



Happy Halloween!



NEWS O.T.I.



Wellness Committee Notes

Remember to turn in your wellness reimbursements for July, August and September to *Craig* no later than 5:00 p.m. Thursday, September 27.

Chicken Casserole

- 1 can cream of chicken, celery or mushroom soup.
- 1 8 oz. container of sour cream
- 4 cups of cooked diced chicken
- 1/4 cup chicken broth

Preheat oven to 350 degrees. Boil chicken until cooked through (no longer pink inside), about 20-30 minutes. Chop into bite size pieces and place in a 9x13 inch baking dish. Combine soup, sour cream and chicken broth. Pour mixture over chicken. Cover and bake at 350 degrees for 30 minutes (or freeze for baking at another time).



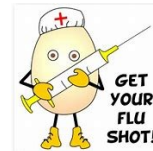
October Birthdays

Konnie Green-Holman (WIC) 10/7



October Employment Anniversaries

Billie Allen-Williams (CR) 26 years
Jessica Bruening (CR) 3 years



The Visiting Nursing Association will be at Operation Threshold to give Flu shots on Thursday, October 11 from 7:30 a.m. to 8:30 a.m. The shots will be administered in 1st floor board room and are free to all OT staff.

The LIHEAP Program (Low Income Home Energy Assistance Program) starts Monday, October 1 for anyone that is 60 years old or older or if there is someone in the household disabled. Everyone else will have to wait until Thursday, November 1 to apply.

The total household income for an applicant must be at or below 175% federal poverty guidelines which are listed below:

Size of Household	Annual Gross Income
1	\$21,245
2	\$28,805
3	\$36,365
4	\$43,925
5	\$51,485
6	\$59,045
7	\$66,605
8	\$74,165

For households with more than eight members, add \$7,560 annually for each additional member.

Halloween Sudoku

Fill in the grids so that each column, row, and box contains one and an only one of the letters from the given word.

	D				
S					H
W			O		S
O		S			D
D					W
				H	

SHADOW

	P		I		
S		E			
D		P			
			P		R
			D		E
		R		I	

SPIDER

	I				M
	Z	O			I
E				Z	
	B				Z
I			Z	M	
Z				I	

ZOMBIE

			N	E	
R		O			
					O
N					
			R		G
	G	A			

ORANGE

