

Community Stuff



THREE RIVERS
PUBLIC HEALTH DEPARTMENT
Dodge, Saunders & Washington Counties

Farmers Market Vouchers



These will be available starting in June. Please watch the bulletin board for the dates they will be here to get signed up.

* Hypertension Class to start in July*



VA RESOURCES

For any questions or requests, [1-800-MyVA411 \(1-800-698-2411\)](tel:1-800-MyVA411) is always the right number.

[Veterans Crisis Line: 988](tel:988) and press 1, [Chat](#), or Text [838255](tel:838255)

[Vet Centers: 1-877-927-8387](tel:1-877-927-8387)

[Homeless Veteran Resources: 1-877-424-3838](tel:1-877-424-3838) or [Chat](#)

[Ask VA](#)

[Schedule a 1-on-1 Appointment with a VA Benefits Expert](#) va.my.site.com

[Find a VA facility near you](http://www.va.gov) www.va.gov

Our community works best when everyone feels safe, welcomed, and respected. We encourage residents to uplift one another and speak kindly. If you ever feel uncomfortable or need support, please reach out—your well-being matters .

Events

June 4 @ 6:30 PM - 9:00 PM

Enjoy live music in John C Fremont City Park! There will be kids activities, food trucks, and live music for all! Grab a chair or blanket and join us every Thursday in June and July 9th! More Information: <https://www.mainstreetfremont.org/>

June 20 @ 8:00 am - 2:00 pm

Nebraska State Fly-In Fremont Municipal Airport

1203 W. 23rd Street, Fremont

Fremont Municipal Airport and the City of Fremont are thrilled to be hosting this year's Nebraska Aviation Council's State Fly-In on June 20th, 2026. This is a family friendly event with many local non-profits and vendors alike.



Wedding

Find and circle all of the Wedding words that are hidden in the grid. The remaining letters spell a quote from William Lyon Phelps.

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

- | | | | |
|-----------------|------------|---------------|-----------|
| AFFECTION | DANCE | LIMOUSINE | RECEPTION |
| BEST MAN | DIAMOND | LOVE | REGISTRY |
| BOUQUET | DINNER | MAID OF HONOR | REHEARSAL |
| BRIDE | DRESS | MAKEUP | RINGS |
| BUDGET | DRINKS | MARRIAGE | RSVP |
| CAKE | ENGAGEMENT | MINISTER | SHOES |
| CARING | FLOWERS | MUSIC | SPEECHES |
| CATERER | GIFTS | NEWLYWEDS | SPOUSE |
| CELEBRATION | GOWN | PARTNER | TOAST |
| CEREMONY | GROOM | PHOTOGRAPHER | TUXEDO |
| CHURCH | GUESTS | PRIEST | VEIL |
| CONGRATULATIONS | HONEYMOON | PROPOSAL | VOWS |
| COUPLE | INVITATION | RABBI | |

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 June 5th
Stanton Tower 9:30 AM—10:30 AM
Gifford Tower 10:30 AM to 11:00 AM



Social Club meeting Wednesday, June 3 at 2pm At Gifford
 Potluck May 27 at 2:00 please sign up!



Come celebrate Birthdays June 9th 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, April 14 at 1:00 pm.

Bingo
Every Friday at 2 to 4 pm
Birthday Bingo — June 12
Sandwich Bingo - June 26



PEST-TROL SERVICE

Floors 10 through 11 | Stanton Tower | June 3
Floors 10 through 12 | Gifford Tower | June 17



Trivia
June 4 and 18 at 1:30pm
Stanton Community Room

Blood Pressure clinic & Advanced Directives Info



By Angels Care Home Health
 Thursday June 25 at 3:00pm
 Stanton Community Room



Fremont Housing Agency

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...”
June 2026

The Resident Advisory Board Meeting for the 2026 Agency Plan and Capital Funds is scheduled for **Tuesday, June 9th, 2026, at 9:00 a.m.** in the Stanton Tower Dining Room

There will be a **Public Hearing** to discuss the 2026 Agency Plan and Capital Funds on **Wednesday, June 24, 2026, at 11:00 a.m.** in the Gifford Tower Community Room. The **Regular Board Meeting** will follow at 11:30 a.m.



