



GIFFORD TOWER BED BUG AND ROACH CHECK

**OCTOBER 19-
OCTOBER 22**



Pest-Trol September Schedule

**Wednesday October 11
Stanton Floors 5-7
Wednesday October 25
Gifford Floors 5-7**

See Something ... Say Something

If you see suspicious activity in the parking lot, hallway or public areas. Please call the police immediately. By the time you notify the office it is too late and the office would call the police as well if they were to see it. This is your home keep it safe.

Bed Bugs. The average cost for FHA to treat one apartment for bed bug related issues is \$500 but, in an extreme case it has gone as high as \$2,000! So far FHA has covered this cost. But, *if anyone continues to have issues, because of not cooperating during treatment procedures, the cost may be shared or, paid by the tenant in the future.* What does cooperating mean? That **apartments must be ready** when it's time for treatments and inspections!



SCHEDULING CONTRACTOR APPOINTMENTS

When scheduling appointments with contractors to set up cable and/or phones, please schedule these appointments during office hours. Appointments must be scheduled between 9:00 am-12:00 pm or 12:30 pm-3:00 pm.



Just a reminder that office hours are 9:00-12:00 and 12:30-3:00. Please do not knock on office doors after these hours.....this is our paperwork/catch up time. If you need to meet after office hours please schedule an appointment. Thank you for respecting our time.

GOOD HYGIENE IS IMPORTANT!

Good hygiene is important because it shows that you care about yourself and how others feel about you.

Because personal hygiene is being neglected by some it's being noticed, and we have had several complaints from fellow tenants and staff. So, before leaving your apartment to come to the common areas, the dining/community room, to hear guest speakers, etc., *please take care of your personal hygiene.* Brush your teeth, wear clean clothes, take care of body odor with bathing and using deodorant. If you need help with this sensitive subject you may reach out to Sharon, the Resident Support Services Coordinator, for tips and suggestions.

Good hygiene is important for you and those around you!

Thank you!!!!!!



ATTENTION STANTON TOWER RESIDENTS!!!

Let's get our apartments ready

Now is the time to start getting your apartments ready for the annual inspection. The inspections will be held the week of NOVEMBER 13 - 18, for all apartments. More news to come.



Check out the insert in the November newsletter for some tips!

Conflict vs. Bullying - What's the difference?

Conflict	Bullying
<ul style="list-style-type: none"> Disagreement or argument in which both sides express their views Equal power between those involved Generally stop and change behavior when they realize it is hurting someone 	<ul style="list-style-type: none"> Goal is to hurt, harm, or humiliate Person bullying has more power* Continue behavior when they realize it is hurting someone.

* "Power" can mean the person bullying is older, bigger, stronger, or more popular.



When was the last time you had a great home cooked meal?

Too long???



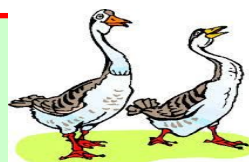
Then you should give the Fremont Housing meals a try. We deliver meals for all seven days of the week and have a congregate meal Monday through Friday. If you are age



60 and older or on disability you may be able to get your meals paid for by the State, if you meet their guidelines. If you do not qualify for free meals you can purchase a meal ticket at the office for just \$64.40 for a ten day ticket, that is only \$6.44 per home cooked meal. You get to choose the days that you want to eat if your meals are free or if you purchase a ticket. Check out the monthly menu on the first floor bulletin boards and in your newsletter. A variety of food cooked daily!



Do not feed the wild animals around our building. This includes birds, squirrels, foxes, and beavers.



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) 721-0619

Eastern Nebraska Office on
Aging-ENOA
888-210-1093

Senior Center
(402) 727-2815

Uniquely Yours
(402) 727-8977

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



**EQUAL HOUSING
OPPORTUNITY**

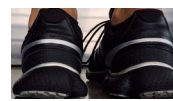
Resource Fair October 12 from 2-4:00



Gifford Community Room

Please bring your survey or give to the office to enter for our grand prize drawing.
Need not be present to win.

Be Vendors: Good Neighbors, ENOA, Insurance Advisors, ALLO, 3 Rivers, Home Advantage Care, NE Dept of Labor, NE Total Care, Northeast NE Community Action Partners. Salvation Army



Comfort Footwear Clinic Sign up in lobby
Thursday October 5, 9-12 Gifford Community Rm,
12-2pm Stanton,

If you have Medicaid or are Diabetic you qualify for new shoes.

