

Pest-Trol January Schedule



Stanton Tower Floors 6 - 9, Wednesday January 10

Gifford Tower Floors 6 - 9, Wednesday January 24

Please be sure that your apartment is clean and ready to be sprayed. This includes dishes, cupboards, countertops and carpets. Please ensure laundry is put away and picked up off the floor. Please don't wait for Pest-Trol to come to report bugs, notify your Housing Specialist **IMMEDIATELY**. ONE BUG can turn into an army of bugs if not **REPORTED!**

Mail



Please be sure to read all mail labels prior to opening any letters or packages.

Substitute mail persons & delivery personnel have made errors in getting items to the right box or door.

So please do not open mail or packages not addressed to you.

Garbage

Please be sure to put all trash in the chute or directly in the garbage cans. We have some additional cans now, so PLEASE do not put trash on the ground next to the cans. All boxes should fit if broken down properly.

Please keep Fremont Beautiful and do not litter.

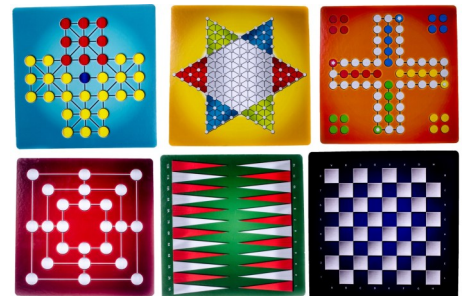


Activities Galore



Please feel free to participate in all activities in the towers. The community rooms are for your use. You may reserve them for special events through the office.

Most nights you may find someone looking to play games, cards or do a puzzle, so come on down to the Community rooms or Solariums for some fun.



Remember not to go if you have bugs and are not cleared yet by Maintenance.



Winter

Find and circle all of the Winter related words that are hidden in the grid.
The remaining letters spell a Japanese proverb.

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

BLACK ICE
BLIZZARD
BOOTS
CARNIVAL
CHRISTMAS
COLD
EGG NOG
FIREPLACE
FIREWOOD
FOG
FREEZE
FROST
GLOVES

HAIL
HEADBAND
HIBERNATION
HOCKEY
HOLIDAYS
ICE FISHING
ICICLES
KNIT CAP
LONG UNDERWEAR
MITTENS
OLYMPICS
PARKA
SCARF

SEASON
SKATES
SKI DOO
SKI PANTS
SKIING
SLED
SLEET
SLIPPERY
SNOW CASTLE
SNOW PLOW
SNOW SHOVEL
SNOW TIRES
SNOWBALL

SNOWBOARD
SNOWFLAKE
SNOWMAN
SNOWSHOES
SOLSTICE
SOUP
STEW
STORM
SWEATSHIRT
TOBOGGAN
VACATION
WIND CHILL
WOOL SOCKS

Call to win by calling the answer in to 402 727-4848 ext. 109

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 - Room 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

What's up in January

St Patrick's Bell Choir will be here

January 17 at 5:30 p.m. in the

Stanton Community Room to perform.

Come on down and enjoy the bells



Starting January 1, 2024, all cats and dogs need to be licensed at the Fremont Municipal Building, 400 E Military, on the 2nd floor. You need to take current rabies shot record to get them licensed. Please bring in the receipt and/or tag to your Tower's Office once you get it.



JANUARY MOVIES AT GIFFORD TOWER

Wednesdays at 3:00 pm
 Gifford Tower Community Room

Commodities for January / February will be January 11, 1:00 at Stanton and 1:30 at Gifford community rooms.



THURSDAY,
January 18
1:30-2:30

STANTON TOWER COMMUNITY ROOM

BINGO

1	27	33	48	75
8	19	45	56	61
3	18	FREE SPACE	49	69
15	26	41	53	66
2	21	37	46	65

Bingo Fridays

2:00 p.m.

Stanton Tower Community room
 Special Bingos - 3rd Friday Birthday - Free to those celebrating in January.
 4th Friday is Sandwich Bingo.

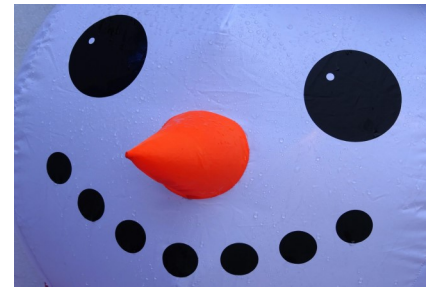
FAIR HOUSING: IT'S NOT AN OPTION. IT'S THE LAW.





Fremont Housing Agency

LETS TALK ... January 2024



Rita Grigg
Executive Director
Riley O'Neill
Housing Program
Manager

Welcome in the New Year with a New Organization

As the New Stanton /Gifford Towers Resident Council, we would love to have you join us on the first Wednesday of each month at 2:00 p.m. in the Stanton Community Room located on the first floor of Stanton for our monthly Resident Council Meeting.

