

**One complimentary ride per month!**

As a resident of Hidden Brook Townhomes you can request *one complimentary transportation ride per month within the Fremont City limits*. Examples - doctor, dentist, grocery, restaurant; etc.

Tickets for the ride are available through the Fremont Housing Agency and you may request one each month. **Call Becky at Gifford Tower for more information - 402-727-4848.**



The van ride service is through the **Fremont Transit Program** and you will need to call them to schedule your ride. Hours are Monday through Friday, 8:30 a.m. until 4:00 p.m. You need to schedule an appointment for a ride at least 48 hours in advance. You must be ready 15 minutes prior to your pick-up time. The phone number is 402-459-2845. Visit the website at: fremontne.gov/984/Fremont-Transit-Program. If you have a "personal attendant" that needs to accompany you, they always ride free.

**LOCKOUTS** — When you need to call a locksmith.

**Local Numbers:**

- ◇ A-1 Lock Shop Key & Locksmith **402-720-2284** - Open 24 hours
- ◇ S and S Locksmith **402-941-1212**



**Fremont Housing Agency**  
2510 N Clarkson  
Fremont, NE 68025



# The Northside Navigator

## Newsletter 2023

October - November - December



**WHY IS IT IMPORTANT TO BE GRATEFUL?** Ivy Ivers **JANUARY 22, 2020**

Living a life of gratitude brings you a lot of positive changes and helps you notice little wins – like the sun shining, someone saying a compliment to you, or having a cozy evening with your family. Once you add gratitude to your daily habits, you improve your well-being – your mental and physical health changes for the best, enabling you to notice joy and happiness in everything that happens to you.

**Improving your mental health**

Modern psychologists call gratitude a ‘moral barometer’. Indeed, according to Robert Emmons’ studies, who is a famous gratitude researcher, people who practice gratitude feel happier and less depressed and get rid of toxic emotions like envy or frustration.

One study found indications of how gratitude may influence our minds and body. Here are some of the study’s insights:

Gratitude unshackles people from negative emotions by shifting our attention away from negative emotions and focusing on positive ones.

It may take time to feel better after practicing gratitude. So, it’s vital to be patient waiting for its benefits.

Expressing gratitude to people or things has lasting effects on the brain. It means that practicing gratitude may help train the brain to be more sensitive to being grateful, improving our mental health over time.

Living a life of gratitude provides you the feeling of greater happiness and joy. You feel more at peace, lighter, and more satisfied with your life. All these emotions are connected with optimism and empower you to view your future with optimism.

**Improving your physical health**

The gratitude regions relate to the brain’s parts that control heart rate. So, feeling grateful helps you relieve stress because you start feeling more satisfied with your life. By shifting your attention from toxic emotions, gratitude also makes you feel better and experience fewer aches and pains because of stronger immune systems. Mentally healthy people are likely to take care of their health more than others.

Besides, grateful people sleep better. Spending just 10-15 minutes writing a few lines expressing what you are thankful for before going to bed will help you sleep longer and better.



## MAINTENANCE Emergencies

Maintenance Emergencies *During Business Hours:* 402-727-4848

*Business Hours - 8:00 a.m. - 4:30 p.m. ~ Monday - Friday*

Maintenance EMERGENCIES *After Business Hours or on Weekends:*

**\*\*Call Ed (Maintenance Supervisor) at 402-720-1264.**

*If you have not heard back from \*\*Ed within 15 minutes, call Rita (Executive Director) at 402-720-9643.*

**\*\*\* Remain by the phone in the event maintenance needs to contact you! \*\*\***

**When a call is made after hours, be sure to leave your full name, address, phone number and nature of your problem.** Without this important information, we cannot react to your maintenance problems efficiently. You must also be present when maintenance arrives to answer any questions regarding the "emergency".



