

## Showing Kindness to Your Neighbors as the Weather Warms Up

When the chill fades and the days grow longer, it's a perfect time to reconnect with neighbors and spread a little warmth—both literally and figuratively. As the weather warms, kindness has a way of growing too—just like the flowers in our yards.

### Thoughtful Suggestions—

- \* Help with Outdoor Chores – Offer to mow someone's lawn, trim hedges, or help with a small repair project. Warm weather often means more outdoor upkeep.
- \* Check In and Offer Support – Sometimes kindness is as simple as asking, "How have you been?" and truly listening.
- \* Share Seasonal Joy – Drop off a potted plant, a cheerful note, or even a small spring-themed decoration to bring a smile.



## Cherry Blossom Cookie

### Ingredients

- ◆ 1 cup butter, softened
- ◆ 1 cup confectioner's sugar
- ◆ 1/2 teaspoon salt
- ◆ 2 teaspoons maraschino cherry juice
- ◆ 1/2 teaspoon almond extract
- ◆ 6 drops red food coloring, optional
- ◆ 2-1/4 cups all-purpose flour
- ◆ 1/2 cup chopped maraschino cherries
- ◆ 54 milk chocolate kisses, unwrapped

### Directions

Preheat oven to 350°. In a large bowl, beat butter, confectioner's sugar and salt until blended. Beat in cherry juice, extract and, if desired, food coloring. Gradually beat in flour. Stir in cherries.

Shape dough into 1-in. balls. Place 1 in. apart on greased baking sheets.

Bake 8-10 minutes or until bottoms are light brown. Immediately press a chocolate kiss into center of each cookie (cookie will crack around edge). Cool on pans 2 minutes.

Remove to wire racks to cool.



# The Section 8 Sound

## Quarterly Newsletter

### April - May - June 2026

### MEMORIAL DAY

Memorial Day is a significant American holiday dedicated to honoring military personnel who died while serving in the U.S. Armed Forces, observed on the last Monday of May.

Origins: Memorial Day was originally known as Decoration Day, established in the years following the Civil War to honor fallen soldiers. The first official observance took place on May 30, 1868, at Arlington National Cemetery.

Federal Holiday: It became an official federal holiday in 1971, celebrated on the last Monday of May, which can fall between May 25 and 31.

Significance: The day is dedicated to remembering and honoring those who died in military service to the United States. It is distinct from Veterans Day, which honors all military veterans.

Traditions: Common observances include visiting cemeteries and memorials, decorating graves with flags and flowers, and participating in parades. Many Americans also hold family gatherings and barbecues, marking the unofficial start of summer.

Historical Context: The practice of decorating soldiers' graves dates back to ancient times, but the modern observance began in the aftermath of the Civil War, which claimed more lives than any other conflict in U.S. history.

Flag Etiquette: On Memorial Day, the American flag is flown at half-staff until noon, then raised to full staff for the remainder of the day.

Cultural Impact: While Memorial Day is a solemn occasion, it has also become associated with the start of summer activities, including outdoor events and sales.

Community Involvement: Many communities organize parades and ceremonies to honor veterans and educate the public about the significance of the day.



### The Fremont Housing Agency Offices Are Closed:

**Monday, May 25 - Memorial Day**

**Friday, June 19 - Juneteenth**



**Attention:** If you are having issues with your Landlord reach out to Tina, your Section 8 Coordinator (402-727-4848 ext. 3 or fhaSection8@fremonthousing.org) for help in getting a solution.



**\*\*\*REMINDER FROM TINA ABOUT REQUIRED PAPERWORK\*\*\***

When you have any changes or get your new SSI or Social Security award letter, take it to Tina, as soon as possible, so she can make copies *for your recertification*.

**You can also mail or email a copy to Tina at:**

2510 N Clarkson St., Fremont, NE 68025

[fhaSection8@fremonhousing.org](mailto:fhaSection8@fremonhousing.org)

Thank you!

