

Community Stuff

Come Celebrate Birthdays May 19th 1:00



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 Tuesday, May 19 at 1:00 pm.

PEST-TROL SERVICE

Floors 6 through 9 | Stanton Tower | May 6
Floors 6 through 9 | Gifford Tower | May 20

Any time is a good time to focus on your **heart health**. Did you know **your calf muscles are like a second pump for your heart**? Every time you move your legs, they help push blood back up to your chest. Stronger calves mean better circulation, less swelling, and less strain on your heart.



The good news? You can work these muscles almost anywhere — while brushing your teeth, cooking, or watching TV. **Simple calf raises**, done 15-20 times twice a day, can make a real difference.

Bonus heart-health Tips:

- **Certain foods pack powerful heart-healthy benefits.** Add more fatty fishes like salmon, nutrient-dense veggies like beets, and proteins like beans and nuts into your diet.
- **Sleep matters.** Most adults need 7-9 hours of sleep nightly. Try going to bed and waking up at the same time daily, and put away screens before bedtime.
- **Know your numbers.** Medicare covers **cardiovascular disease screenings** at no cost to help you track your cholesterol, lipid, and triglyceride levels.

Dr Oz, US Dept of Health and Human Services
Centers for Medicare & Medicaid

Events

May 1 Happy May Day

May 8 - 13 DC Lynch Carnival at the Fremont Mall.

May 10 - Happy Mothers Day



May 14 Keep Fremont Beautiful Downtown Cleanup 8:30 -10:30

May 16 Quasar Bazaar Flea Market at the Quasar Drive-In

May 16 Fremont High School Graduation Commencement

May 20 Last day of School for Fremont Students.

May 23 Spaghetti Dinner Fund-raiser for social club

May 25 Memorial Day



WE TEND TO FORGET THAT
HAPPINESS
DOESN'T COME
AS A RESULT
OF GETTING SOMETHING
WE DON'T HAVE,
BUT RATHER OF
RECOGNIZING &
APPRECIATING WHAT WE
DO HAVE.

Deserts of the World

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

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D U F E N A E A D U J A N A U H A U H I H C
A R C T I C G S D N A S A B I H A W N T A E
N G T R C B A R U J D T N A M I B L A I C M
I A R A G O B I E V A J O M S A H A R A K P
A R I E N O R T H A M E R I C A N T O G A T
I S I S A A A S J T T H T E L U M S N U R Y
A R O Y S T M M G A E B S I A T U A O B O Q
L N D D N U V I A N L Y A E H E K O S A O U
E A S N R K R I A C K A T S U W A C E N R A
C Y T A T O C I C H A A P L I L R C I N T R
O B H S I E B O S T L T B A A N A I W T N T
L I A T A U Y E R P O I A G O M K T E A O E
O L R A N O L E N K N R U R U L S N K G D R
R B A E I O C O L D C A I K A E E A N R D D
A A B R S M S N U L J A L A C R M L I A A S
D Y I G C P A S A I A Y L H E A L T N N V S
O U A A M E V R R E Z V U B L S C A A D E A
G D N O T A S A A Y R R H K R H I K R B G N
A A H N L F I E K N A T A T A A I D A A E R
D T O L G I B S O N J T I L A L M A H R N E
E M E K A L A H A R I A B R S E A L K A P B
N Y O L S I M P S O N I B A E R D D A E S A
E O B I G N A R P A T A G O N I A N R T T T
    
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|------------------|----------------|----------------|------------------|
| ARABIAN | GIBSON | LAGUAJIRA | RAMLAT |
| ARCTIC | GOBI | LIBYAN | RANGIBO |
| ATACAMA | GRAND BARA | MARANJAB | RUSSIAN |
| ATLANTIC COASTAL | GREAT BASIN | MOJAVE | SAHARA |
| BAYUDA | GREATSANDY | MONTE | SECHURA |
| BLACK ROCK | GREAT VICTORIA | NAMIB | SIMPSON |
| BLUE | GUBAN | NEFUD | SINAI |
| CHALBI | INDUS VALLEY | NEGEV | SONORAN |
| CHIHUAHUA | JALAPAO | NORTH AMERICAN | TABERNAS |
| COLORADO | JUDAEAN | NUBIAN | TAKLAMAKAN |
| DANAKIL | KALAHARI | NYIRI | TANAMI |
| DEATH VALLEY | KARAKUM | OGADEN | TENERE |
| DJURAB | KAROO | OLESHKY | THOMPSON PLATEAU |
| EMPTY QUARTER | KHARAN | ORDOS | WAHIBA SANDS |
| ERITREAN COASTAL | KYZYLKUM | PATAGONIAN | WHITE |

Call RSSC with the correct answer at 402-727-4848 Ext 109 or email at RSSC@fremonthousing.org

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

Emergency - 911
Fremont Police Dept.
 (402) 727-2677
Fremont Fire Dept.
 (402) 727-2688
Fremont to Go - Transportation
 402-459-2845
Fremont Friendship Center
 (402) 727-2815
 Keene Library
 (402) 727-2694

