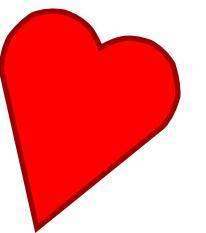
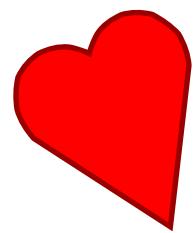


Valentine's Day



Find and circle all of the words that are hidden in the grid.
The remaining letters spell a popular Valentine's Day item.

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

ADMIRER
ADORE
AFFECTION
ATTRACTION
BEAU
BELOVED
BOYFRIEND
CANDLES
CANDY
CHOCOLATES

COUPLE
CRUSH
CUPID
DARLING
DATE
DEAR
DEVOTION
FANCY
FEBRUARY
FLAME

FLOWERS
FONDNESS
FOREVER
FRIENDSHIP
GIFT
GIRLFRIEND
HEARTS
JEWELRY
LIKE
LOVEBIRDS

LOVERS
PARTNER
PROPOSAL
RELATIONSHIP
RESTAURANT
ROMANCE
ROSES
SENTIMENT
SUITOR
SWEETHEART

Call RSSC with answer to win! 402-727-4848 Ext 109

Fremont Housing Agency
2510 N. Clarkson St.
Fremont, NE 68025
(402) 727-4848
(402) 727-4751 - fax
www.fremonthousing.org

Resident Support Services
Stanton Tower 205
(402) 727-4848 ext. 109

IMPORTANT NUMBERS

Central Navigation
Centralized Intake
402 721-4157

Fremont Transportation
(402) 459-2845

Fremont Police Dept.
(402) 727-2677
Emergency - 911

Fremont Fire Dept.
(402) 727-2688
Emergency - 911

General Assistance
(402) 727-2731

Health & Human Services
(402) 595-1258

Salvation Army
(402) 721-0930

Northeastern Nebraska Community Action Partnership-NENCAP
(402) 385-6300

Eastern Nebraska Office on Aging-ENOA
(402) 721-7770
Senior Center
(402) 727-2815

Uniquely Yours
(402) 727-8977

Fremont Lock Shop
(402) 317-1983



FAIR
HOUSING:
IT'S NOT AN
OPTION.
IT'S THE
LAW.

BOOK MOBILE Keene Memorial Library



Friday February 2

Gifford Tower | 9:30 AM—10:30 AM

Stanton Tower | 10:30 AM-11:30 AM

Feet 4 Keeps Foot Care Clinic

Friday February 2 | 9:00 AM—4:00 PM

2nd Floor Solarium Stanton

Call Sara Bourek for an appointment 402.719.9770

2024 Pet / Animal Licenses were due January 31. Current rabies vaccinations are required on all animals. Please bring a copy to your Housing Manager for you file. Pet licenses available at the Municipal Building at 400 E. Military Ave. Remember the Animal designated area is between the buildings smoking areas.

PEST-TROL SERVICE

Bed Bug / Roach RECHECK February 12-13
Floors 10 through 11 | Stanton Tower | February 14
Floors 10 through 12 | Gifford Tower | February 28

FHA OFFICE CLOSURE

Monday, February 19- Presidents day
Thursday February 22—Office windows closed

Thank you to Pam Mendlik for all the help you have given the new officers of the Stanton/ Gifford Social Club.

THANK
YOU

Your readiness to help at any time is greatly appreciated.

Gratitude

is one of the most underappreciated virtues. Admit it or not, many of us would rather complain than say "thank you". It's just easier to count our problems than our blessings. We'd rather complain about that our neighbor than appreciate the fact that we have a home.

This is why practicing gratitude should be part of our routine. Practicing gratitude when life is beating down on you isn't easy. In fact, it takes a special kind of inner strength and resilience to appreciate your blessings in times of hardship. That's not to say, however, that it's impossible.

If you're finding it hard to think of things to be grateful for at your lowest moments, here are some examples:

Things to Be Grateful For Despite Everything

1. Being alive	11. This very moment	21. Your senses
2. The ability to feel emotions	12. The people that care for you	22. The people who rejected you
3. Freedom of expression	13. Bad days	23. Your job
4. Friendship	14. Peaceful mornings	24. The people who hate you
5. Having something to eat	15. Living on this beautiful planet	25. Nature
6. Kindness of strangers	16. Your voice	26. Education
7. Experiences that molded you	17. Your parents	27. Access to transportation
8. The air that you breathe	18. Having clothes to wear	28. Music
9. Having water to drink	19. Being a citizen of a country	29. Access to the internet
10. Sunshine	20. The ability to love and be loved	30. The rain

If you fill your heart with gratitude, there won't be any room for discontent, self-pity, or greed.