**FEET FOR KEEPS WEDNESDAY
OCTOBER 13 12:30-4:30 PM**

STANTON TOWER 2ND FLOOR SOLARIUM



**The Library Bookmobile
Friday, October 6, 2023**

9:30 – 10:15 at Gifford Tower

10:30 - 11:15 at Stanton Tower

**Remember to call for that certain book you want,
they will bring it to you. Check out new books!**

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.



Fremont Housing Agency

Rita Grigg
Executive Director
Riley O'Neill
Housing Program Manager

**Rent is due
Sunday**

October 1, 2023

**Your payment must be
in the drop box by 3:00
on Thursday,**

**October 5, 2023 or you
will be charged a \$30.00
late fee. If rent is not in
by the 21st another
\$20.00 late fee will be
applied!!**

**Checks or Money
Orders Only!**



**For after hour
Maintenance
emergencies only!
contact:**

**Ed: 402 720-1264
Rita: 402 720-9643**

Lets Talk...

OCTOBER 2023



Come Join in the FUN

**Halloween Contest
Decorate your Door,
Solarium or Walker**



Dress up for our

Halloween contest in Community Room



**Entries will be judged
on October 23 and
announced with the
costume and walker
winners on the October**

31 at 1:00 in Stanton Community room.



**Halloween Bingo or Games with
trick or treaters will be in both
community rooms at 2:00.**

Bring a bag of candy to share

with Trick or Treaters



**The offices , Maintenance, and kitchen will be CLOSED on
Monday - October 9, and Friday—
October 27, 2023**



**The Kitchen will also be closed on
Wednesday —October 4,**

**NO MEALS WILL BE SERVED
Oct 4. See Pizza Party information.**



October 2023



	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	Lasagna Bread and Butter Green Beans Cookie	Chili Mac Casserole Corn Vanilla Pudding with Cherries	3 Pork Loin Baked Potato Mixed Vegetables Orange Supreme Salad	4 KITCHEN AND DINING ROOM CLOSED NO MEAL SERVED	5 Chicken Broccoli Bake Orange Candy Carrots Fruit Cocktail	6 Chicken Fried Steak Mashed Potatoes with Country Gravy Cook's Choice Vegetable	7 Ham Salad Sandwich Pickle Cole Slaw Butterscotch Pudding	
8	Ham Slice Mashed Potatoes Carrots/Peas Oranges	9 Cheeseburger Tater Tots Ambrosia Salad	10 Cheeseburger Tater Tots Ambrosia Salad	11 Salmon Patty with Dill Sauce Mashed Sweet Potatoes Peas Chocolate Cake	12 Vegetable Soup Corn Bread Jell-O	13 Pork Ribs Saurkraut Mashed Potatoes Fruit	14 Cheeseburger Chips Pickle Chocolate Cake	
15	Tuna & Noodle Casserole Peas Peaches	16 Roast Beef Mashed Potato with Gravy Carrots Pudding	17 Breaded Chicken Breast Hash Brown Bake Cranberry Sauce Lemon Cake	18 Lasagna Garlic Stick Green Beans Strawberry Fluff	19 Turkey and Swiss On Rye Pickle Carrot Salad Pears	20 Three Plate Salads Cookie	21 Turkey Swiss Sandwich Chips Pickle Cake	
22	Polish Sausage Mashed Potatoes Jell-O Cookie	23 Tomato Soup with 1/2 Cheese Sandwich Apple Crisp	24 Creamy Chicken Breast Baked Potato Peas & Carrots	25 Fish Fillet Coleslaw Dinner Roll Cookie	26 Ham and Scalloped Potatoes Bread and Butter Green Beans Pudding	27 Kitchen and Office Closed	28 Egg Salad Sandwich Chips Pickle	
29	Chicken & Biscuits Wax Beans Cherry Jell-O with Bananas	30 Chili Muffin Fruit Cocktail	31 Ham and Scalloped Potatoes Bread and Butter Green Beans Pudding	<p>Monthly menus for participants are still necessary and available at the Gifford & Stanton Tower offices. If you are interested in the Food Service Program, please feel free to contact Resident Support Services at 402-727-4848 ext.109 or stop down at the office during regular business hours</p>				



