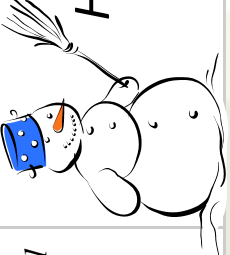




January 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 New Year's Day 	2 Feet 4 Keeps 11-4 Stanton 2nd Fl Solarium Arts Club 2-4 Gifford Office Closed	3 RSSC Service Coordinator 10-11 Gifford Small Conference Room	4 Club Meeting Stanton 2pm	5	6 Book Mobile 9:30 Gifford 10:30 Stanton Bingo 2- 4 PM 	7 2-3 Coffee Stanton 
8	9 Arts Club 2-4 Gifford Community Rm	10 RSSC Service Coordinator 10-11 Gifford Small Conference Room	11 PESTROL Floors 6-9 Stanton Tower	12 Commodities 1:00 PM	13 Bingo 2- 4 PM Stanton 	14 2-3 Coffee Stanton 
15	16 Arts Club 2-4 Gifford Community Rm 2 Office Closed	17 RSSC Service Coordinator 10-11 Gifford Small Conference Room	18 ENOA Presentation by Chris on Programs available in area. Stanton Communi- ty room 1:30	19 Trivia 1:30-2:30 Stanton	20 Bingo 2- 4 PM Stanton 	21 Stanton Coffee & Rolls 2-3 DJ 6-10 PM Stanton
22	23 Feet 4 Keeps 11-4 Stanton 2nd Fl Solarium Arts Club 2-4 Gifford Office Closed	24 RSSC Service Coordinator 10-11 Gifford Small Conference Room	25 PESTROL Floors 6-9 Gifford Tower	26 Game Day 2:00 Stanton Office Closed	27 Bingo 2- 4 PM Stanton 	28 2-3 Coffee Stanton 
29 	30 Arts Club 2-4 Gifford Community Rm	31 RSSC Service Coordinator 10-11 Gifford Small Conference Room	 Happy Birthday January Folks!			

JANUARY

WORD SEARCH

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

NEW YEAR
WISHES
BELLS
MEMORIES

JANUARY
BUCKET LIST
FAMILY
HAPPINESS

HEALTH
BLESSINGS

WWW.MOMGENERATIONS.COM

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) 385-6300

**Eastern Nebraska Office on
Aging-ENOA**
(402) 721-7770
Senior Center
(402) 727-2815
Rural Transportation
(888) 210-1093

Uniquely Yours
(402) 727-8977

Fremont Lock Shop
(402) 317-1983



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

**BOOK MOBILE
Keene Memorial Library**

Friday January 6

Gifford Tower | 9:30 AM—10:30 AM

Stanton Tower | 10:30 AM-11:30 AM

Feet 4 Keeps Foot Care Clinic

Monday January 2nd and 23rd / 11 AM—4 PM

2nd Floor Solarium Stanton

Call Sara Bourek for an appointment 402.719.9770

Commodities January 12

Stanton Dining Room

Gifford Lobby

PEST-TROL SERVICE

Floors 6 through 9| Stanton Tower | January 11th

Floors 6 through 9| Gifford Tower | January 25th

FHA OFFICE CLOSURE

Monday, January 2nd - for New Year's Day

Monday, January 16th - for Martin Luther King Jr. Day

**Thursday, January 26 - (office windows are closed for
Satff Work day.)**

**Please use the larger elevator
with your scooters to avoid
damage to the new elevators.**

HIGHLIGHT

OF

EVENTS



**Fremont Housing
Agency**

Rita Grigg

Executive Director

RENT DUE

Rent is due

Sunday January 1st.

**To avoid a late fee,
your payment must
be in the drop box by
3:00 pm on Thursday,
January 5th.**

**Online, Checks or
Money Orders Only!**



**For after hour
Maintenance
emergencies
contact:**

Ed: 402 720-1264

Rita: 402 720-9643



“Let’s Talk...”

January 2023

**Welcome 2023 and our new
Resident Support Services Coordinator**

**Sharon West is located in Stanton Tower #205.
Hopefully you had a chance to meet her at the Meet
and Greet in December. If you missed it, please stop in
to say Hi so she can put a face with your name and
apartment.**

**As our Resident Support Service Coordinator, she is
here to help you work through the systems from need-
ed services to various training you may need to stay
independent in your own apartment.**

FHA KITCHEN OPENING IN JANUARY

**Please see the January Menu in this newsletter starting
again on Monday, January 9th. We will be available for deliv-
ery or congregate meals. The price per meal is determined
by the State of Nebraska and will be adjusted accordingly.
Please contact your Housing Specialist if you want to join the
program.**

**You may qualify for state funded meals through the Social
Services Aid Disabled (SSAD) Economic Assistance Program.
Please contact DHHS to update your provider if you wish to
switch back to FHA or any other provider,**

