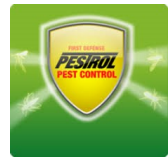




**Important Information**

**ATTENTION STANTON TOWER RESIDENTS!!!**

Let's get ready for Apartment Inspection! The annual Stanton Tower inspections will be held in NOVEMBER for all Stanton Tower Apartments.



**Pestrol September Schedule**

Starting at 12:00pm  
Wednesdays Floors 1-3

**September 13 Stanton**

**September 27 Gifford**

**RESIDENT COUNCIL & SOCIAL CLUB MEETING**

**WEDNESDAY  
SEPTEMBER 6  
2:30 PM**



**STANTON TOWER COMMUNITY ROOM**

**Feet For Keeps**

Friday September 22 -9 to 4pm  
Stanton 2nd Floor Solarium

Call for an appointment 402 719-9770



The SNAP increases will begin in October. DHHS may be sending you a notification with the amount of your increase. If you do not receive a notice you can call the phone number on your SNAP card to find out the October amount deposited on your card.



**Reminder that you are not allowed to smoke in front of the buildings. You must be 25 feet away from the buildings. The cigarette butt holders in front and back of the buildings are for you and your guests to put out cigarettes before entering the buildings. The designated smoking areas are in the back of the building!!**



**Fremont Transit Program**



Rides begin Sept 7

**New Transportation Program**  
**Rides for All Fremont Residents,**  
**within 2 miles of Fremont on**  
**Monday thru Friday from 8-**  
**4pm.**

Call today for rides starting  
Sept 7, 402-459-2845.

Try to schedule 48 hours in advance. Same day rides may not be available and price may be vary. Please see for more information:

<https://fremontne.gov/984/Fremont-Transit-Program>

If you have Medicaid you already have medical transportation through your insurance company.



**FREMONT HOUSING AUTHORITY**  
**Wednesday, September 27 - 11:30 a.m.**

**COMMODITY DELIVERY**

**SEPTEMBER 14, 2023**

**1:00 Stanton**

**1:30 Gifford**



Be sure to let the Service Coordinator know if you have a conflict picking up your a food box. 402-727-4848 Ext. 109



**Residents Parking Only**

Please remind your visitors, friends, health providers, and family, etc. to park in the **VISITOR** parking, not the resident parking. We are having some issues with this.





THURSDAY, SEPTEMBER 21st

1:30-2:30

STANTON TOWER COMMUNITY ROOM

FLU SHOT CLINIC  
GIVEN BY THREE RIVERS

Thursday - September 28



GIFFORD TOWER

1 -2 PM

STANTON TOWER

2-3 PM

Please call Service Coordinator at

402-727-4848 Ext 109

To reserve your shots. You will just need to bring your insurance card.



The Library Bookmobile

Friday, September 1, 2023

9:30 - 10:15 at Gifford Tower

10:30 - 11:15 at Stanton Tower

The library usually comes on the first Friday but in September they will be here on the 2nd Friday.

Remember to call if there is a certain book that you want and they will bring it to you

If you have good thoughts, they will shine out of your face like sun beams and you will always look lovely.

-Roald Dahl



Rita Grigg  
Executive Director  
Riley O'Neill  
Housing Program  
Manager

Lets Talk...

SEPTEMBER 2023



MONDAY SEPTEMBER 4, 2021

Offices, Maintenance, Kitchen, and Dining Room will be closed!!

No meals will be served



Rent is due  
Friday,  
September 1, 2023

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

September 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!!

UFLEX, Checks or Money Orders Only!  
NO CASH!!!!!!



For after hour Maintenance emergencies contact:

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

EMERGENCY

© CanStockPhoto.com

Resident Stipend Opportunity – Stanton Dining Room Position



The Fremont Housing Agency dining room is looking for a resident to deliver tenant meals, be a server in the dining room and fill in when needed. The

Resident will be paid with a stipend. The stipend will not increase your rent and is not taxed. This is a chance to serve your neighbors and earn a little extra income! You must be polite, respectful, and punctual. If you are interested in this position please call the Gifford Office, 402-727-4848.

Key Cards \$10.00

Please take note the replacement cost has gone up if you loose your key card for building entry.





In an EMERGENCY

Please stay out of the way of the Firemen and EMT as they deal with the emergency situation.

As always please be considerate of your neighbors privacy as you would wish them to do for you.



# September 2023 Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3		5 10-11-RSSC at Gifford Tower	6 2:00- Resident Council and Social Club Meeting 3-4-Art & Crafts at	7	8 2-4 pm-Bingo at Stanton Tower	9 2-3 Coffee at Stanton Tower
10	11 2-4-Art & Crafts at Gifford Tower 	12 10-11-RSSC at Gifford Tower	13 Pestrol Floors 1-3 Stanton 2-4-Art & Crafts at Stanton Tower	14 Essential Care Commodities 1:00 Stanton 1:30 Gifford	15 2-4 pm-Bingo at Stanton Tower	16 2-3 Coffee and Rolls at Stanton Tower
17	18 2-4-Art & Crafts at Gifford Tower	19 10-11-RSSC at Gifford Tower	20 2-4-Art & Crafts at Stanton Tower	21 1:30-2:30-Trivia	22 2-4 pm-Bingo at Stanton Tower Feet for Keeps 9:00 to 4pm	23 2-3 Coffee at Stanton Tower
24	25 2-4-Art & Crafts at Gifford Tower	26 10-11-RSSC at Gifford Tower	27 Pestrol Floors 1-3 Gifford 2-4-Art & Crafts at Stanton Tower	28 3 RIVERS FLU SHOT CLINIC 1-3 Office Windows Closed Games 3:00	29 2-4 pm-Bingo at Stanton Tower	30 2-3 Coffee at Stanton Tower



## Back to School



Find and circle all of the School related words that are hidden in the grid.  
The remaining letters spell a Mark Twain quotation.

