

Important Reminders:

Smoking and Pet Designated areas

Please remember to use the appropriate designated areas.

Smoking is not allowed on the property or any apartments except in the designated areas, the smoke shacks by each property.

The Pet Designated area is the green space between the buildings. Please remember to pick up after your animal to avoid fines.



PEST-TROL SERVICE

Floors 2 through 5 | Stanton Tower | July 1

Floors 2 through 5 | Gifford Tower | July 15

Please have your apartment ready for maximum effectiveness.

Farmers Market Vouchers



If you missed last weeks sign-up, you have another chance
July 1st at 1:30 in Stanton Community Room, Bring your phone.
Must be over 60 years old and income under \$29,526 annually.

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.

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 of 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.

Keeping Food Safe in the Summer

Did you know that you are more likely to get food poisoning (foodborne illness) during the summer months than any other time through the year? Do you know why? According to the USDA, bacteria are present throughout the environment in soil, air, water, and in the bodies of people and animals. These microorganisms grow faster in the warm, humid summer months. Given the right environment, harmful bacteria can quickly multiply on food to large numbers. When this happens, someone eating the food can get sick.

Second, outside activities increase. More people are cooking outside at picnics, barbecues, and on camping trips. The safety controls that a kitchen provides — thermostat-controlled cooking, refrigeration, and washing facilities — are usually not available. Here are four simple steps to safer food in the summertime.

1. **Clean:** *Wash Hands and Surfaces Often.* Unwashed hands are a prime cause of foodborne illness. Wash your hands with warm, soapy water before handling food and after using the bathroom, changing diapers, and handling pets. When eating away from home, find out if there's a source of safe water. If not, bring water for preparation and cleaning. Or pack clean, wet, disposable washcloths or moist towelettes and paper towels for cleaning hands and surfaces.
2. **Separate:** *Don't Cross-Contaminate.* Cross-contamination during preparation, grilling, and serving food is a prime cause of foodborne illness. When packing the cooler for an outing, wrap raw meats securely; avoid raw meat juices from coming in contact with ready-to-eat food. Wash plates, utensils, and cutting boards that held the raw meat or poultry before using again for cooked food.
3. **Cook:** *Cook to Safe Temperatures.* Take your food thermometer with you. Meat and poultry cooked on a grill often browns very fast on the outside, so be sure that meats are cooked thoroughly. Check them with a food thermometer to make sure they have reached the correct internal temperature.
4. **Chill:** *Refrigerate Promptly.* Holding food at an unsafe temperature is a prime cause of foodborne illness. Cold, perishable food like lunch meats, cooked meats, chicken, and potato or pasta salads should be kept in an insulated cooler packed with several inches of ice, ice packs, or containers of frozen water. Keep the cooler in the coolest part of the car, and place in the shade or shelter, out of the sun, whenever possible. Food left out of refrigeration for more than two hours may not be safe to eat. When the temperature is above 90 °F (32 °C), food should not be left out for more than one hour.

USDA and the Nebraska Extension office

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 July 10 Stanton Tower 9:30 AM—10:30 AM
Gifford Tower 10:30 AM to 11:00 AM



Stanton Gifford Social Club meeting

Wednesday, July 1 at 2pm at Stanton



Coffee Time at Gifford
Saturdays 2-3pm
Rolls on the 18th.



Bingo
Every Friday at 2 to 4 pm at Stanton
Birthday Bingo - July 10
Sandwich Bingo - July 24



Arts and Crafts
Mondays 3-5 at Gifford Community Room
Wednesday 2-4 at Stanton Community Room

Trivia
July 2 and 16 at 1:30pm
Stanton Community Room



Nebraska Extension Office
July 17 from 1-2 pm Stanton Community Room
Recipes, samples and produce from our garden.

Blood Pressure clinic & Stress Management



By Angels Care Home Health
Thursday July 30 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...”
July 2026

Gifford Pest Inspections
July 20 - 24, 2026
All apartments will be inspected



Fourth of July Barbeque
Saturday at 12:00 – 2:00
Outside in Picnic area
Sign up in lobby

Homemade Pie contest July 11, 2-3pm Gifford Community Rm
Potluck July 30, 5-7pm Stanton Community Room

Come Celebrate Birthdays
July 7th 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, July 7 at 1:00 pm.



Hypertension and Nutrition Class
By 3 Rivers Health Departments
Starting Thursday July 9th at 3pm.
Stanton Community room

Commodities

Wednesday, July 8 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.



