

Tips to Cope With Cabin Fever

1. Soak up some vitamin D

Try to spend some time every day outdoors or by the window. While it's not a cure for depression or any other mental illness, a little time in the sun can boost your mood and improve your sleep.

2. Practice mindfulness

Mindfulness is an extremely effective tool to combat anxiety and stress. If you're not into meditation apps, leave your gadgets at home and take a long stroll around your block. Take time to notice as many details as you can with your five senses: birds chirping, trees swaying, little animals scurrying, or even the noise of traffic far away.

3. Improve your living and working space

Your house is going to be your haven for some time now, so shower some love on it. Find new ways to stay organized or refresh your space. Start with a nice decluttering or repair broken things around your home. Clean the back of your cupboard, get more indoor plants, rearrange your furniture, or get started on those DIY home improvement projects you had in mind.

4. Break a sweat... or several

Give yourself a kick of endorphins by introducing an exercise routine that you enjoy. Try to get in about 3 sessions a week, lasting about 45 minutes to 1 hour each. If you're new to exercising regularly, set small goals and build up towards the recommended routine.

5. Foster strong support systems

Meaningful relationships are extremely comforting and reassuring in difficult times, and now is a great time to nurture them. Have meals or game nights with family and friends.

Fremont Housing Agency
2510 N. Clarkson St.
Fremont, NE 68025



The Section 8 Sound

Quarterly Newsletter

January - February - March 2024

Goals

The New Year is here! Now is a good time to look for ways to push yourself to be a healthier, more organized and happier individual. Goals help create a road map for where you are going and figure out how to move toward the life you want. Small changes can snowball into big differences in your life. Visualize and focus on the goals that will help you reach a brighter future! Have a wonderful New Year!!



Winter weather reminders:



- * **Make sure storm windows and doors are closed.**
- * **If you have outside faucets, be sure to disconnect hoses, and turn off faucets.**
- * **As temperatures get colder, let your inside faucets drip to prevent pipes from freezing.**
- * **Be sure to remove all snow and ice from the sidewalks and driveways.**



The Fremont Housing Agency Offices Are Closed:

Monday, January 1 - New Year's Day

Monday, January 15 - Martin Luther King Jr. Day

Monday, February 19 - President's Day

Office windows are closed

Thursday, January 25

Thursday, February 22

Thursday, March 28



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

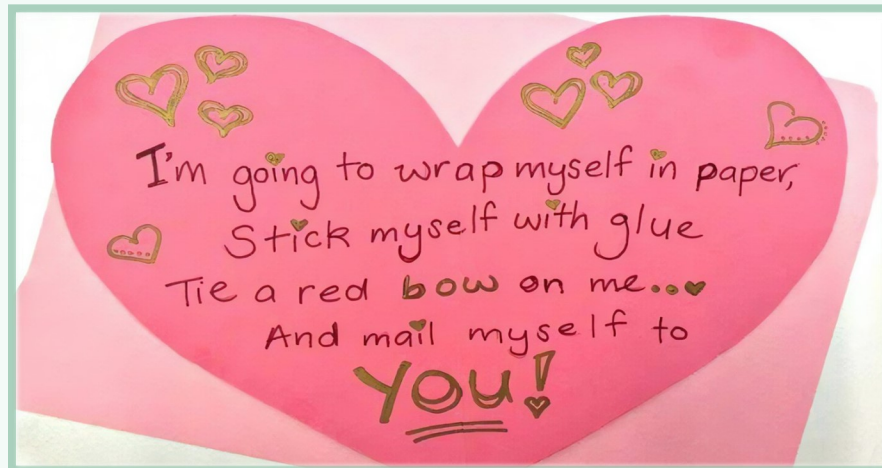
When you get your SSI or Social Security award letter, take it to Tina, the Section 8 Coordinator, as soon as possible, so she can make copies *for your recertification*.

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

2510 N Clarkson St., Fremont, NE 68025

fhaSection8@fremonthousing.org

Thank you!



Fremont Housing Agency

Contact: TINA

2510 N. Clarkson St.

Fremont, NE 68025

(402) 727-4848

(402) 727-4751 - fax

fhaSection8@fremonthousing.org

www.fremonthousing.org

General Assistance

(402) 727-2731

Health & Human Services

(402) 727-3200

Salvation Army

(402) 721-0930



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).

Know Your Winter Weather Terms:

Winter Storm Warning

Issued when hazardous winter weather in the form of heavy snow, heavy freezing rain, or heavy sleet is imminent or occurring. Winter Storm Warnings are usually issued 12 to 24 hours before the event is expected to begin.

Winter Storm Watch

Alerts the public to the possibility of a blizzard, heavy snow, heavy freezing rain, or heavy sleet. Winter Storm Watches are usually issued 12 to 48 hours before the beginning of a Winter Storm.

Winter Weather Advisory

Issued for accumulations of snow, freezing rain, freezing drizzle, and sleet which will cause significant inconveniences and, if caution is not exercised, could lead to life-threatening situations.



Be a Good Neighbor

Throughout the year, there are numerous ways to encourage good relationships.

Be friendly. Smile and wave when you encounter neighbors. Be a pleasant addition to the neighborhood. Maintain your space. Don't create eyesores or allow your property's condition to affect the value of neighboring homes adversely. Being kind to those around you includes keeping your yard tidy.

Be inclusive. If you are hosting a large cookout or party, consider extending invitations to your neighbors. During the holiday season, remember the folks next door with a card, a homemade goodie, or an offer of assistance. Give without strings or expectations. Let others know you are thinking of them.

Quell Conflicts

Sometimes tensions arise in life—and a neighborhood. Often, stressful situations boil down to poor communication, unintended insults, or turf issues. Most are avoidable or easily fixed if handled promptly.

Avoid Causing Rifts

Some neighbors are more easygoing than others, but the safest path is to steer clear of testing their patience.

Keep the noise down. Try to remember that your neighbor may not appreciate your favorite music, your boisterous children, a dog who barks incessantly, mowing your lawn at the crack of dawn, or hammering on shared walls at odd hours.

Park considerately. Try not to take up parking space in front of your neighbor's house, especially when there is room at your own home. Encourage visitors to avoid inconveniencing the neighbors with their parking choices too.

Don't be a gossip. Keep in mind that people will assume you talk about them in the same manner you speak about others.

Manage your dependents. Remember that your children and pets are not your neighbors' responsibility. Try to keep them (and any messes they make) on your own property.

Employ the golden rule. If you borrow something, return it. If you break something, replace it.

Allow people to be human. Everyone has a bad day now and then, and it's impossible to know what others are going through. Don't be too quick to assume a slight is personal or intended.