Resident Appreciation Picnic on the Green

Wednesday, June 10 at 12:00 Noon

Games, Burgers/Hotdogs, chips, pickle and salads and fun. Come out meet your community. See you in the circle between the buildings.

Seeking Victory

Chaplain Mickey Boell from Fremont Methodist Hospital

Weekly Starting Monday June 8
 Gifford Community room at 2pm
 Stanton Community Room at 3:30pm

Gather each week for support, hope and community for those struggling with anxiety depression, burnout, grief, anger, boundaries, identity and discouragement in a safe place.

Nebraska Extension Office

Nutrition Clinic

Fridays at 1:00




at Stanton by the garden (weather permitting).

Information on seasonal foods, samples and recipes to use.



FAIR HOUSING: IT'S NOT AN OPTION.

June 2026 Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 3-4-Art and Crafts at Gifford Tower	2 1:00-Medicare/Birthday Party with Lilly Walker Stanton Tower	3 2:00- Resident Council and Social Club Meeting Pest-Trol Stanton-Floors 10-11 3-4-Art and Crafts at Stanton Tower	4 1:30-2:30-Trivia	5 Keene Bookmobile 9:30 Stanton 10:30-Gifford 1:00 Nutrition 2-4 pm-Bingo at Stanton Tower	6 2-3 Coffee at Gifford Tower
7	8 Seeking Victory 2:00 Gifford 3:30 Staton 3-4-Art and Crafts at Gifford Tower	9 Fire Alarm Test 10-11-RSSC at Gifford Tower	10 12:00 Picnic on the Green Space 2-4-Art and Crafts at Stanton Tower	11	12 2-4 pm- Birthday Bingo at Stanton Tower	13 2-3 Coffee at Gifford Tower 
14	Happy Fathers Day 15 Seeking Victory 2:00 Gifford 3:30 Staton 3-4-Art and Crafts at Gifford Tower	16	17 2-4-Art and Crafts at Stanton Tower Pest-Trol Gifford Floors 10-12	18 1:30-2:30-Trivia	19 1happy Junetenth Offices closed 2-4 pm-Bingo at Stanton Tower	20 2-3 Coffee and Rolls at Gifford Tower 
21	22 Seeking Victory 2:00 Gifford 3:30 Staton 3-4-Art and Crafts at Gifford Tower	23	24 9:00 Advisory 11am Publick Hearing 11:30-FHA Board Meeting-Gifford Tower 2-4-Art and Crafts at Stanton Tower	25 3:00-Angels Care Blood Pressure Clinic on Dehydration and Fall Prevention	26 1:00 Nutrition 2-4 pm-Sandwich Bingo at Stanton Tower	27 2-3 Coffee at Gifford Tower 
28	29 Seeking Victory 2:00 Gifford 3:30 Staton 3-4-Art and Crafts at Gifford Tower	30	31 2-4-Art and Crafts at Stanton Tower			

June 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						SUBJECT TO CHANGE
	1 Kitchen Closed	2 Pork Chops Baked Potato Mixed Vegetables Pears	3 Bacon Lettuce Tomato Sandwich Chips Vanilla Pudding	4 Creamed Potato Soup Hot Cheese Sandwich Pistachio Dessert	5 Roast Turkey With Dressing and Gravy Corn Brownie	6 Sloppy Joes Chips Cookie
7 Egg Salad Chips Pickle Brownie	8 Fish Plank Coleslaw Apple Crisp	9 Spaghetti With Meat Sauce Green Beans Garlic Bread Pudding	10 <i>BBQ on the Green 11:30 RSVP No meals served in Kitchen</i>	11 Stuffed Green Peppers Bread and Butter Fudge Brownie	12 Roast Pork Mashed Potatoes With Gravy Corn Brownie	13 Spaghetti With Meat Sauce Garlic Sticks Mixed Vegetables Orange Jell-O
14 Ham Sandwich Pickle Coleslaw Pudding	15 Tastee Potato Wedge Cherry Bar	16 Chicken Fried Steak Mashed Potatoes Corn Peach Crisp	17 Potato Carrot & Hamburger Casserole Mixed Vegetables Cookie	18 Chicken Breast Sweet Potato Beets Fruit	19 Kitchen and Dining Room Closed No meals served Juneteenth Day	20 Potato Carrot & Hamburger Casserole Mixed Vegetables Cookie
21 Chili Dog Pickle Chips Chocolate Pudding	22 Fried Chicken Mashed Potatoes Cook's choice Veggie Fruit	23 Beef Tips Over Potatoes Peas Chocolate Pudding	24 Barbeque Ribs Mashed Potatoes Sauterkraut Cookie	25 Swiss Steak Baked Potato Green Beans Strawberry Whip Dessert	26 Chicken Alfredo Skillet Dinner Roll Cook's Choice Fruit	27 Beef Tips Potatoes Corn Bread & Bitter Lime Jell-O
28 Hamburger on a Bun Pasta Salad Chocolate Pudding	29 Tuna Salad Sandwich Chips Mixed Fruit	30 Beef Roast Potatoes and Gravy Mixed Vegetables Spice Cake				