At the meeting, we make plans for upcoming events and discuss concerns and questions that residents may have. We welcome new ideas and suggestions. Feel free to contact us for any questions or concerns you may have. We will do our best to help.

President: Julaine Hammond (402) 816-4466 Apt 1106 Stanton
Vice President: Carol Nodean (402) 704-9481 Apt 301 Stanton
Treasurer: LuAnn Christ (402) 719-5760 Apt 500 Gifford
Secretary: Eileen Tant (402) 719-5618 Apt 509 Stanton

Again, we welcome you and look forward to seeing you at meetings and activities.

RENT DUE

Rent is due
Monday
January 1st
Your payment
must be in the
drop box by
3:30 pm
on Friday,
January 5, 2024
or you will be
charged late fees.



REMEMBER!!!
Checks or Money
Orders Only!
NO CASH!!!!!!

Come celebrate Birthdays with Lilly from Essential Care.

Come and join the fun the on second Tuesday of each month as we take a walk down memory lane with our residents who are celebrating each month.

This month, we will be getting together in The Stanton Community Room on January 9 at 1:00 pm. You may get any of your Medicare or Medicaid questions answered as well.

For after hour
Maintenance
emergencies only!
contact:

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

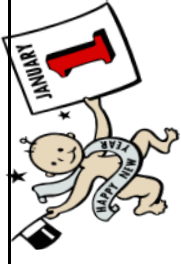


Offices will be closed:

January 1 and 15, 2024
No meals will be served.

January 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Subject to change without notice.	1 KITCHEN AND DINING ROOM CLOSED No meals served New Years Day	2 Broccoli Cheese Soup and Crackers 1/2 Meat Sandwich Peach Crisp	3 Shepherd's Pie Jell-O Salad Dinner Rolls	4 Swiss Steak Scalloped Potatoes Pea Salad Peanut Butter Brownie	5 Ham Mashed Potatoes/ Gravy Carrots Fruit	6 Shepherd's Pie Bread and Butter Cookie	
7 Hot Dog Chips Pork and Beans	8 Ham Macaroni Casserole Broccoli Mandarin Oranges	9 Beef Noodle Soup Muffin Mixed Fruit	10 Roast Beef Mashed Potatoes\Gravy Corn Cranberry Sauce	11 Swedish Meatballs Mashed Potatoes Cook's Choice Vegeta- ble Cookie	12 Chili Dog Macaroni and Cheese Snicker Apple Salad	13 Ham Macaroni Casserole Green Beans Apple Sauce	
14 Beef Noodle Soup and Crackers 1/2 Cheese Sandwich Fruit	15 KITCHEN & DINING ROOM CLOSED No meals served MLK Jr. Day	16 Sausage and Biscuits with Gravy Scrambled Eggs Peaches	17 Fried Chicken Mashed Potatoes /Gravy Corn Frosted Lemon Cake	18 Homemade Pepperoni Pizza Lettuce Salad Root Beer	19 Hot Turkey Sweet Potatoes Beets Pudding Delight	20 Hamburger Chips 3 Bean Salad Peanut Butter Brownie	
21 Chicken Tenders Sweet Potatoes Corn Bread and Butter	22 Chicken Salad Sandwich Jell-O Salad Pumpkin Dessert Pickle	23 Beef Tips and Gravy Over Noodles Green Beans Surprise Cake	24 Chicken Fried Steak Mashed Potatoes / Gravy Beets Brownie	25 BLT Sandwich With Cheese Cottage Cheese Fruit Cocktail	26 Three Salad Plate Crackers Apple Crisp	27 Beef Tips and Gravy Over Noodles Cooks Choice Vegetable Cookie	
28 Pulled Pork Sandwich Jell-O Salad Pumpkin Delight	29 Fish Fillet Coleslaw Dinner Roll Cookie	29 Sloppy Joes Tator Tots Pickle Pears	31 Meatloaf Mashed Potatoes /Gravy Corn Peanut Butter Brownie	*SUBJECT TO CHANGE*			