### Tenant REMINDERS:

**Smoke detectors need 9V and AA batteries. Tenant needs to provide these and Maintenance will install.**

**DO NOT disturb the mowing crew. Let them do their job without interruptions.**

**You can be helpful though, by removing anything that might be in their way.**

### Fremont Housing Agency CONTACT INFORMATION:

**Business Hours:** M - F 8:00 am - 4:30 pm

**Phone:** 402-727-4848

**Office Window Hours:** M - F 9:00 am - 3:00 pm

**Your Tax Credit Specialist:** Amanda - extension 4

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### After-hours & EMERGENCIES ONLY

**Call: Maintenance Supervisor:** Ed Phone: 402-720-1264,

**If no response from Ed within 15 min. call:** Executive Director: Rita 402-720-9643

### Calendar - Dates to Keep in Mind

#### FHA Offices Will Be Closed

Monday, October 9 - Columbus Day

Friday, October 27 - Staff Training

Friday, November 10 - Veteran's Day

Thursday & Friday, November 23 & 24 - Thanksgiving

Monday, December 25 - Christmas

**(Office windows are closed)**

Thursday, October 26

Thursday, November 30

Thursday, December 28



**\*\*\*\*Water softener salt** will be added the **first Tuesday** of the month, **every quarter.**\*\*\*\*

#### Scheduled months:

January

April

July

October

**\*\*\*\*Furnace filters** will be replaced on the **same schedule.**\*\*\*\*

*(schedule is subject to change at discretion of the Maintenance Director)*

## RENT

- ◆ The rent is **due on the 1<sup>st</sup>** and **late after the close of business the 5<sup>th</sup>** day of each month.
- ◆ If the *5<sup>th</sup>* falls on *Saturday*, rent is due in the office by close of business on *Friday*.
- ◆ If the *5<sup>th</sup>* falls on *Sunday*, the rent must be in the drop box before 8:00 a.m. of the *6<sup>th</sup>*.
- ◆ If the rent is *not paid on or before the 5<sup>th</sup>* day of the month, a *late payment charge* will be applied as follows: \$30.00 will be assessed for *payments made on the 6<sup>th</sup> through the 20<sup>th</sup>* day of the month.
- ◆ Payments made *on the 21<sup>st</sup> day and after* will be assessed at the rate of *an additional \$20.00 charge*.
- ◆ This *late charge is immediately due* as an addition to that month's rent and *must be paid before that month's rent will be considered to be paid in full*.

## Rentwise Class - Coming in Fall 2023

**RentWise is a program to help renters obtain and keep rental housing and be successful renters through education.**



The class is *free to residents of low income housing, and open to the public for the cost of \$5.*

A certificate will be awarded upon completion of all the classes.

The RentWise **dates this fall are October 18<sup>th</sup> & 19<sup>th</sup>**, 8:30 a.m. to 12:30 p.m.

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

**If you would be interested in attending or have any questions you are encouraged to call: Tina or Riley @ 402-727-4848**

## FOOD PROGRAM

The Fremont Housing Agency is among a small minority of housing authorities that offers a meal program to its residents.

Homemade noon meals are served Monday through Friday in the Stanton Tower Dining Room or delivered to both Stanton & Gifford Tower participating tenants. *For non-Gifford or Stanton residents there is the option of "drive-thru meal pick-up" at the Stanton Tower Apartment Building.*

Meal tickets are currently \$64.40 for 10 meals. Saturday & Sunday weekend deli-style lunch meals cost \$6.44 per meal. You are provided menus to choose the days you want to eat.

If interested in signing up, the Resident Support Services Coordinator (RSSC), can help. *To sign up, make changes, or cancel - must be done with the RSSC at the FHA Stanton Office.*

Contact the Department of Health and Human Services to see if you qualify for reduced price or free meals through the State of Nebraska's SSAD program.

The Kitchen is closed on some Holidays as posted or, on the calendar & menu.

**Call the RSSC Office at Stanton Tower if you want to sign up - (402-727-4848 ext. 109)**

## 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.