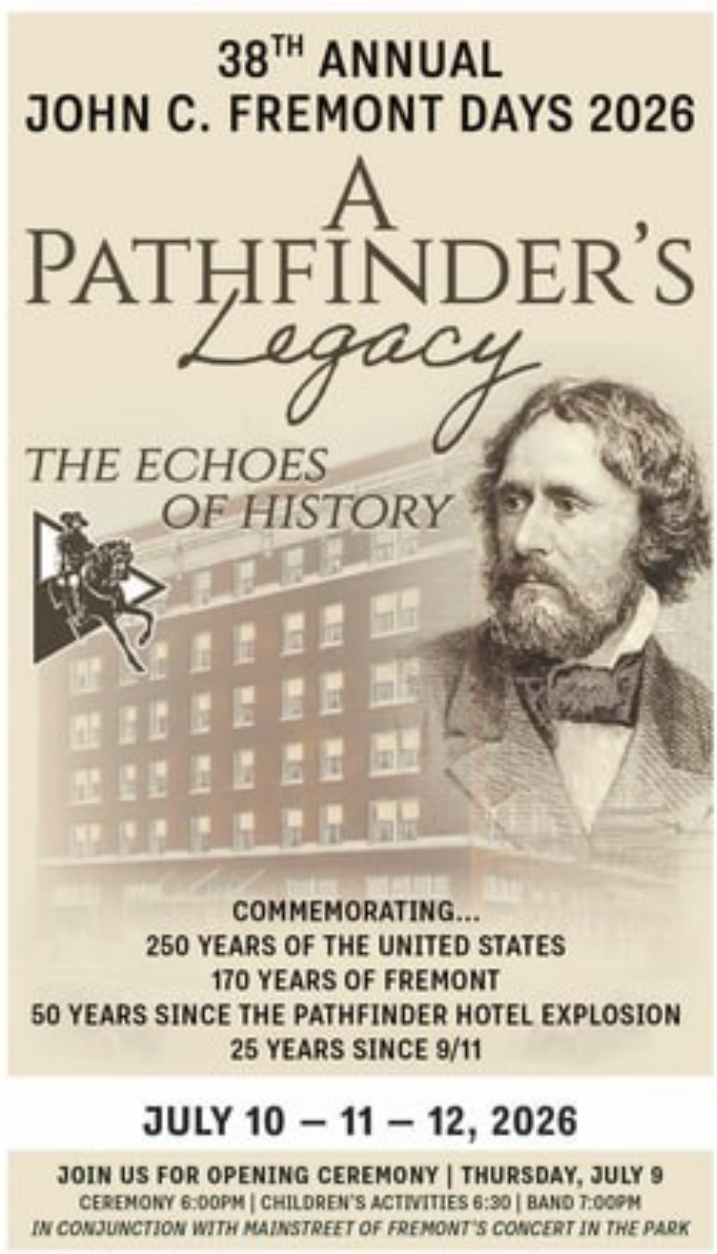
**FAIR
HOUSING:
IT'S NOT
AN
OPTION.**

HIGHLIGHT OF EVENTS

July 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Daily Activities Weekdays at 10am.	11:30 Farmers market vouchers 2:00– Resident Council & Social Club Meeting at Stanton Pest-Trol Stanton	21:30-2:30-Trivia at Stanton Tower	32-4 pm-Bingo at Stanton Tower Office Closed	44th of July Picnic
5	6Seeking Victory 2:00 Gifford 3:30 Stanton 3-5-Art and Crafts at Gifford Tower	71:00–Medicare / Birthday Party with Lilly Walker Stanton Tower	8Commodities 1pm 2-4-Art and Crafts at Stanton Tower	93:00 3 Rivers Hypertension / Nutrition Class	10Keene Bookmobile 9:30 Stanton 10:30-Gifford 2-4 pm– Birthday Binge at Stanton Tower John C. Fremont Days	112-3 Coffee & Pie Contest at Gifford Tower John C. Fremont Days
12	John C. Fremont Days Parade 1:30 Main Street	13Seeking Victory 2:00 Gifford 3:30 Stanton 3-5-Art and Crafts at Gifford Tower	152-4-Art and Crafts at Stanton Tower Pest-Trol Gifford Floors 2-5	161:30-2:30-Trivia at Stanton Tower 4:00 3 Rivers Hypertension / Nutrition Class	172-4 pm-Bingo at Stanton Tower	182-3 Coffee and Rolls at Gifford
19	Gifford Pest Inspections this week 20—24th..	20Seeking Victory 2:00 Gifford 3:30 Stanton 3-5-Art and Crafts at Gifford Tower	222-4-Art and Crafts at Stanton Tower	234:00 3 Rivers Hypertension / Nutrition Class	242-4 pm-Sandwich Binge at Stanton Tower	252-3 Coffee at Gifford Tower
26		27Seeking Victory 2:00 Gifford 3:30 Stanton 3-5-Art and Crafts at	292-4-Art and Crafts at Stanton Tower	303:00–Angels Care Blood Pressure Clinic at Stanton 4:00 3 Rivers Hypertension / Nutrition Class 5-7 Potluck	31Office Windows Closed	

