



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 distractions 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



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| <p>A A B L E P R E C H A U N J N Z O L B A M A R C H Y O T M I M V A H R S T S A I N T A A H R Q R I R I S H E N F P V G C Y J N E T G M P A R T Y M I Q E B E P F O W Z C Y U L G C H M L Y A A L I Q D R E I Y N E E E F T I D S O L A P M S X L R S S R R X H L U I O E Q I G A S Y I Y E X O C N T R S R R L I Q C Y L R I K B B I N E E D N V K U H G Y Y O I C A L E G G P A R A D E B W U K K A N L J N L C L O V E R V N E N L Q I W S H A M R O C K A S D I</p> | <p>Word List</p> <p>SAINT </p> <p>PATRICK </p> <p>IRISH </p> <p>BLARNEY </p> <p>BLESSING </p> <p>EMERALD </p> <p>LEPRECHAUN </p> <p>GOLD </p> <p>GREEN </p> <p>IRELAND </p> <p>LIMERICK </p> <p>MAGIC </p> <p>PARADE </p> <p>RAINBOW </p> <p>SHAMROCK </p> <p>LUCKY </p> <p>WISH </p> <p>FAIRY </p> <p>MARCH </p> <p>PARTY </p> <p>CLOVER </p> <p>POT </p> <p>SNAKES </p> |
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Start Over

Presented by theKidzpage.com

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

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

The canvas', paints, and brushes will be supplied. If you 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

Stanton Community Room

Saturday the 11th from 5:00 PM to 7:00 PM

MUSIC with DJ at Gifford

Saturday, March 18

7:00 PM-9:00 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.



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



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!



For after hour Maintenance emergencies contact:

Ed: 402 720-1264

Rita: 402 720-9643



“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.

“Quiet Hours” are from 10:00 PM to 8:00 AM.

Animals

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

Help

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

Missing plant?

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.

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 |
|-----|--|--|--|--|--|---|
| | <p>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</p> | | | | | |
| 5 | Cheeseburger Casserole Green Beans Cookie | 6 Salisbury Steak Mashed Potatoes Mixed Veggies | 7 Brats Fried Potatoes and Cabbage Fruit Salad | 8 Tastees Sandwich Chips Coconut Pudding | 9 Ham Salad Sandwich Potato Salad Lemon Cake | 10 Salmon Patty Mashed Potatoes Creamed |
| 12 | Salisbury Steak Mashed Potatoes Mixed Veggies Mandarin Oranges | 13 Chicken Breast Carrots/Green Beans Hash | 14 Pork Loin Au Gratin Potatoes 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 Raisin |
| 19 | Pork Loin Au Gratin Potatoes Carrots Cookie | 20 Ham Slice Mashed Sweet Potatoes Corn Angel Food With Cherries | 21 Barbeque Ribs Mashed Potatoes Green Beans Cook's Choice Fruit | 22 Meatloaf Mashed Potatoes, Pea Salad Peanut Butter Brownie | 23 Cheeseburger Potato Salad Baked Beans Mandarin Oranges | 24 Tuna and Noodle Casserole Bread and Butter Carrot Cake With Cream Cheese Frosting |
| 26 | Tuna and Noodle Casserole Bread and Butter Carrot Cake With Cream Cheese Frosting | 27 Hot Ham and Cheese Sandwich French Fries | 28 Roast Beef With carrots Potatoes & Onions Bun with butter | 29 Three Salad Plate Crackers Apple Crisp | 30 Barbecue Chicken Pasta Salad Vanilla Pudding with Cherries | 31 Chef Salad Jell-O with Fruit |
| | | | | | | *SUBJECT TO CHANGE* |



March 2023 Activities



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|---|---|--|---|---|
| 5 | 6 10-4 Feet 4Keeps 2-4 Art and Crafts Gifford Tower Posters due for NE NAHRO Contest to office | 7 10-11-RSSC At Gifford Tower 2-3 Exercise Class Stanton Towers | 8 2-4 Arts and Crafts Stanton Towers PESTROL Floors 2-5 Stanton Tower | 9 8:30—12:30 Rentwise Class- Gifford Towers 1:00 Commodities Stanton / Gifford | 10 8:30—12:30 Rentwise Class- Gifford Towers 2-4 pm-Bingo Stanton Tower | 11 5-7 Social Club Pot Luck dinner Stanton Tower |
| 12 | 13 2-4-Art and Crafts Gifford Tower | 14 10-11-RSSC At Gifford Tower 2-3 Exercise Class Stanton Towers | 15 2-4 Arts and Crafts Stanton Towers | 16 1:30-2:30 Trivia Stanton Tower | 17 2-4 pm-Bingo Stanton Tower | 18 2-3 Coffee & Rolls Stanton Tower DJ At Gifford |
| 19 | 20 2-4 Art and Crafts Gifford Tower | 21 10-11-RSSC At Gifford Tower 2-3 Exercise Class Stanton Towers | 22 2-4 Arts and Crafts Stanton Towers PESTROL Floors 2-5 Gifford Tower | 23 | 24 2-4 pm-Bingo Stanton Tower | 25 Noon to 1:30 Midland Art Club Sprint Paint Party Stanton Tower 2-3 Coffee Stanton Tower |
| 26 | 27 10-4 Feet 4Keeps 2-4 Art and Crafts Gifford Tower | 28 10-11-RSSC at Gifford Tower 2-3 Exercise Class Stanton Towers | 29 10-11 Keene Library Trivia & Services Available—Stanton 2-4 Arts and Crafts Stanton Towers | 30 2:00 Game Day Stanton Towers | 31 2-4 pm-Bingo Stanton Tower | |



Thank you to everyone who pays their rent on time every month! You make our work go 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-printed 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**