**Be sure to check your mail often for any appointment letters from Tina, the Section 8 Coordinator.**



**Thank You!**

**Fremont Housing Agency**

**Contact: TINA**

2510 N. Clarkson St.

Fremont, NE 68025

(402) 727-4848

(402) 727-4751 - fax

[fhaSection8@fremonhousing.org](mailto:fhaSection8@fremonhousing.org)

[www.fremonhousing.org](http://www.fremonhousing.org)

**General Assistance**

(402) 727-2731

**Health & Human Services**

(402) 727-3200

**Salvation Army**

(402) 721-0930

**Seasonal Allergies** — Approximately one-third of adults in the Midwest have allergies due to the prevalence of trees, weeds and grasses. *Some things you can do to minimize allergy symptoms:*

- ⇒ As the weather warms, keep windows closed to avoid letting pollen inside and run the air conditioner to circulate air. Tree pollens are especially hardy. *Once they get inside your home, they can last for months.*
- ⇒ Begin allergy medications and nasal sprays *before the start of allergy season* to reduce the severity of symptoms.
- ⇒ Check the daily weather report for local pollen and mold counts. When counts are high, stay indoors or reduce outdoor activity. Pollen counts are usually highest on warm, dry, windy days and in the early morning.
- ⇒ Use nasal washes to rinse allergens from inside the lining of your nose.
- ⇒ Wash your skin, hair and clothing after being outside.



**Section 8 housing is a government-sponsored program** that provides subsidized rental units to low-income individuals and families, seniors and disabled individuals across the United States. The name is derived from Section 8 of the United States Housing Act of 1937, which authorized housing assistance for low-income Americans, and access to safe and sanitary rental properties.

**Section 8 housing is formally known as** the Housing Choice Voucher Program. Individuals and families who are eligible for the program receive a Housing Choice Voucher and are able to have a large portion of their rent paid for by the federal government. Section 8 housing is different from public housing — those who qualify for Section 8 are able to rent any property that is authorized by their local public housing agency (PHA).

**Suggestions for Yard Work Safety**

*Tool safety tips from the U.S. Consumer Product Safety Commission (CPSC)*

- Dress appropriately. To protect yourself from debris when using lawn tools, wear eye protection, long pants, long-sleeved shirts, close-fitting clothes and no jewelry. Sturdy shoes are recommended, and ear plugs may be appropriate depending on how loud the device is.
- Before starting, remove objects from your work area that could cause injury or damage, such as sticks, glass or stones.
- Keep children indoors and supervised at all times when any outdoor power equipment is being used. Never let a child ride or operate a garden tractor or riding mower, even if the child is supervised. And never assume children will remain where you last saw them. Use extreme caution when backing up or approaching corners, shrubs and trees.
- Teenagers using power equipment should always be supervised by an adult.
- Handle gasoline carefully. Never fill tanks while machinery is on or when equipment is still hot. Of course, you should never smoke or use any type of flame around gasoline or any gasoline-powered equipment.
- Do not work with electric power tools in wet or damp conditions. For protection against electrocution, use a ground fault circuit interrupter (GFCI).
- Be sure that extension cords are in good condition, are rated for outdoor use, and are the proper gauge for the electrical current capacity of the tool.



**Water** does more than help you avoid dehydration. So be sure to drink plenty every day!!

It also:

- \* Increases energy
- \* Increases metabolism, promoting weight loss
- \* Helps build and repair muscle
- \* Is Great for the skin and keeps you looking young
- \* It boosts your immune system
- \* It flushes toxins
- \* Water's great for your joints, aches and pains
- \* It maintains pH balance in the body
- \* Promotes regularity and helps digestion



**\$\$ FREE Rentwise Training ANYTIME \$\$**

RentWise is a program to help renters obtain and keep rental housing and teach them how to be successful renters with basic educational information.

**The class is available online any time. You are able to register and take the training at your own pace at no charge!**

A certificate is awarded upon completion of the training and a copy is maintained in your file.

*If you are interested in taking the online course contact the Gifford Office at 402-727-4848, and we will be happy to give you the information necessary to sign up or answer any questions you may have.*

Be sure to take part in this free, simple and informative opportunity.