Community Stuff



38TH ANNUAL
JOHN C. FREMONT DAYS 2026

A
PATHFINDER'S
Legacy

THE ECHOES
OF HISTORY

COMMEMORATING...
250 YEARS OF THE UNITED STATES
170 YEARS OF FREMONT
50 YEARS SINCE THE PATHFINDER HOTEL EXPLOSION
25 YEARS SINCE 9/11

JULY 10 – 11 – 12, 2026

JOIN US FOR OPENING CEREMONY | THURSDAY, JULY 9
CEREMONY 6:00PM | CHILDREN'S ACTIVITIES 6:30 | BAND 7:00PM
IN CONJUNCTION WITH MAINSTREET OF FREMONT'S CONCERT IN THE PARK

A MINUTE AFTER NORMAL

THE PATHFINDER HOTEL 50TH ANNIVERSARY
COMMEMORATIVE EXHIBIT
Gallery 92 West | 92 W. 6th Street
Open House Receptions
Friday & Saturday, 5:00-7:00pm; Program Begins, 5:30pm
Open Exhibit | Through July: Tuesday-Sunday, 1:00-4:00pm
Commemorative exhibit to honor the victims, families, and first responders involved in the Pathfinder Hotel explosion 50 years ago.

Events

July 3 - 10 pm Firework show by the Airport at Christiansen Field

July 4 - Happy “250th” Fourth



July 9th Thursday Concert in the Park
www.mainstreetfremont.org

July 10 -12 - John C Fremont Days
Free Festival Tram rides - pick up at JC Fremont Park, Clemons Park, Midland University or The May Museum
www.johncfremontdays.org/