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 for any changes or cancels.

How To Live your Life to the Fullest

You must actively define your own purpose, prioritize daily actions that spark genuine joy, and ruthlessly eliminate external toxic pressures. Living fully is not a standard formula or a checklist of major accomplishments; it is a personalized daily commitment to embrace presence, exploration, and growth.

Define your own Path

- **Audit your core values:** Identify exactly what brings you fulfillment through intentional journaling or self-reflection.
 - **Build a personal "Live It List":** Outline the distinct, exciting experiences you genuinely want to achieve, independent of societal trends.
 - **Ignore outside approval:** Stop making choices just to please others or to build an artificial social facade.
- Listen to your intuition:** Actively pursue hidden passions or deep inner callings, even if those leaps of faith seem illogical to the people around you.

Practice Radical Presence and Gratitude

Collect moments, not things: Shift your investment away from physical consumer products and toward meaningful, lasting memories.

- **Accept ordinary days:** Avoid burning yourself out by chasing constant adrenaline; learn to enjoy simple, comfortable, and quiet moments.
- **Adopt a growth mindset:** Reframe failures as necessary experiments that build personal depth and life resilience.

Forgive and let go: Cleanse your mind of lingering past grudges and regrets to fully experience the current environment.

Cultivate Physical and Social Vitality

- **Move your body daily:** Prioritize physical activity to keep your brain fueled with natural endorphins.
 - **Distance toxic relationships:** Proactively remove negative individuals who consistently drain your mental energy.
 - **Invest in deep connections:** Nurture reciprocal, loving friendships and prioritize presence with family.
- Serve a higher cause:** Look outside yourself by volunteering or helping others to cultivate deep, community-driven meaning.

Push Boundaries and Keep Learning

- **Get uncomfortable every day:** Take small, calculated risks that force you to stretch past your baseline comfort zone.
- **Commit to lifelong learning:** Read widely and learn unique skills to systematically expand your mental horizon.
- **Diversify your routines:** Keep your life from stalling into boring repetition by intentionally seeking out micro-adventures.
To help tailor this advice, what **specific areas** of your life currently feel the most stagnant, or what are **one or two goals** you are hesitant to start?

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.

Important Reminders:

- As our kitchen pipes are draining slowly, we kindly ask everyone to go easy on the dish soap. Please be sure to run the water after you are done to help clear the soap down the drain. We appreciate your cooperation
- Please remember to pick up your mail daily. As parcels back up, deliveries get behind.

Understanding Kindness

Kindness is a powerful act of love that can make a significant difference in someone's life. It's an act of generosity, compassion, and empathy that can help build strong relationships and create a positive impact on the world around us.

Acts of kindness can be as simple as holding the door open for someone or as complex as volunteering at a local charity. Regardless of the size of the act, kindness has the power to create a ripple effect that can spread far beyond the initial act.

Research has shown that kindness can have a positive impact on both the giver and the receiver. When you perform an act of kindness, it can boost your mood, increase your sense of self-worth, and reduce stress levels. When you receive an act of kindness, it can create feelings of gratitude, happiness, and a sense of belonging.

The [power of kindness](#) lies in its ability to create a positive chain reaction. When you perform an act of kindness, it can inspire others to do the same. This creates a domino effect that can spread kindness throughout your community and beyond.

It's important to remember that kindness is not just about doing something nice for someone else. It's about treating others with respect, empathy, and compassion. When you approach others with kindness, you create a positive environment that can help build stronger relationships and foster a sense of community.