Fremont Family Coalition
 Centralized Intake
 402 721-4157

Dodge County -General Assistance
 (402) 727-2731
 Veterans Association
 402-727-2719

Nebraska DHHS
 Economic Asst.(402) 595-1258
 Medicaid (402)595-1178
 APS/CPS (800) 652-1999

Salvation Army
 (402) 721-0930

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

**Eastern Nebraska Office on
 Aging-ENOA**
 (402) 444-6444
 Meals on Wheels
 402-721-8262

Uniquely Yours (402) 727-8977

Fremont Lock Shop
 (402) 317-1983

BOOK MOBILE - Keene Memorial Library
Friday May 1st
Stanton Tower 9:30 AM to 10:30 AM
Gifford Tower 10:30 AM to 11:00 AM



Stanton Gifford Social Club meeting

Wednesday, May 6 at 2pm at Stanton

Coffee Time at Gifford
Saturdays 2-3pm
Rolls on the 16th.



Bingo
Every Friday at 2 to 4 pm at Stanton
Birthday Bingo — May 8
Sandwich Bingo — May 15



Arts and Crafts
Mondays 2-4 at Gifford Community Room
Wednesday 2-4 at Stanton Community



Trivia
May 7 and 21 at 1:30pm
Stanton Community Room



Spaghetti Dinner
 May 23 at 5-7:00 pm at Gifford Community Room. Cost is \$6.00.



Blood Pressure clinic & Stress Management



By Angels Care Home Health
 Thursday May 28 at 3:00pm
 Stanton Community Room



Dwayne Bennett
Executive Director
Mindy Peterson
Housing Program Manager

RENT DUE

Checks or Money Orders Only!
NO CASH!

Rent is due and payable on the first day (1st) of each month. **Tenants who have failed to make full payment by 3:00 p.m. on the fifth (5th) day of the month, are considered delinquent and will be assessed a late fee.** If the 5th falls on Saturday, the rent is due by 3 p.m. on the Housing Agency's work day prior to the 5th. If the 5th falls on Sunday, the rent is due at 9:00 a.m. on the Housing Agency's next work day. Late payment charges will be applied as follows:

- \$30 will be assessed on the 6th of each month for payments made after the 5th of each month.
 - An additional \$20 will be assessed on the 21st of each month for payments not made prior to 3:00 p.m. on the 20th of the month.
- The Agency does not accept partial payments of rent.

Please place in Drop box in hallway



For after hour Maintenance emergencies only! contact:
Ed: 402 720-1264



“Let’s Talk...”
May 2026

Fremont Housing office hours

Monday thru Friday 8:00 to 4:30 Office Window 9-12 and 12:30 - 3
 Jason is at the Hooper Housing on Tuesdays.
 Gifford window is closed on Fridays. Please call to set up an Appointment.



Bed Bug presentation Myth or Reality
Get the Facts

May 12 @ 1:00 Stanton Community Rm

Bed Bug Prevention, Treatment and Follow up by Jody Green and Kait Chapman who are Urban Entomologists with UNL Extension. They are bed bug experts and educate groups all over eastern NE on this topic. They will explain how to identify a bed bug, what to expect, and what mitigation practices are required to get rid of an infestation.

Games we play

Tired of sitting in alone in your apartment? Come down and join us each morning at 10am for some fun activities.

We will start with the following and will add more of your favorites.



- Monday—Cornhole
- Tuesday—Volleyball / Paddle Ball
- Wednesday—Yard Darts
- Thursday—Yard Yahtzee / Jenga
- Friday—Cards and games



1pm each day is our time to Walk around the block.
 (weather permitting, some activities may be moved inside)

Commodities

Wednesday, May 13 at 1pm in Stanton & 1:30 at Gifford

If you are not currently signed up, please see RSSC prior to this date to complete applications for services available.

Food Pantry available in RSSC office on Weekdays.



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

May 2026 Activities



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Daily Activities Weekdays at 10am.					
3 Gifford Air Conditioner Covers to be removed this week by maintenance Team	4 2-4-Art and Crafts at Gifford Tower	5 2-4-Art and Crafts at Gifford Tower	6 2:00- Resident Council and Social Club Meeting at Stanton Tower Pest-Trol Stanton Floors 6-9	7 1:30-2:30-Trivia at Stanton Tower 4-5 Living Well Class	8 2-4 pm- Birthday Bingo at Stanton Tower	9 2-3 Coffee at Gifford Tower
10	11 2-4-Art and Crafts at Gifford Tower	12 Bed Bug Prevention Presentation 1:00 at Stanton Tower	13 Commodities 1pm 2-4-Art and Crafts at Stanton Tower	14 4-5 Living Well Class	15 2-4 pm-Bingo at Stanton Tower	16 2-3 Coffee and Rolls at Gifford
17	18 2-4-Art and Crafts at Gifford Tower	19 1:00-Medicare / Birthday Party with Lilly Walker Stanton Tower	20 2-4-Art and Crafts at Stanton Tower Pest-Trol Gifford Floors 6-9	21 1:30-2:30-Trivia at Stanton Tower 4-5 Living Well Class	22 2-4 pm-Sandwich Bingo at Stanton Tower	23 2-3 Coffee at Gifford Tower
24	25 2-4-Art and Crafts at Gifford Tower	26	27 2-4-Art and Crafts at Stanton Tower	28 3:00-Angels Care Blood Pressure Clinic at Stanton 4-5 Living Well class Office Windows Closed	29 2-4 pm-Bingo at Stanton Tower	30 Spaghetti Dinner at Gifford Community Room