October 2023



	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1		2	3 10-11-RSSC at Gifford Tower	4 Pizza Party 12-2 2:00- Resident Council and Social Club Meeting	5 Comfort Foot- ware Clinic 9-12 Gifford 12:30 -2 Stanton Sign-up in Lobby	6 10:30-library at Gifford 11:00-library at Stanton 2-4 pm-Bingo at	7
8		9 Offices closed	10 10-11-RSSC at Gifford Tower	11 Pestrol Floors 4-6 Stanton 3-4-Art and Crafts at Stanton Tower	12 Resource Fair 2-4:00 At Gifford Community rm	13 2-4 pm- Bingo at Stanton Tower	14 5-6:30 Potluck at Stanton towers
15	Private event 4-8 Stanton commu- nity Room	16 2-4-Art and Crafts at Gifford Tower	17 10-11-RSSC at Gifford Tower	18 2-4-Art and Crafts at Stanton Tower Rentwise 8:30 - 12:30	19 Essential Care Commodities 1:00 Stanton 1:30 Gifford Rentwise 8:30 -	20 2-4 pm-Bingo at Stanton Tower Private event 5-7 Gifford Commu- nity room	21 2-3 Coffee and Rolls at Stanton Tower
22		23 2-4-Art and Crafts at Gifford Tower Midland week of outreach	24 10-11-RSSC at Gifford Tower 2-3:00 Exercise with Midland Stu- dents at Stanton Community Room	25 Pestrol Floors 4-6 Gifford 2-4-How to use your Smartphone with Midland at Gifford Towers	26 1:30-2:30-Trivia 2-4-Painting with Midland Students at Stanton Tower	27 2-4 pm-Bingo at Stanton 2-4 Blood Pressure clinic with Midland Nursing Students Gifford Tower Office closed	28
29		30 2-4-Art and Crafts at Gifford Tower	31 10-11-RSSC at Gifford Tower 1:00 Halloween contest 2:00 Bingo or Games and Trick or Treaters Both Community Rm				

Autumn Word Search

Find and circle all of the Autumn words that are hidden in the grid.
The remaining letters spell a secret message - an Albert Camus quotation.



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



ACORN
 APPLE
 BIRD MIGRATION
 BLOWING LEAVES
 BLUSTERY DAY
 CANNING
 CHESTNUTS
 CHILLY
 COLD
 CROPS

EQUINOX
 FALL
 FARMING
 FEAST
 FROST
 HALLOWEEN
 HARVEST
 HAYSTACK
 HICKORY NUTS
 LONGER NIGHTS

NOVEMBER
 OCTOBER
 ORANGE LEAVES
 PIE
 PUMPKIN
 RAKE
 RED LEAVES
 SCARECROW
 SCHOOL
 SEASON

SEPTEMBER
 SHORTER DAYS
 SQUASH
 SWEET POTATOES
 THANKSGIVING
 TURKEY
 WINDY
 YELLOW LEAVES

Call me with your answer to win—402-727-4848 ext. 109

Did you enjoy this puzzle? Visit: <https://www.puzzles.ca/word-search>



Resident in the Spotlight

Earl Mitchell
 (Mr. Wonderful)

All kidding aside, his neighbors really appreciate him. It is truly wonderful to have someone that is there when you are in need.

Thank you to the Stanton Social Club and other residents who have helped the RSSC when guest speakers come to share information with you!



A special thank you to the officers whose terms end in November. Please speak to any one of them to find out what each position does as elections are November 1.

Cheri Christenson - President, Lois Diedricksen -VP, Eileen Tant—Secretary, Betty Laughlin—Treasurer

Thank you to all who have volunteered at the various functions, including Jody, Wanda, Pam, Maryann, Rose, Chris, Deb, Rosetta and Julaine

Please join the team to make the towers FUN.



Pizza Party
 12 to 1:30
 Wednesday
 October 4

Stanton Community Room

Join us for pizza and salad and then stay for our Social Club meeting to go over October and November activities



RESIDENT COUNCIL & SOCIAL CLUB MEETING

WEDNESDAY
 OCTOBER 4 at 2:00 PM
 STANTON TOWER
 COMMUNITY ROOM



Arts and Crafts at Gifford Tower
 Monday 2:00
 Stanton Tower
 Wednesday 2:00



Community Room

We will be having special projects throughout October to celebrate Halloween. Or bring your own projects to work on.



THURSDAY, OCTOBER 26, 2023
 1:30 - 2:30

STANTON TOWER
 COMMUNITY ROOM