January Activities 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 New Year's Day Offices Closed	2 RSSC Gifford Small Conf. Rm 10-11	3 Social Club Meeting 2:00 Stanton Comm. Rm	4 Movie Gifford Comm. Rm 3pm	5 Bingo 2-4 Stanton Comm. Rm	6 Coffee 2-3 Stanton Comm. Rm
7	8 Art Club Gifford 2-4	9 Birthday Celebrations 1:00 with Lilly with Essential Care RSSC Gifford Small Conf. rm 10-11	10 Arts and Crafts Stanton 2-4 * * * * * Pest-Trol Stanton Tower Floors 6-9	11 Movie Gifford Community Room 3pm * * * * * Commodities 1:00 Stanton & 1:30 Gifford	12 Bingo 2-4 Stanton Comm. Rm	13 Coffee 2-3 Stanton Comm. Rm
14	15 Offices Closed MLK, Jr. Day	16 RSSC Gifford Small Conf. rm 10-11	17 Blood Pressure Clinic 2:00 Stanton Com. Rm * * * * * St Patrick's Bells 5:30 Stanton Comm. Rm	18 Trivia 1:30 - 2:30 Stan- ton Comm. Rm * * * * * Movie Gifford Comm. Rm 3pm	19 Birthday Bingo 2-4 Stanton Comm. Rm	20 Coffee & Rolls 2-3 Stanton Comm. Rm
21	22 Art Club Gifford 2-4	23 RSSC Gifford Small Conf. Rm 10-11	24 Arts and Crafts Stanton 2-4 * * * * * Pest-Trol Gifford Tower Floors 6-9	25 Game Day 1:30 - 2:30 Stanton Comm. Rm * * * * * * Movie Gifford Comm. Rm 3pm	26 Sandwich Bingo 2-4 Stanton Comm. Rm	27 Coffee 2-3 Stanton Comm. Rm
28	29 Art Club Gifford 2-4	30 RSSC Gifford Small Conf. Rm 10-11	31 Arts and Crafts Stanton 2-4			

Residents in the Spotlight !

Verna Buettner

The key to living a long life is found in Verna, who celebrated her 100th Birthday this year surrounded by her daughters, grandchildren, great-grandchildren, great-great grandchildren and friends. While not liking surprises and big celebrations she definitely enjoyed having the family around for this birthday. Seeing her family makes any day better.

Born in Iowa with 1 brother and 4 sisters, they moved to Fremont to attend school. Verna never liked traveling far from home. She has called Stanton Towers home for over 23 years. Keeping busy now with word books, she once was active with her sewing group at church. We look forward to seeing Verna celebrate next year.



Thank You!

As the year comes to a close, it seems to be an appropriate time to say Thank-You to all that have made the year better for us. This starts with us thanking you for your support this year.

A special Thank-You to the Community and Home Instead for the wonderful Santa for Seniors gifts to our residents over 55. Another Thank-You to the Salvation Army for the food boxes they made available to us thru the local grocery store vouchers.

Thank you to all that decorated our halls and windows for a bright spot in our day.

Please reach out to all those that have helped you in some way to let them know how much this has meant to you as we start 2024 with hopes of a wonderful year ahead.



The Library Bookmobile - Keene Library

Coming back in February!

The library will be reopening soon as they move back into their building. The book mobile will not be here this month. Keep watching for the reopening later this month.



Ways to connect with others to feel useful and appreciated again.

Smile, even if it feels hard

Grab every chance to smile at others or begin a conversation – for instance, with the cashier at the shop or the person in line waiting by you. If you're not sure what to say, try complimenting or asking people about themselves.

Invite friends for tea

If you're feeling down and alone, it's tempting to think nobody wants to visit you, but often friends, family and neighbors will appreciate receiving an invitation to come and spend some time with you.

If you'd prefer someone else to host, go down for coffee on Saturday in the Community Room.

Keep in touch by phone

Having a chat with a friend or relative over the phone can be the next best thing to being with them.

Learn to love computers

If your friends and family live far away, a good way to stay in touch, especially with grandchildren, is by using a personal computer, smartphone or tablet. You can share emails and photos with family and friends, have free video chats using services such as [Zoom](#), or [FaceTime](#), and make new online "friends" (careful not to be scammed by a con artist) or reconnect with old friends on social media sites such as [Facebook](#), [Instagram](#) or [X](#) formerly [Twitter](#) and website forums.

A smartphone or tablet can be especially useful if you can't get around very easily, as you can sit with it on your knee and the screen is clear and bright. A sponge-tip stylus pen or speech recognition may help if the touchscreen is difficult for arthritic hands or fingers with poor circulation.

Libraries and community centers often hold regular training courses for older people to learn basic computer skills – as well as being a good place to meet and spend time with others in their own right.

Get involved in local community activities

These will vary according to where you live, but the chances are you'll have access to a singing or walking group, book clubs, bridge, bingo, quiz nights and faith groups.

Fill your diary

It can help you feel less lonely if you plan the week ahead and put things in your diary to look forward to each day, such as a walk in the park or going to a local coffee shop, library, cinema or museum.

Get out and about

Don't wait for people to come and see you, travel to visit them. One advantage of being older is having time.

Help others

Use the knowledge and experience you have gained over a lifetime to give something back to your community. You'll get lots back in return, such as new skills and confidence – and, hopefully, some new friends, too.

There are endless volunteering opportunities that relish the qualities and skills of older people, such as patience, experience and calmness.