

St. Patrick's



Find and circle all of the words that are hidden in the grid.
The remaining Find and 34 letters spell a secret message.

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

BEER
BELFAST
BISHOP
CABBAGE
CELEBRATION
CELTIC CROSS
CHRISTIAN
CLOVER
CORK
CORNED BEEF

DANCING
DUBLIN
EVENTS
FEAST DAY
FESTIVAL
GREEN
GUINNESS
HERITAGE
HISTORY
HOLIDAY

HOLY DAY
IRELAND
IRISH
LEPRECHAUN
LIMERICK
MARCH
MISSIONARY
MUSIC
PARADE
PATRON SAINT

POTATOES
SEVENTEENTH
SHAMROCK
SNAKES
SODA BREAD
TRADITION
YEARLY

Be the first to call in with correct answer to the Service Coordinator
to win a prize. 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 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) 721-0619

**Eastern Nebraska Office on
Aging-ENOA**
(402) 721-7770
Senior Center
(402) 727-2815
RSVP Car-Go
(402) 561-2224

Uniquely Yours
(402) 727-8977



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

PEST-TROL SERVICES
Floors 2 through 5 | Stanton Tower | March 13th
Floors 1 through 5 | Gifford Tower | March 27th

POT LUCK DINNER
Stanton Community Room
Saturday the 2nd from 5:00 PM to 7:00 PM

**Commodities to be available in
the Stanton Community room.
Thursday, March 14th 1:00pm**



Feet for Keeps

**March 14, 9am to 4 pm
2nd Floor Solarium, Stanton Tower
Call for an appointment 402-719-9770**

St. Patrick's Day Social Pitch Tournament

Friday March 15th from 5:00 to 7:00pm

Stanton Community Room

**Come celebrate the years with
Lilly from Essential Care.**

Come and join the fun 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 March 12 at 1:00 pm. You may also get any of your Medicare or Medicaid questions answered as well.

THE FIRST- MOBILE BANQUET

The First Lutheran Church Mobile Banquet provides 200 hot meals to different neighborhoods and locations throughout the Fremont area on the second Thursday of each month. On Thursday, March 14th, between 5:30 & 6:30 pm, they plan to be in the parking lot of Gifford Towers to distribute meals. *All are welcome to stop by the church bus to pick up a to-go meal (while supplies last).* Look for the Mobile Banquet banner on the side of the bus.



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 classes are on March 13-14, 2024 beginning at 8:30 a.m. in the Gifford Tower Community Room. Deadline to register is March 4th.

Be sure to take part in this free and informative opportunity. If you are interested in attending, call: Tina @ 402-727-4848 ext. 102.



MARCH is Reading Awareness Month

"The more that you read, the more that you will know."

The more you learn, the more places you'll go." Dr. Seuss

Make time for Reading. Find a reading friendly space, reduce detractions and spend time, even if it is just 5—10 minutes. Make your space quiet and turn off the screens.

E-books and audiobooks. Technology can make reading accessible and affordable to more people. Choose the medium that works best for you. There are many features available like enlarging print, highlighting text in e-books, and slowing down or speeding up audio books.

Keene Library now offers free e-books and audiobooks for check out. **Book Mobile will be here Friday, March 1, 9:30 Gifford lobby; 10:30 Stanton Community Rm.**





Fremont Housing Agency

Rita Grigg
Executive Director
Riley O'Neill
Housing Program Manager

RENT DUE

Rent is due
Friday, March 1st
 To avoid a late fee,
 your payment must be
 in the drop box by
 3pm Tuesday,
 March 5th
**Checks or Money
 Orders or
 Direct Deposit via
 Uflex Only!**



**For after hour
Maintenance
emergencies
 contact:**

Ed: 402-720-1264
 Rita: 402-720-9643



*Emergency
 Contact
 Information*

“Let’s Talk...”

