

MARCH is Reading **Awareness Month**

"The more that you read, the more that you will know. The more you learn, the more places you'll go." Dr. Seuss

Make time for Reading. Find a reading friendly space, reduce detractions and spend time even if it is just 5—10 minutes. Make your space quiet and turn off the screens.

E-books and audiobooks. Technology can make reading accessible and affordable to more people. Choose the medium that works best for you. There are many features available like enlarging print, highlighting text, in e-books, slowing down or speeding up audio books.

Keene Library now offers free e-books and audiobooks for check out. Come down and Meet with Eliza on March 29 at 10am in the Stanton **Community Room.**

Fun and Trivia for all.

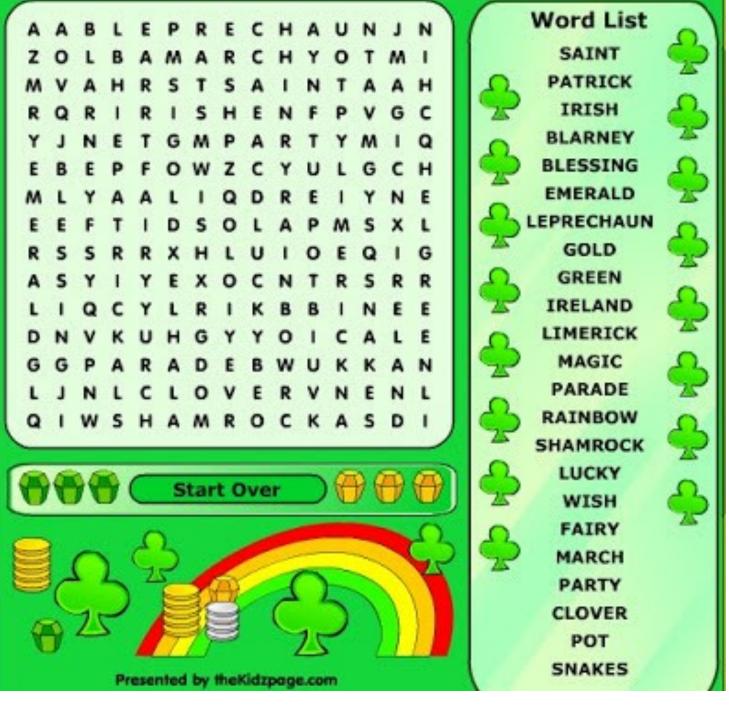
National Dentist's Day

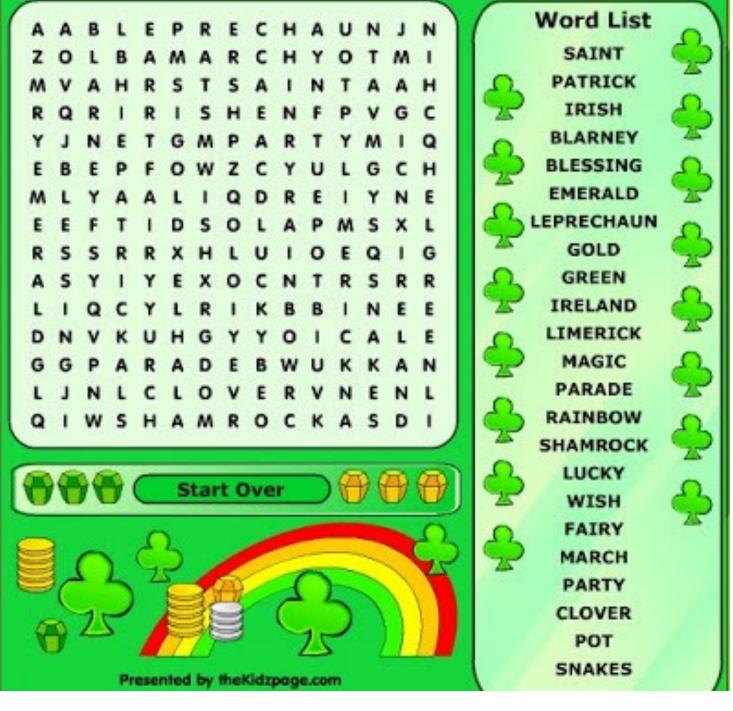
This is observed to show appreciation to our dentist's, and also to remind ourselves about the importance of regular dental checkups and proper dental care.