July 18 Color the Core - Chalk Art Festival - Main St. Fremont

July 28th - Aug 2 Dodge County Fair

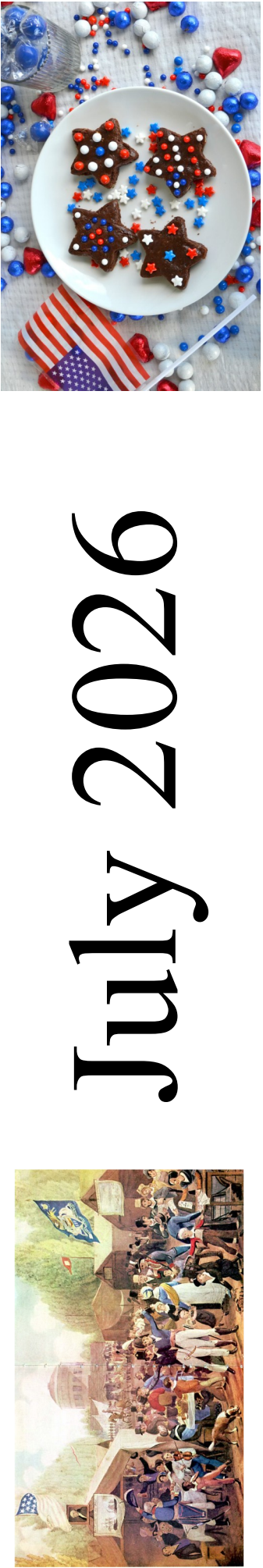
Fremont Farmers Markets

735 Commerce Dr. - Mon & Thurs 3:00 - 7:00pm April to Nov

410 Park Blvd. Mon & Thurs 3:00 - 7:00pm June to Sept

470 Park Blvd. Fri & Sat 8:00am - 2:00pm May to Oct

Fremont Mall Parking lot
10 to 6 daily June to Oct



July 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 for any changes or cancels.			1 <i>Ham Balls</i> <i>Mashed Potatoes</i> <i>Green Beans</i> <i>Peanut Butter Cookie</i>	2 <i>Chicken Patty</i> <i>Fettuccine Alfredo</i> <i>Corn</i> <i>Brownie</i>	3 <i>KITCHEN AND DINING ROOM CLOSED</i>	4 <i>Ham</i> <i>Mashed potatoes</i> <i>Green Bean Pudding</i>
5 <i>Chicken Sandwich</i> <i>Chips</i> <i>Fruit</i>	6 <i>Spaghetti</i> <i>Lettuce Salad</i> <i>Bread Stix</i>	7 <i>Sloppy Joes</i> <i>Fries</i> <i>Baked Beans</i>	8 <i>Pork Loin</i> <i>Potatoes</i> <i>Beets</i> <i>Applesauce</i>	9 <i>Oven Baked Chicken</i> <i>Macaroni Salad</i> <i>Chocolate Chip Cookie</i>	10 <i>Tuna Noodle Casserole</i> <i>Peas</i> <i>Jell-o Salad</i>	11 <i>Sloppy Joes</i> <i>Chips</i> <i>Cookie</i>
12 <i>Tuna / Noodles</i> <i>Bread & Butter</i> <i>Peas</i>	13 <i>Chef Salad</i> <i>Crackers</i> <i>Pudding</i>	14 <i>Meatloaf</i> <i>Mashed Potatoes</i> <i>Carrots</i> <i>Brownie</i>	15 <i>Onion Soup</i> <i>Garlic Bread</i> <i>Cookie</i>	16 <i>Pulled Pork</i> <i>Sandwich With</i> <i>Cole Slaw</i> <i>Fruit</i>	17 <i>Turkey Roast</i> <i>Potatoes</i> <i>Corn</i> <i>Pumpkin Bar</i>	18 <i>Meatloaf</i> <i>Potatoes</i> <i>Carrots</i> <i>Fruit</i>
19 <i>Pulled Pork</i> <i>Sandwich With</i> <i>Cole Slaw</i>	20 <i>Meatballs</i> <i>Mashed Potatoes</i> <i>Corn</i> <i>Peanut Butter Frosted Brownies</i>	21 <i>Scrambled Eggs</i> <i>Hash Browns</i> <i>Sausage Patty</i> <i>Toast</i> <i>Peaches</i>	22 <i>Tator tot Casserole</i> <i>Bread & Butter</i> <i>Cherry Fluff</i>	23 <i>Hot Ham Sandwich</i> <i>Vegetable Pasta</i> <i>Salad</i>	24 <i>Biscuits & Gravy</i> <i>Sausage Patty</i> <i>Fruit</i>	25 <i>Hot Ham Sandwich</i> <i>Vegetable Pasta</i> <i>Salad</i> <i>Pudding</i>
26 <i>Tater Tot</i> <i>Casserole</i> <i>Dinner Roll</i> <i>Fruit</i>	27 <i>Chicken Breast</i> <i>With Mushroom Gravy</i> <i>Mashed Potatoes</i> <i>Creamed Corn</i> <i>Chocolate Cake</i>	28 <i>Pepperoni Pizza</i> <i>Salad</i>	29 <i>Grilled Cheese</i> <i>Sandwich</i> <i>Tomato Soup</i> <i>Pickle</i> <i>Poke Cake</i>	30 <i>Beef Roast</i> <i>Potatoes and Gravy</i> <i>Mixed Vegetables</i> <i>Black Forest Cake</i>	31 <i>Taco</i> <i>Chips and Salsa</i>	Please note July has 31 days!

New York City

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

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

BASEBALL
BASKETBALL
BOROUGH
BROADWAY
BROOKLYN
CHINATOWN
CONEY ISLAND
CULTURAL
EMPIRE STATE
BUILDING
ENTERTAINMENT
FASHION

FERRIES
FIFTH AVENUE
FINANCE
FOOTBALL
GRAND CENTRAL TERMINAL
GREENWICH VILLAGE
GROUND ZERO
HARBOR
HIGHRISES
HOCKEY
HUDSON RIVER

IMMIGRANTS
LAGUARDIA
AIRPORT
MANHATTAN
MEDIA
MUSICALS
NASDAQ
NEW YORK
TIMES
NYSE
PLAYS
POPULOUS
QUEENS

SKYSCRAPERS
SOCCER
SPORTS
STATEN ISLAND
ST PATRICKS CATHEDRAL
SUBWAY
THE BIG APPLE
THE BRONX
TIMES SQUARE
UNITED NATIONS
WALL STREET