March 2024

Friendly Reminders

During all hours of the day, we ask that you be mindful that noise travels. Please be considerate of your neighbors peaceful enjoyment of their homes, and refrain from making loud noises that can be heard outside of your apartment. This includes, playing music, watching TV, or when having guests over, to name a few. “Quiet Hours” are from 10 PM to 8 AM.

Animals

Please remember that visiting animals are not allowed in the towers for everyone’s safety.

Help

Help is just a phone call away. Please call our Service Coordinator if you need assistance. We will help you in finding the appropriate resource. 402-727 4848 ext. 109

On Sunday, March 10, 2024 at 2:00 A.M., we spring forward to “Daylight Saving Time”. Don’t forget to set your clocks ahead one hour.

Scams and Fraud

It is going on all around us.

Be alert! If it is too good to be true, it’s a scam. Find ways to avoid falling into a scammer’s traps. Come hear the latest from Officer Ed Watts as he bring us up to date on the latest going around Fremont.

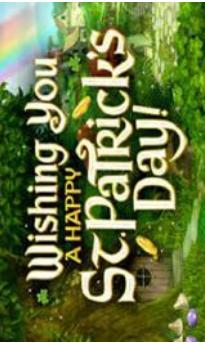


Tuesday, March 5, 2:00pm,
 Stanton Community Room

All are welcome to attend!

March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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						
3 Cheeseburger	4 Salisbury Steak	5 Brats	6 Taste's	7 Ham Salad	1 Hot Turkey Sandwich	2 Chili Bread and Butter Cookie
Casserole	Mashed Potatoes	Fried Potatoes and Cabbage	Sandwich	Sandwich	Mashed potatoes	
Green Beans	Mixed Veggies	Fruit Salad	Chips	Potato Salad	Carrots	
Cookie	Pears		Coconut Pudding	Lemon Cake	Jello Salad	
10 Brats	11 Chicken Breast	12 Pork Loin	13 Chicken Strips	14 Corned Beef Deli Sandwich	15 Fish Planks	16 Hamburger chips
Mashed Potatoes	Carrots/Green Beans	Au Gratin Potatoes	French Fries	Sauerkraut	Pickled Beets	
Mixed Veggies	Hash Browns	Peas	Cole Slaw	Lime Jell-O With	Coleslaw	
Mandarin Oranges	Pumpkin Bar	Cookie	Pears	Cottage Cheese with Pineapple	Oatmeal Raisin Cookie	
17 Pork Loin	18 Ham Slice	19 Barbeque Ribs	20 Meatloaf	21 Cheeseburger	22 Tuna and Noodle Casserole	23 Cheeseburger Potato Salad
Au Gratin Potatoes	Mashed Sweet Potatoes	Mashed Potatoes	Mashed Potatoes	Potato Salad		
Carrots	Corn	Green Beans	Pea Salad	Baked Beans		
Cookie	Angel Food With Cherries	Fruit Cocktail	Peanut Butter Brownie	Mandarin Oranges		
24 Tuna & Noodle	25 Hot Ham and Cheese Sandwich	26 Liver & Onions	27 Three Salad Plate	28 Barbecue Chicken	29 Grilled Cheese Tomato soup	30 Swiss Steak Scalloped Potatoes
Casserole	French Fries	Potatoes & Carrots	Crackers	Pasta Salad	Pickle	Pea Salad
Bread and Butter	Pudding	Bun With Butter	Apple Crisp	Vanilla Pudding Delight	Chocolate chip Cookie	Peanut Butter Brownie
Carrot Cake With Cream Cheese Frosting		Black Forest Cake				
31 Barbecue Chicken						
Pasta Salad						
Vanilla Pudding Delight						