Practicing good oral hygiene includes a daily routine

- Brush twice a day for two minutes each time
- Use a soft bristled toothbrush
- Replace toothbrush every 3 months, or sooner if bristles are worn
- Floss daily and use mouthwash to remove residual food particles
- Eat a healthy diet and limit sugary food and drink
- Schedule regular dental checkups and cleanings







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** (402) 721-7770 **Senior Center** (402) 727-2815 **RSVP** Car-Go (402) 561-2224

> **Uniquely Yours** (402) 727-8977



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

MIDLAND ART CLUB SPRING PAINT PARTY

Back by popular demand. The Midland Art Club, will be here on Saturday, March 25th at 12:00 PM at the Stanton Community room







want a table top easel, we ask that you provide it. There will be a limit of 20 people. Please make your reservation so you don't get left out this year.

Sign up at the front desk of each Tower

PEST-TROL SERVICES See weekly cleaning guide included in newsletter Floors 2 through 5 | Stanton Tower | March 8th Floors 1 through 5 | Gifford Tower | March 22rd

POT LUCK DINNER

MUSIC with DJ at Gifford

7:00 PM-9:00 PM

Saturday, March 18

Stanton Community Room Saturday the 11th from 5:00 PM to 7:00 PM



Arts & Crafts Poster Contest this week

Every Monday at Gifford and Wednesday at Stanton from 2:00 PM to 4:00 PM residents gather in the **Community rooms to do crafts together. Please feel** free to join them, or stop in and see what beautiful crafts they are working on.



Fremont Housing Agency

> **Rita Grigg Executive Director**

RENT DUE

Rent is due Wednesday, March 1st To avoid a late fee, your payment must be in the drop box by Sunday, March 5th **Checks or Money Orders** or **Direct Deposit via** myuflex Only!

Help is just a phone call away. Please call our Service Coordinator if you need assistance. We will help you in finding the appropriate resource. 402-727 4848 ext. 109



Please remember the hall decorations outside doors and around the area are there to add a home feeling for all to enjoy. Please refrain from taking what is not yours.

For after hour Maintenance emergencies contact:

Ed: 402 720-1264

Rita: 402 720-9643



Please remember that visiting animals are not allowed in the towers for everyone's safety.

"Let's Talk..."

March 2023

Friendly Reminders

During all hours of the day, we ask that you be mindful that noise travels. Please be considerate of your neighbors peaceful enjoyment of their homes, and refrain from making loud noises that can be heard outside of your apartment. This includes, playing music, watching TV, or when having guests over, to name a few.

"Ouiet Hours" are from 10:00 PM to 8:00 AM.

Animals

Help

Missing plant?

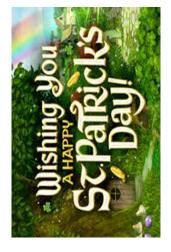
Happy Birthday To all our March Leprechauns.

Thursday March 9th 1:00 Commodities to be available in community rooms.

On Sunday, March 12, 2022 at 2:00 A.M. we "spring forward to " Daylight Saving Time". Don't forget to set your clocks ahead one hour.



March 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Monthly menus for participants are still necessary and available at the Gifford & Stanton Tower offices. If you are interested in starting the Food Service Program, please feel free to contact Resident Support Services at 727-4848 ext. 109	ants are still nece tanton Tower offic he Food Service tesident Support S	necessary and offices. If you /ice Program, ort Services at	1 Chili With Crackers 1/2 Cheese Sandwich Peaches	2 Swiss Steak Mashed Potatoes Pea Salad Peanut Butter Brownie	 3 Hot Turkey Sandwich Mashed Pota- toes Jello Salad 	4 Chili Bread and Butter Cookie
Cheeseburger Casserole Green Beans Cookie	6 Salisbury Steak Mashed Pota- toes Mixed Veggies	7 Brats Fried Pota- toes and Fruit Salad	8 Tastees Sandwich Chips Coconut Pud- ding	9 Ham Salad Sandwich Potato Salad Lemon Cake	10 Salmon Patty Mashed Pota- toes Creamed	11 Ham Salad Sandwich Chips/ Pickles Peaches
12 Salisbury Steak Mashed Potatoes Mixed Veggies Mandarin Oranges	13 Chicken Breast Carrots/Green Beans Hash	14 PorkLoin Au Gratin Pota- toes Carrots Cookie	15 Chicken Strips French Fries Cole Slaw	16 Corned Beef Deli Sandwich Sauerkraut Lime Jell-O With Cottage Cheese with	17 Fish Planks Pickled Beets Coleslaw Oatmeal Rai-	18 Hamburger Tater Tot Casserole Green Beans Pudding
19 Pork Loin Au Gratin Potatoes Carrots Cookie	20 Ham Slice Mashed Sweet Pota- toes Corn Angel Food With Cherries	21 Barbeque Ribs Mashed Potatoes Green Beans Cook's Choice Fruit	22 Meatloaf Mashed Pota- toes, Peanut Butter Brownie	23 Cheeseburg- er Potato Salad Baked Beans Mandarin Or- anges	24 Tuna and Noodle Casserole Bread and Butter Carrot Cake With Cream Cheese Frost- ing	25 Cheeseburger Potato Salad Pumpkin Bar
26 Tuna and Noodle Casserole Bread and Butter Carrot Cake With Cream Cheese Frosting	27 Hot Ham and Cheese Sand- wich French Fries	28 Roast Beef With carrots Potatoes & On- ions Bun with butter	29 Three Sal- ad Plate Crackers Apple Crisp	30 Barbecue Chicken Pasta Salad Vanilla Pud- ding with Cherries	31 Chef Salad Jell-O with Fruit	*SUBJECT TO CHANGE*