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

ASSIGNMENTS  
BACKPACK  
BATHROOM  
BELL  
BINDER  
CAFETERIA  
CHALKBOARD  
CLASSROOM  
CLOCK  
COURSES  
DESK  
DOORS  
ENROLL

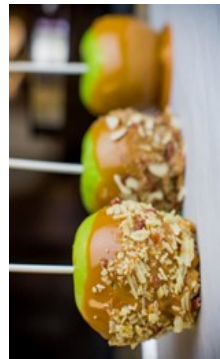
ERASER  
EXAMS  
FIRST DAY  
GYMNASIUM  
HALLWAY  
HOMEWORK  
INTERCOM  
JANITOR  
LANGUAGE  
ARTS  
LEARNING  
LIBRARY  
LOCKER

LUNCHROOM  
MATH  
NEW FRIENDS  
NOTEBOOK  
NURSE  
OLD FRIENDS  
PADLOCK  
PAPER  
PENCILS  
PENS  
PRINCIPAL  
QUIZZES

ROLL CALL  
RULES  
SCHOOL BUS  
SCHOOL OF-  
FICE  
SCHOOLYARD  
SCIENCE  
SECRETARY  
SEPTEMBER  
SOCIAL STUD-  
IES  
STUDENT  
STUDY  
TEACHER

Call me with your answer to win..402 727 4848





# September 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>*SUBJECT TO CHANGE*</b>						
3 Ham Loaf Mashed Potatoes Peas Jell-O	4 <b>KITCHEN AND DINING ROOM CLOSED NO MEAL SERVED</b> Sliced Ham Mashed Potatoes Corn Pears	5 Swedish Meatballs Potatoes Mixed Veggies Peaches	6 Beans and Wienies Bread and Butter Hash Browns Rice Crispie Bars	7 Barbecued Pulled Pork Sandwich Chips Apricot Fluff Cookie	8 Fried Chicken Potatoes with Gravy Corn Pudding	9 Swedish Meatballs Mixed Veggies Peaches
10 Pulled Pork Sandwich Chips Apricot Fluff	11 Mashed Potatoes Corn Pears	12 Cheese Spread Sandwich Chips & Pickle Butterscotch Pudding	13 Roast Beef Mashed Potatoes and Gravy Green Beans Key Lime Pie	14 Impossibly Easy Cheeseburger Pie Peas and Carrots Chocolate Chip Cookie	15 Fish Sandwich Coleslaw Brownie Delight	16 Impossibly Easy Cheeseburger Pie Corn Pudding
17 Hot Beef Sandwich Mashed Potatoes and Gravy Broccoli	18 Goulash Lettuce Salad Frosted Marble Cake	19 Chicken Alfredo Penne Carrots Vanilla Pudding Delight	20 <i>Ground Beef</i> Gravy and Biscuit Vegetables Cherry Jell-O with Fruit	21 Liver and Onions Baked Potato Corn Jell-O Poke Cake	22 Potato Soup with Crackers 1/2 cheese sandwich Fruit	23 Goulash Green Beans Marble Cake
24 Ham & Cheese Sandwich Chips and Pickle Chocolate Chip Cookie	25 3 Plate Salad Strawberry Cake	26 Polish Sausage With Apple Sauerkraut Fried Potatoes Jell-O	27 Chili with Crackers 1/2 Cheese Sandwich Cinnamon Roll	28 Roast Pork Steamed Cabbage Wedge Bread and Butter Pudding	29 Ham Loaf Creamy Potatoes Beets Jell-O	30 Chicken Salad on Lettuce Sliced Tomato Pickle Cranberry Fluff

**Fremont Housing Agency**  
2510 N. Clarkson St.  
Fremont, NE 68025  
(402) 727-4848  
(402) 727-4751 - fax  
[www.fremonthousing.org](http://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 THE LAW.**



Thank you to all who attended our August Resource Fair at Stanton Towers.

A lot of information was shared and resources were used. Many were able to sign up right on the spot for services needed.

We look forward to our October 12 Resource Fair at Gifford where we will have more job training and family service resources available.

### Rentwise

If you have not had the opportunity to take this class, we would recommend it for all. This program is sponsored by the Nebraska Extension office with local instructors.

The class is broken down into 6 sections focusing on: **Communication with Conflict Resolution, Managing your Money, Finding a place to call home, Getting through the Rental Process, Taking care of your home and last When you Move Out.**

Sign up for our October 18 and 19 half day classes in your Management office.

### Residents in the Spotlight

Thank you to all that go above and beyond for your neighbors. We are constantly hearing about how someone reached out and helped their neighbor in need. Please let me know by nominating a neighbor that has gone out of their way to help you. Thanks for being there sunshine!