March 2024 Activities



Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4 2-4 Art and Crafts Stanton community room	5 10-11-RSSC At Gifford Tower 2:00 Scam/ Fraud Presentation FPD	6 2-4 Social Club Meeting Stanton Towers PEST-TROL Floors 2 -5	7 Commodities 1:00 Stanton Community Room/ 1:30 Gifford (Lobby)	8 1 9:30 to 10:30 Bookmobile Gifford Lobby & Stanton Community Room 2-4 pm-Bingo Stanton Tower	2 5-7 Social Club Pot Luck dinner Stanton Tower
10	11 2-4 Art and Crafts Stanton community room	12 8:30 Sprinkler testing 10-11-RSSC Gifford Tower Birthday Celebra- tion 1:00 with Lilly of essential care	13 2-4 Arts and Crafts Stanton Towers 8:30—12:30 Rentwise Class- Gifford Towers 1:00 Commodities 5:30 Mobile Banquet	14 9-4 Feet 4 Keeps Stanton Tower 8:30—12:30 Rentwise Class- Gifford Towers 1:00 Commodities 5:30 Mobile Banquet	15 2-4 pm Birthday Bingo Stanton Tower 5-7 Pitch Tournament Stanton Community Room	16 2-3 Coffee & Rolls Stanton Tower
17	18 2-4 Art and Crafts Stanton community room	19 10-11-RSSC At Gifford Tower 2-3 Exercise Class Stanton Towers	20 2-4 Arts and Crafts Stanton Towers PEST-TROL Floors 2 -5 Gifford Tower	21 1:30-2:30 Trivia	22 2-4 pm-Sandwich Bingo Stanton Tower	23 2-3 Coffee Stanton Tower
24	25 10-4 Feet 4Keeps 2-4 Art and Crafts Stanton community room	26 10-11-RSSC at Gifford Tower 2-3 Exercise Class Stanton Towers	27 24 Arts and Crafts Stanton Towers	28 2:00 Game Day Stanton Towers	29 2-4 pm-Bingo Stanton Tower	30 2-3 pm Coffee Stanton Tower
						Easter Sunday 31

Sharing Irish blessings

“May the road rise to meet you. May the wind be always at your back.” When it comes to their origins, history suggests that sharing Irish blessings dates back to ancient Celtic times. Bards and poets would offer blessings to clans during their travels, with many being rooted in nature.

Learning Irish dances

Make learning the Irish Jig a St. Patrick’s Day tradition. If you plan on watching the St. Patrick’s Day parade, you’re sure to see the dance in full swing, where dancers point their toes out, hop up and bring their right leg up to their left knee (and vice versa). According to *Celtic Steps*, Irish dances may have originated from an “Irish Clan marching tune,” with Irish dancing having ties to early forms of Celtic dance. “Celts were also said to have danced clockwise in circles on happy occasions and anti-clockwise when mourning,”

Looking for leprechauns and Finding your pot of gold

“Catching leprechauns is more challenging than you think!” Legend has it that the mischievous leprechauns hid the treasure at the end of the rainbow where it touches the earth.

Putting up St. Patrick’s Day decorations

Like any other holiday, St. Patrick’s Day deserves to be celebrated with festive decor. Transform your space into a green wonderland. Think shamrock banners dancing in the air or green flags fluttering in the wind for the perfect touch of Irish Charm.

Noshing on Irish potatoes

Irish potatoes are coated in cinnamon to replicate tiny potatoes (but they taste anything but!). Despite the exact history behind their creation being unknown, some guessed that they are meant to commemorate the Irish Potato Famine that lasted from 1845 to 1851.

Wearing o’ the green

One of the lucky St. Patrick’s Day traditions in Ireland is to don the color green, as the hue symbolizes Ireland’s lush landscape (this is [why the Chicago River turns green](#) on St. Patrick’s Day too!). “Ireland itself is even known as the ‘Green Isle’ or the ‘Emerald Isle,’ ”

Pinching those not wearing green

Another reason to wear green for luck is that legend has it leprechauns can’t see you if you’re wearing the verdant color. And if they do see you, they will pinch you!

Common St. Patrick’s Day Traditions

THE READER’S DIGEST VERSION



INFORMATION YOU NEED TO KNOW

Community Agency's Phone Numbers

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

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.

All Gifford and Stanton Residents are welcome at all Social Club activities and encouraged to attend!

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