

## Living in a community with Respect

Treating someone with respect means:

- showing regard for their abilities and worth.
- valuing their feelings and their views, even if you don't necessarily agree with them.
- accepting them on an equal basis and giving them the same consideration you would expect for yourself.



Ways to earn respect:

- Use body language – Act as though you are confident, e.g. a positive posture.
- Speak positively and project confidence. Don't be boastful, but don't diminish yourself with your words.
- As far as possible, surround yourself with people who are positive and supportive of your best interests.
- Practice calm assertiveness. Think about what you want to say and how you can speak with confidence. Practice your way to a more confident self. Picture yourself in the typical kinds of situations or conversations that make you feel undervalued and disrespected. Imagine how you'd like to respond if you were brave, confident and assertive. Then begin to use those responses in real situations. You might be tentative and anxious at first, but work towards that image of calm assertiveness that you've imagined for yourself.

Some words to foster respect:

- Words of Encouragement: Let people know how much you admire their ability to overcome challenges and recover from failure.
- Words of Guidance: Encourage people to ask questions and give them guidance.
- Words of High Expectations: Encourage people to envision and pursue ambitious goals.
- Words of Hope: Help people move on from a difficult issue/day by imagining a better tomorrow.
- Words of Sensitivity: Show empathy and compassion.
- Words of Relationship: Share your feelings to enable you to build connections.
- Words of Understanding: Try to see things from the perspective of others, practice empathy.
- Words of Respect: Build a climate of respect, that goes beyond narrow achievements.
- Words of Unity: Foster a culture of collaboration and cooperation.
- Words of Accountability: Hold everyone accountable for their behavior.

Respect really comes down to this:

- Respect and value yourself, so that the rest of the world recognizes you are someone to be respected.
- In order to win the respect and consideration of others, be sure to demonstrate respect and consideration for those around you.

(Health and Welfare.IOM Resources)

Treat others as you would have them treat you.

Thank-You FLC for the Wonderful Mobile Banquet  
you brought to the Towers last month.



## USA States

Find and circle all of the USA States that are hidden in the grid.  
The remaining letters spell a secret message - an Adlai Stevenson quotation.  
Note: VIRGINIA and WEST VIRGINIA do not overlap. The same goes for KANSAS and ARKANSAS

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

ALABAMA  
ALASKA  
ARIZONA  
ARKANSAS  
CALIFORNIA  
COLORADO  
CONNECTICUT  
DELAWARE  
FLORIDA  
GEORGIA  
HAWAII  
IDAHO  
ILLINOIS

INDIANA  
IOWA  
KANSAS  
KENTUCKY  
LOUISIANA  
MAINE  
MARYLAND  
MASSACHUSETTS  
FLORIDA  
GEORGIA  
HAWAII  
IDAHO  
MISSOURI  
ILLINOIS

NEBRASKA  
NEVADA  
NEW HAMPSHIRE  
NEW JERSEY  
NEW MEXICO  
NEW YORK  
NORTH CAROLINA  
NORTH DAKOTA  
OHIO  
OKLAHOMA  
MISSISSIPPI  
MISSOURI  
MONTANA

SOUTH CAROLINA  
SOUTH DAKOTA  
TENNESSEE  
TEXAS  
UTAH  
VERMONT  
VIRGINIA  
WASHINGTON  
WEST VIRGINIA  
WISCONSIN  
WYOMING

Find the hidden quote with all the left over letters. Be the first to call in and leave a message  
with the word and 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 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.**



**Painting with Midland Art Club  
Saturday, April 6 at 12:00  
Stanton Community Room  
Arts & Crafts  
Every Monday & Wednesday  
2:00 to 4:00 PM both days  
Bring a craft to do or learn a new one**



**Stanton and Gifford Social Club  
Wednesday, April 3 at 2:00 pm Stanton Community**



**Feet 4 Keeps Toe Nail Clinic  
Thursday, April 4 at 10-2:30 PM  
& April 25, 10-4:00 PM  
Call ahead for an appointment  
Sara Bourek 402 719-9770**



**Keene Library Book Mobile April 5**

Gifford at 9:30 Stanton Community Room at 10:30  
Call ahead for them to bring you a specific book or genre.



**Chili Contest \$3 per bowl  
Stanton Community Room  
Saturday April 6th from 5:00 PM to 6:30 PM**



**April Birthday Celebration with Essential Care, LLC  
Lilly Carbonell Walker - Update on Insurance  
Tuesday, April 9th from 1:00 to 2:00 PM  
Stanton Community Room**

**New Book Club meeting to pick their first book to read.  
Tuesday April 2nd at 10:00 am Stanton Community Room  
Exercise - Most Tuesdays at 2:00 pm, see Calendar for dates**



**Rita Grigg  
Executive Director  
Riley O'Neill  
Housing Program  
Manager**

**RENT DUE**

Rent is due  
Monday, April 1st  
To avoid a late fee,  
your payment must be  
in the drop box by  
3:00 pm, Friday,  
April 5th  
Checks or Money  
Orders Only!  
Deposit Direct via  
Uflex only.