March 2023 Activities

Wed 1 2:30-Stanton Tower Resident Council and Social
Club Meeting 3:30 Arts and Crafts Poster Contest
8 2-4 Arts and Crafts Stanton Towers PESTROL Floors 2-5
Stanton Tower
15 2-4 Arts and Crafts Stanton Towers
22 2-4 Arts and Crafts Stanton Towers PESTROL Floors 2-5
Gifford Tower
29 10-11 Keene Library Trivia & Services Available Stanton
2-4 Arts and Crafts Stanton Towers



Thank you to everyone who pays their rent on time every month! You make our work do smoothly. RENT PAYMENTS ARE ALWAYS DUE ON THE 1ST OF EVERY MONTH. They will be considered late if received after the 5th of the month, and additional fees will be assessed. Please refer to your lease if you have specific questions about the time that payment is due.

- Remember, we have a **NO CASH** policy. This applies to any transaction. Payments must be made by check, money order, or they can now be made online (see below). Please make sure the check or money order is written for the correct amount. A partial payment also cannot be accepted! Your account will show as not paid until the full amount is received.
- If your name and apartment number are not pre-preprinted on the check or money order, please make sure that information is legibly written on the document. This will expedite crediting your payment to your account.
- Likewise, if someone else is making your rent payments on your behalf, please ask them to make sure that your name and apartment number are noted with the payment.
- A few months ago, Fremont Housing partnered with Uflex to give our residents the option of paying their rent online. This gives you the ability to pay your rent from the comfort of home. Your payment will be deducted from either your checking or savings account. There is a fee of \$1.00 per transaction. Your first step is to get registered at www.myuflex.com. Once your registration has been completed, you can begin utilizing the payment system. You are given the option of setting up automatic recurring payments or making one-time payments each month. A confirmation will be sent to you once the payment is made and your tenant account will be credited indicating that your rent has been paid for the current month. We have several tenants who have been using Uflex and it is working well. If you have any questions about using this system, please contact Uflex at 1-888-822-2545 or at customersupport@myuflex.com.



Please join us in the Gifford Community Room Thursday March 9 & Friday March 10th 8:30 AM-12:30 PM

Successfully complete both sessions of this tenant education program to earn a Nebraska RentWise certificate that can be used when applying for housing anywhere.

- Sharpen Communication Skills & build positive Relationships
- ◆ Increase proficiency in budgeting & Money Management
- Be knowledgeable in **searching** for rental properties
- Learn how to build a positive Rental History
- Understand your Rights & Responsibilities as a tenant
- Improve lease interpretation skills
- Know the importance of taking **Pride in Your Home**



Be aware of the many scams that are out there contributing to over \$2.3 billion in fraud losses.

An Imposter/Scammer is a dishonest person who will call, email, or text

you. They might say you're in trouble with the government, you owe money, someone in your family had an emergency, or that there's a problem with one of your accounts and that you need to verify information. Scammers use technology to change the phone number that appears on your caller ID, to reflect an organization, such as Social Security, IRS, or Medicare. Others will lie and say you won money in a lottery/ sweepstakes but you have to pay a fee to get it. They will pressure you to act immediately and insist that you pay by sending money through a money transfer company, or by putting money on a gift card and then giving them the number on the back. Some will send you a check (that will later turn out to be fake), tell you to deposit it, and then send them money.

Ways to avoid falling into a scammer's trap:

Block unwanted calls, texts and emails. Resist the pressure to act immediately. Hang up and contact the person/organization in question. NEVER give your personal or financial information in response to a request that you did not expect. Recognize a scammer by the way they ask you to pay. If it raises a question, ask someone you trust to help you investigate.

You can also avoid telemarketing calls by getting on the National Do Not Call List: Visit DoNotCall.gov or call 1-888-382-1222