizing a day to honor soldiers killed in the Civil War. On May 5, 1866, people joined in a procession to three cemeteries in Waterloo. These ceremonies also took place on May 5, 1867.

On May 5, 1868, General John A. Logan, national commander of the Grand Army of the Republic, an organization of Union veterans, sent an order to all the local posts of the Grand Army to decorate the graves of soldiers on May 30. This also took place at Arlington National Cemetery in Virginia. Over the years, Memorial Day was celebrated on May 30 and became a time to include all fallen members of U.S. armed forces. In 1971, the date of Memorial Day changed to the last Monday in May when the Congress passed the National Holiday Act of 1971 (ensuring three-day weekends for federal holidays), and it was signed by President Richard Nixon. While today, many people celebrate Memorial Day as a day to honor all those who have died, it is good to specifically honor those in the military who have died.

We are forever grateful for their sacrifice and should honor them accordingly.



Our May Craft, we will be painting  
Lady bug landscape blocks.

It will be held on May 22<sup>nd</sup> at 2 PM.

In order for us to know how many landscape  
blocks to purchase, you must have your name on  
the sign up sheet by May 16<sup>th</sup>.

**We will not have any extras,**  
**you must have signed up before the**  
**deadline, to participate in this activity.**

## GOTHENBURG HOUSING AUTHORITY

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

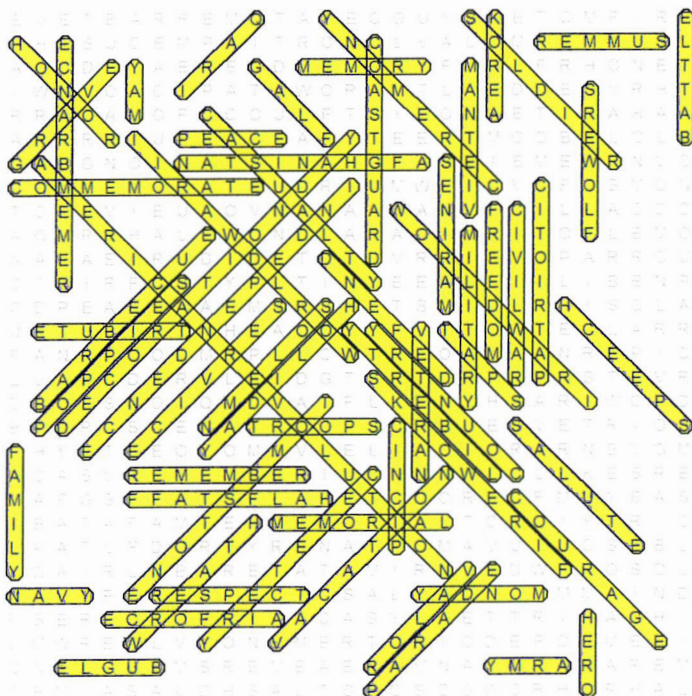
**OFFICE HOURS**  
Monday thru Friday (except holidays)  
8:00 AM to 4:30 PM

### 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



### OFFICE HOURS

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

### AFTER HOURS

#### Emergencies Only

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

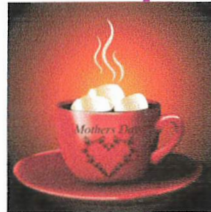
Executive Director:

Gerri- 308-708-0223

### Mother's Day Coffee

Come on over on Friday May 10th at 3:00 and enjoy great coffee, tea or bring your favorite finger foods.

The laughs are never ending and friendships keep growing!



The office will be closed  
May 27

To observe Memorial Day



### Board of Directors














Brennon Malcom	308-537-2321
Chevas Shaw	308-537-7119
Joni Birnie	308-529-1760
Cindy Soller	308-537-4221
Jill Rubenthaler	308-537-3668
Kyle Fornoff	308-537-3600



# MAY



2024

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			1 National Chocolate Parfait Day  Coffee 9 AM	2 Coffee 9 AM	3 Coffee 9 AM And 3 PM	4 Community Room Rented
5 	6 Rent Due  Coffee 9 AM	7 Coffee 9 AM	8 Carry in Dinner at Noon Coffee 9 AM	9 Butterscotch Brownie Day  Coffee 9 AM	10 Coffee 9 AM Coffee 3 PM	11 Community Room Rented
12 	13 Community Room rented PM Coffee 9 AM	14 Board Mtg at 8 AM Coffee 9 AM	15 Coffee 9 AM	16 Coffee 9 AM	17 National Walnut Day  Coffee 9 AM Coffee 3 PM	18
19	20 National Be A Millionaire Day  Coffee 9 AM	21 Coffee 9 AM	22 Pre registered Craft @ 2 pm Coffee 9 AM	23 National Taffy Day  Coffee 9 AM	24 Bill B-Day  Coffee 9 AM Coffee 3 PM	25
26	27 MEMORIAL DAY  Office Closed Coffee 9 AM	28 Bingo at 2 PM  Coffee 9 AM	29 Coffee 9 AM	30 Coffee 9 AM	31  National Smile Day Coffee 9 AM Coffee 3 PM	