**For after hour  
Maintenance  
emergencies  
contact:**

**Ed: 402 720-1264**

**Rita: 402 720-9643**

**"Let's Talk..."  
April 2024**

**NOTICE: Laundry Room NEW Hours  
\*\*BOARD APPROVED on 3/27/2024\*\***

To keep from disturbing neighbors and for added safety, the new designated time for everyone to do laundry is between the hours of 8:00 am and 10:00 pm daily. There should be no activity in the Laundry Rooms at any other time. This applies to both Gifford and Stanton Tower.

**Pest-Trol Services**

**Floors 6 through 9 | Stanton Tower | April 10th  
Floors 6 through 9 | Gifford Tower | April 24th**

**Quarterly Inspections**

**Bed Bug / Cockroach Prevention Inspections  
April 15th –19th Gifford Tower  
Please let us know in advance if you are seeing bugs.**

**Gifford Annual Inspections**

**Coming up in May. Please get your Spring cleaning  
complete so you are ready. Spring Cleaning Checklist  
provided on page 5 to assist in your preparation.**

**Fremont Housing Meal Program**

Meals available to all in the Gifford and Stanton towers. Please complete monthly calendar. You may purchase a meal card for **\$64.40** for 10 meals or see the Service Coordinator to determine if you are eligible for SSAD free meals program from DHHS.

**The Resident Advisory Board Meeting  
for 2024 5 Year Agency Plan and Capital Funds is scheduled for  
Friday, June 14<sup>th</sup>, 2024, at 9:00 a.m. at Stanton Tower Library.**

**There will be a Public Hearing to discuss the 5 Year Agency  
Plan and Capital Funds on Wednesday, June 26, 2024, at  
11:00 a.m. in the Gifford Tower Community Room. The  
Regular Board Meeting will follow at 11:30 a.m.**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
* Subject to change without notice*	1 Pork Sandwich French Fries Baked Beans Fruit Cocktail	2 Pepperoni Pizza Lettuce Salad German Chocolate Cake	3 Chicken Fried Steak Creamy Potatoes Green Beans	4 Chili Mac Corn Mandarin Oranges	5 Cheesy Broccoli Soup Tea Roll	6 Chili Mac Corn Mandarin Oranges
7 Golden Beef Casserole Bread and Butter Mandarin Orange Jello	8 Scrambled - Eggs Sausage Patties Toast Peaches	9 Chili Dog with Cheese Chips Chocolate Chip Cookies	10 Texas Hash Apple Rings Bread and Butter	11 Lasagna Bread Stick Lettuce Salad	12 Fish Sandwich Cottage Cheese Peaches	13 Texas Hash Mandarin Oranges Bread and Butter
14 Ham with Mashed Potatoes & Green Bean Casserole Jello Poke Cake	15 Tuna Salad Sandwich Chips Cherry Crisp	16 Fried Chicken Mashed Potatoes Carrots Pistachio Pudding	17 Cheeseburger Deluxe Pasta Salad Pears	18 Turkey Mashed Potatoes Peas and Carrots Pumpkin Pie	19 Crab Salad Corn Pie Breadsticks	20 Tuna Salad Sandwich Pasta Salad Pudding
21 Turkey Green Bean Casserole Bread and Butter Fruit	22 Ham & Veggie Casserole Dinner Roll Vanilla Pudding	23 Grilled Chicken Sandwich Tater Tots Jello Salad	24 Meat Loaf Mashed Potatoes Corn Chocolate Cake With Peanut Butter Frosting	25 Vegetable - Beef Stew Bread and Butter Peach Crisp	26 Turkey Tetrazzini Peas & Carrots Strawberry Cake	27 Ham & Vegetable Casserole Bread & Butter Arbor Day Fruit
28 Turkey Tetrazzini Corn Bread and Butter Strawberry Cake	29 Chicken - Parmesan Baked Potatoes Beets	30 Brats on a Bun Potato Salad Baked Beans Peaches	See Service Coordinator about signing up for meals. 402-727-4848			