You can start by appreciating the things you have, like the ones listed above. Remind yourself that no matter how dire the situation may seem, there is always a silver lining. So embrace the power of gratitude, and step onto the path to a more fulfilling life.



February can be a very difficult time for people with the long winter and holidays spent alone. It is easy to look inward and think about what we don't have rather than what we do have.

Please take this time to think of all the things you are grateful for and let those around know how much they are appreciated and mean to you.

Feel free to pick up some hearts in the office and let them know this Valentine season.

From the words of the Paul McCartney
Release date: 03 December 1965

...Think of what you're saying, You can get it wrong and still you think that it's alright. Think of what I'm saying, We can work it out and get it straight, or say goodnight. We can work it out. We can work it out. Life is very short, and there's no time, For fussing and fighting, my friend, I have always thought that it's a crime, So I will ask you once again, Try to see it my way, Only time will tell if I am right or I am wrong While you see it your way, There's a chance that we may fall apart before too long. We can work it out. We can work it out...



Fremont Housing Agency

Rita Grigg
Executive Director
Riley O'Neill
Housing Program Manager

RENT DUE

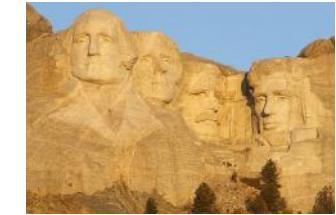
Rent is due
Thursday, February 1st. To avoid a late fee, your payment must be in the drop box by 3:00 pm on Monday, February 5th.
Online, Checks or Money Orders Only!
Need Help?
Contact your housing specialist or Service Coordinator IMMEDIATELY.



For after hour Maintenance emergencies contact:
Ed: 402 720-1264
Rita: 402 720-9643

"Let's Talk..."

February 2024



NOTICE!!!! NOTICE!!!! NOTICE!!!!

Resident Stipend Opportunity – Stanton Dining Room Position

The Fremont Housing Agency dining room is looking for a resident to deliver tenant meals, be a server in the dining room and fill in when needed. The Resident will be *paid with a stipend*. The stipend will *not increase your rent and is not taxed*.

This is a chance to serve your neighbors and earn a little extra income! You must be polite, respectful, and punctual. If you are interested in this position please call the Gifford Office, 402-727-4848.



Rentwise Class

RentWise is a program to help renters obtain and keep rental housing and be successful renters through education.

The class is free to residents of low-income housing, and open to the public for the cost of \$5. A certificate will be awarded upon completion of all the classes.

The RentWise class is on March 13-14, 2024 beginning at 8:30 a.m. in the Gifford Tower Community Room. Deadline to register is March 1st.

Be sure to take part in this free and informative opportunity. If you are interested in attending call: Tina @ 402-727-4848 ext. 3

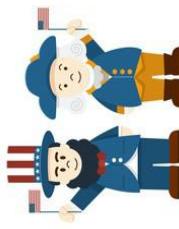
Office Hours

All Fremont Housing offices are open 9 to 12 and 12:30 to 3:00. We appreciate you setting up appointments for paperwork and contacting your housing specialist to fill out work orders.

We are here to serve you so please be aware of these times to take care of office needs. We don't want you to miss needed packages.



February 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
4	5 Art Club 2-4:00 pm SCR	6 RSSC at Gifford Conf, Rm 10-11	7 Social Club Meeting 2:00 SCR	8	9 Bingo 2-4 SCR	10 Coffee 2-3 pm SCR
11	12 Art Club 2-4:00 pm SCR Gifford Recheck starts	13 RSSC at Gifford Conf, Rm 10-11 Birthday Celebrations 1:00 with Lilly from Essential Care SCR	14 Valentines Day Social 2-4:00pm SCR	15 1:30-2:30-Trivia	16 Birthday Bingo 2-4 SCR	17 Coffee and Rolls 2-3 pm SCR
18	19 Art Club 2-4:00 pm SCR Offices closed No Meals served Presidents Day	20 RSSC at Gifford Conf, Rm 10-11 Gifford Community Room Closed til 22nd	21 Art Club 2-4:00 SCR Gifford Community Room Closed til 22nd	22 Game Day 2:00 SCR Gifford Community I Closed	23 Sandwich Bingo 2-4 SCR	24 Coffee 2-3 pm SCR
25	26 Art Club 2-4:00 pm SCR	27 RSSC at Gifford Conf, Rm 10-11	28 Art Club 2-4:00 SCR Gifford Tower Floors 10-12	29	SCR—Stanton Community Room	GCR—Gifford Community Room