**The three providers in this area for this program are: Meals
on Wheels, Mom's Meals, and Fremont Housing Agency.**



Sometimes we don't exactly
notice the sunshine
but we are recipients of the
beauty around us
because of its light.
And so it is with life.
We may not notice the
everyday occurrences where
light shines around us,
but there is light,
even when things around
us seem most dark.
Look for and hold on to
that light no matter how
faint it may appear.
There will be brighter
days ahead.
Kathleen Gaskie McArthur



January 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Welcome Back Jan!</i>	3	4 <i>Time to contact RSSC about switch- ing if you want to return to Congregate meals at Stanton Din- ing room or Delivery.</i>	5	6	7 <i>Subject to change without notice.</i>
8	9 Ham Macaroni Casserole Broccoli Mandarin Oranges	10 Beef Noodle Soup Muffin Mixed Fruit	11 Roast Pork Mashed Potatoes and Gravy Corn Cranberry Sauce	12 Swedish Meatballs Mashed Potatoes Cook's Choice Vegetable Cookie	13 Chili Dog Macaroni and Cheese Snickers Apple Salad	14 Ham Macaroni Casserole Broccoli Apple Sauce
15 Beef Noodle Soup and Crackers 1/2 Cheese Sand- wich Fruit	16 KITCHEN AND DINING ROOM CLOSED No meals served	17 Sausage and Biscuits with Gravy Scrambled Eggs Peaches	18 Pork Chop Sweet Potatoes Corn Frosted Lemon Cake	19 Homemade Pepperoni Pizza Lettuce Salad Root Beer	20 Hot Turkey Mashed Potatoes and Gravy Carrots Pudding Delight	21 Hamburger Chips 3 Bean Salad Peanut Butter Frosted Brownie
22 Pork Chop Sweet Potatoes Corn Bread and Butter	23 Chicken Salad Sandwich Jell-O Salad Pumpkin Dessert Pickle	24 Beef Tips and Gravy Over Noodles Green Beans Surprise Cake	25 Chicken Fried Steak Gravy Beets Brownie	26 Broccoli Cheese Soup and Crackers 1/2 Meat Sandwich Peach Crisp	27 BLT Sandwich With Cheese Cottage Cheese Fruit Cocktail	28 Beef Tips and Gravy Over Noodles Cook's Choice Vegetable Cookie
29 Pulled Pork Sandwich Jell-O Salad Pumpkin Delight	30 Fish Fillet Coleslaw Dinner Roll Cookie	31 Sloppy Joes Tater Tots Pickle Pears	Menus for participants are still necessary and 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.			

Community Events

Quarterly Preventive Bed Bug and Cockroach checks
All apartments in Gifford Towers will be the week of
January 16. Please report to Housing
Specialist any bugs to catch early.



Looking for something to
do in January?

Consider Volunteering!

The most common forms of volunteering
are:

- Collecting, serving, preparing, or distributing food
- Engaging in general labor, like helping build homes or clean up parks
- Tutoring or teaching
- Mentoring the youth
- Collecting, making, or distributing clothing

If you need help finding a good fit for your
time and talents contact the our Fremont
United Way at www.fremontunitedway.org
or 402-721-4157 at 445 E 1st St.

Game Night ?

Most nights at 7pm you may find someone ready
to play a game in the Gifford Community Room.

Come on down? Cards? Monopoly? Just waiting
for you to join in the fun.

January is National Blood Donor Month

The American Red Cross celebrates and recognizes the lifesaving
contribution of blood and
platelet donors.

Consider making a donation this
month. Sites close to us in
Fremont include; Fremont Mall,
Christensen Field and the City
Auditorium.

Simply download the American
Red Cross Blood Donor App,
visit [Red Cross Blood.org](http://RedCrossBlood.org) or call
1-800-RED CROSS (1-800-733-
2767) to make an appointment or
for more information. All blood
types are needed to ensure a reliable
supply for patients. A blood
donor card or driver's license or
two other forms of identification
are required at check-in.

INFORMATION YOU



NEED TO

KNOW

Phone Numbers Community Agencies

Adult Protective Services/Child Protective Services 800-652-1999
Affordable Connectivity Program 877-384-2575
Commodities—NENCAP 402-385-6300
DHHS Economic Assistance Phone Number 402-595-1258
DHHS Medicaid 402-595-1178
Dodge County General Assistance 402-727-2731
Dodge County Veterans Association 402-727-2719
Eastern Office On Aging 402-721-7770
Fremont Friendship Center 402-727-2815
Home and Community Based Service (HCBS) Waiver 877-667-6266
Keene Memorial Library 402-727-2694
Meals On Wheels 402-721-8262
Mom's Meals 877-508-6667
LifeHouse 402-721-3125
Salvation Army 402-721-0930
Uniquely Yours Stability Support 402-727-8977

Reminders

Please provide the office with your 2023 Social Security Award Letters
Be mindful of the calendar of events when you are using the Stanton
Tower Community Room as a walk way.
Help yourself to clothing/coat in the Gifford Community Room
Donations are from Uniquely Yours Stability Support.