MAY 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Monthly menus are 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 or stop at the office during regular business hours. Please call the RSSC						
3 Turkey Club Chips Chocolate Pudding	4 Kitchen Closed	5 Chicken Tenders Slaw Cottage Cheese with pineapple Confetti Cake	6 Spaghetti Garlic Bread Mixed Vegetables Peanut Butter Cookie	7 Ham Slice Macaroni & Cheese Peas Cherry Crisp	8 Cheesburger Soup Crackers Apple Pie	9 Cheesburger Soup Pickle Spear Fruit
10 Spaghetti Green Beans Cookie	11 French Toast Bacon Fruit	12 Barbeque Pork Sandwich Slaw Baked Beans Mandarin Fluff	13 Meat Loaf Mashed Potato Carrots Fruit	14 Chicken Fritters Hash Browns O'Brien Jell-O Salad	15 Hot Dog Baked Beans Fried Potatoes Chocolate Cake	16 Chili Dog Chips Pickle Chocolate Cake
17 Meat Loaf Mashed Potato Carrots Peaches	18 Beef Stew Biscuits Pears	19 Hamburger Potato Salad Pickle Pudding	20 Roast Turkey Mashed Potatoes And Gravy Corn Pumpkin Pie	21 Ham Sandwich 3 Bean Salad Brownie	22 Runza Casserole Green Beans Pineapple Upside Down Cake	23 Hamburger Potato Salad Pickle Brownie
24 Ham Sandwich 3 Bean Salad Pumpkin Bar	25 Kitchen Closed	26 Liver & Onions Mashed Potatoes Peas Cookie	27 Pork Chop Mashed Potatoes Green Beans Jell-o Salad	28 Chicken Parmesan Veggie Delight Dinner Roll Apricot Fluff	29 Fish Cole Slaw Fried Potatoes Black Forest Cake	30 Shepards Pie Lettuce Salad Chocolate Pudding
31 Polish Sausage Mashed Potatoes Vegetable Pears						

What Is in My Control

- **My attitude** (how I choose to respond to situations)
- **My effort** (how hard I try and where I put my energy)
- **My actions and behaviors**
- **My words and tone**
- **My reactions** to events or people
- **My thoughts and mindset**
- **My time management and priorities**
- **My boundaries** (what I say yes or no to)
- **My preparation** and planning
- **My self-care** (sleep, nutrition, stress management)
- **My willingness to ask for help or seek information**



A good rule of thumb is: If it starts with **“I choose...”** or **“I do...”**, it’s likely in your control.

My Circle of Control

What Is In My Control - how you can take ownership of each area.

My attitude - How I choose to respond: _____

My effort - How hard I try and where I put my energy: _____

My actions and behaviors - What I do or choose not to do: _____

My words and tone - How I speak to others and myself: _____

My reactions - How I respond to situations or people: _____

My thoughts and mindset - What I focus on and how I think about challenges: _____

My time management and priorities - How I use my time: _____

My boundaries - What I say yes to and no to: _____

My preparation and planning - How I get ready for responsibilities or challenges: _____

My self-care - Sleep, nutrition, stress management, and well-being: _____

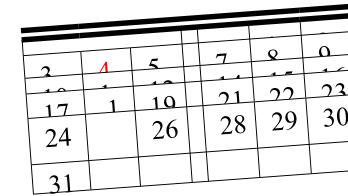
My willingness to ask for help or seek information - Who or where I can turn for support: _____

One thing I will focus on improving today: _____

Important Reminders:

Please plan ahead.

- ◆ Most services require advance notices. Fremont To Go for rides is much cheaper if you make your reservation in advance.



- ◆ Our meal program requires at least a 2 day notice if you would like to participate. Calendars are available in the office. Please turn in by the due date on the calendar to avoid delay. You do not need to purchase your meal ticket until you are about to use it.



It is that time of the year when all the AC covers need to be removed from your window units in Gifford. The Maintenance team will be coming around the week of May 4 to remove them. Thank you for your cooperation.

HOPE

fills us with the strength to stay present, to abide in the flow of the Mercy no matter what outer storms assail us.

CYNTHIA BOURGEAULT

Hello Lovely

"The future belongs to those who believe in the beauty of their dreams." — Eleanor Roosevelt

Courage is being scared to death... and saddling up anyway.

John Wayne

BrainyQuote

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