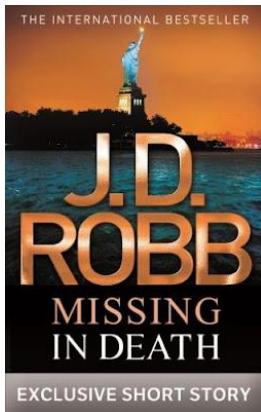
# April 2024

## April 2024 Social Club Activities



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	
	10-11 RSSC @ Gifford Office Art Club Stanton 2-4 April Fools day	Social Club Meeting 2:00 Stanton Comm RM	9:00 am to 4:00pm Feet 4 Keeps 2nd Floor Solarium	Bingo 2-4 Stanton Comm. RM 5-7 Card games	Noon - Painting with Mid-land Art Club- Stanton Comm, Rm	
7	8	9	10	11	12	
	Art Club Stanton 2-4 10:00 Book Club Stanton community room Exercise 2pm Stanton	Rentwise 8:30 to 12:30 Pest-Trol Stanton Tower Art Club Stanton 2-4	10:00 Birthdays with Lilly at Stanton Community Room	Bingo 2-4 Stanton Comm. RM	Bingo 2-4 Stanton Comm. RM	
14	15	16	17	18	19	
	Art Club Stanton 2-4 1:00 Birthdays with Lilly at Stanton Community Room	Rentwise 8:30 to 12:30 Pest-Trol Stanton Tower Art Club Stanton 2-4	1:00 Birthdays with Lilly at Stanton Community Room	Bingo 2-4 Stanton Comm. RM	Bingo 2-4 Stanton Comm. RM	
21	22	23	24	25	26	
	Art Club Gifford 2-4	RSSC @ Gifford Small Conf. rm from 10-11 Exercise 2pm Stanton Community Room	RSSC @ Gifford Small Conf. rm from 10-11 Exercise 2pm Stanton Community Room	Pest-Trol Gifford Lower Art Club Stanton 2-4 Administrative Professional Day FHA Board Mtg. 11:30	9:00 am to 4:00pm Feet 4 Keeps 2nd Floor Solarium Game Day 2:00 Stanton Comm. RM	
28	29	30				
	Art Club Stanton 2-4	RSSC @ Gifford Small Conf. rm from 10-11 Exercise 2pm Stanton Community Room				

# Thank you to the Bancroft Library



for the donation of books they have removed from their shelves. We have some very good mystery books by some very popular writers now on our shelves in the Gifford Community Room. The books in Stanton library are more large print books that include Amish lifestyles and romances. Please feel free to take, read as you like, and return when you are finished. We have more that may become available as we go through these books.



## Trash is really Trashy..

Especially when it comes down the trash chute and explodes at the bottom covering our staff. NO liquids, disposable briefs or glass should be going down the chute.

PLEASE be sure to double bag all small bags that are not heavy duty trash bags and TIE them off. We have noticed the wind blowing the trash out of the cans, so please tie them up so you are not charged for littering.

Do not leave trash in the hallway. This may result in a charge.



## WHAT TO DO WHEN THE FIRE ALARMS GO OFF

Just an annual reminder, when the fire alarms go off, the message will say to leave the building but.....remember that the message automatically goes off when the smoke detectors go off. *The Fire Department does not want you to leave your apartment unless the fire is in your apartment.* Get a wet towel and put it under your door in case there is smoke. It is very difficult for the Fire Department to get into the building when residents try to get out of the building. If the Fire Department has to evacuate, it is easier for them to reach residents if they are in their apartments.

Also, remember if the ambulances comes to the buildings, you cannot go through the lobby until they leave. If you come in from the outside, go to the Community Room or back outside until the EMT's have transported their patient offsite. BE SAFE!



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Thumbtack

## Spring cleaning checklist.



### Bonus

Turn it up to 11 with these often-overlooked tasks.

#### Kitchen

- Wipe down surfaces
- Sweep & mop floors
- Clean microwave
- Remove old items in fridge
- Wipe down inside of fridge

#### Bathroom

- Wipe down mirrors
- Empty / clean cabinets & drawers
- Scrub toilet
- Scrub shower or bath
- Clean sinks & faucets
- Sweep & mop floors

#### Bedrooms

- Organize closet
- Empty / organize dresser drawers
- Shampoo or steam rugs & carpets
- Wash curtains
- Empty / clean under bed

#### Living & dining areas

- Consolidate & donate clutter

- Sweep hardwood floors

- Mop hardwood floors

- Vacuum rugs or carpet

- Wash sheets / bedding

- Dust tables and surfaces

#### Bedrooms

- Flip & turn mattress

#### Misc.

- Clean washing machine
- Clean dryer
- Vacuum outside of heating & cooling vents
- Clean out garbage & recycling bins
- Sweep hardwood floors
- Mop hardwood floors
- Vacuum rugs or carpet
- Wipe down surfaces
- Dust / clean electronics
- Disinfect remotes
- Disinfect computer mouses

Hire a pro to handle all your cleaning needs.



### Basics

Short on time? These are your essential tasks.



### Advanced

For a deep clean, add these advanced to-do's.

#### Kitchen

- Clean out pantry
- Scrub oven
- Organize junk drawer
- Defrost / wipe down freezer
- Empty / wipe down silverware trays

#### Bathroom

- Clean toothbrush holder

#### Bedrooms

- Organize closet
- Empty / organize dresser drawers
- Shampoo or steam rugs & carpets
- Wash curtains

#### Living & dining areas

- Remove furniture stains
- Clean rugs & carpets
- Wash or steam clean curtains
- Clean light fixtures
- Clean throw pillows & blankets

#### Misc

- Clean baseboards
- Dust ceiling fans
- Wipe down light switches
- Wipe down door knobs
- Clean windows