February 2024						

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Menus for participants are still necessary and available at the Gifford & Stanton Tower offices. If you are interested in starting the Food Service Program, please feel free to contact Resident Support Services at 727-4848 ext. 109.</p>						
4	5 Chicken Tenders French Fries Pasta Salad Dinner Roll Red Velvet Cake	6 Homemade Ham and Bean Soup Corn Bread Brownie	7 Hamburger Pizza Lettuce Salad Jell-O Fruit	8 Irish Beef Stew Bread and Butter Cherry Crisp	9 Fried Chicken Mashed Potatoes Peas Coconut Bar	10 Turkey Sandwich Chips Pickle Brownie
11	12 Cheesy Chicken Parmesan Garlic Bread Lettuce Salad Black Forest Cake	13 Chicken Salad Macaroni Salad Three Bean Salad Bread Stick Jell-O Fruit Salad	14 Meat Loaf Scalloped Potato Pea Salad Confetti Cake	15 Goulash Peas & Carrots Cheesecake Confetti Cake	16 Tuna Noodle Casserole Beets Peaches	17 Goulash Bread Stick Chocolate Pudding
18	19 KITCHEN AND DINING ROOM CLOSED NO MEALS WILL BE SERVED Presidents Day	20 Shepherd's Pie Jell-O Salad Dinner Rolls	21 Ham Loaf Scalloped Potatoes Lettuce Salad Strawberry Cake	22 Burrito Refried Beans Tortilla Chips & Salsa Jell-Poke Cake	23 Waffles with Whipped Topping and Strawberries Sausage	24 Shepherd's Pie Bread and Butter Butterscotch Pudding
25	Burrito with Sauce Green Beans Cooks Choice Cake	27 Homemade Vegetable Beef Soup Corn Muffin Pears	28 Ham Slice Scalloped Potatoes Mixed Vegetables Bread and Butter	29 Chili With Crackers 1/2 Cheese Sandwich Peaches	* Subject to change with-out notice*	

Community Stuff

Come celebrate Birthdays with Lilly from Essential Care.

Come and join the fun on the second Tuesday of each month as we take a walk down memory lane with our residents who are celebrating each month.

This month, we will be getting together in The Stanton Community Room on February 13 at 1:00 pm. You may get any of your Medicare or Medicaid questions answered as well.

"I've learned that people will forget what you *said*, people will forget what you *did*, but people will never forget how you made them *feel*."
Maya Angelou

Happy Valentines

Valentines day Social

February 14 at 2:00 to 4:00 pm
in the Stanton Community Room.

Be Kind to our Maintenance Staff

Please remember to bag all garbage going down the trash chute. No liquids or food not in bagged should not go down the chute as this is unsanitary. Glass and Kitty litter should never go down the chute. Please take these and broken down oversized boxes outside to put directly in the trash cans.

Gifford Community Room Closing

Gifford Community room will remain closed 24 hours for various reasons.

We are currently working at getting the bug problem under control and the Community room will stay closed until the problem resolved.

Please see the information given to you at move in about keeping your apartment clean and how to treat bug problems in your apartment.

Do not go to anyone's apartment that has bugs and do not go to any common areas if you do have bugs so that we can keep the problem areas confined as we treat them.

If you need help please contact Service Coordinator at 402-727-4848 Ext 109



INFORMATION YOU

NEED TO



KNOW

Phone Numbers Community Agencies

Adult Protective Services/Child Protective Services 800-652-1999

Affordable Connectivity Program 877-384-2575

Commodities—NENCAP 402-385-6300

DHHS Economic Assistance Phone Number 402-595-1258

DHHS Medicaid 402-595-1178

Dodge County General Assistance 402-727-2731

Dodge County Veterans Association 402-727-2719

Eastern Office On Aging 402-721-7770

Fremont Friendship Center 402-727-2815

Home and Community Based Service (HCBS) Waiver 877-667-6266

Keene Memorial Library 402-727-2694

Meals On Wheels 402-721-8262

LifeHouse 402-721-3125

Salvation Army 402-721-0930

Uniquely Yours Stability Support 402-727-8977

Reminders

Please provide the office with your 2024 Social Security Award Letters

Be mindful of the calendar of events when you are using the Stanton Tower Community Room as a walk way.

Help yourself to clothing/coat in the Gifford Community Room
Donations are from Uniquely Yours Stability Support.

Disclaimer of Liability: Every effort is made to provide accurate and complete information in the Fremont Housing Agency newsletters. However, the FHA cannot guarantee that there will be no errors. The FHA makes no claims, promises, or guarantees about the accuracy, adequacy, validity, reliability, availability, or completeness of any information and expressly disclaims liability for errors and omissions in the contents of this newsletter. FHA does not assume any liability for any direct, indirect or any other loss or damage of any kind incurred as a result of the use the newsletter or any reliance on any information provided in the newsletter. Your use of the newsletter and your reliance on any information in the newsletter is solely at your own risk.