

St. Patrick's



Find and circle all of the words that are hidden in the grid.
The remaining Find and 34 letters spell a secret message.

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

BEER
BELFAST
BISHOP
CABBAGE
CELEBRATION
CELTIC CROSS
CHRISTIAN
CLOVER
CORK
CORNER BEEF

DANCING
DUBLIN
EVENTS
FEAST DAY
FESTIVAL
GREEN
GUINNESS
HERITAGE
HISTORY
HOLIDAY

HOLY DAY
IRELAND
IRISH
LEPRECHAUN
LIMERICK
MARCH
MISSIONARY
MUSIC
PARADE
PATRON SAINT

POTATOES
SEVENTEENTH
SHAMROCK
SNAKES
SODA BREAD
TRADITION
YEARLY

Be the first to call in with correct answer to the Service Coordinator
to win a prize. 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 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

PEST-TROL SERVICES

Floors 2 through 5 | Stanton Tower | March 13th
Floors 1 through 5 | Gifford Tower | March 27th

POT LUCK DINNER

Stanton Community Room

Saturday the 2nd from 5:00 PM to 7:00 PM

Commodities to be available in the Stanton Community room. Thursday, March 14th 1:00pm



Feet for Keeps

March 14, 9am to 4 pm
2nd Floor Solarium, Stanton Tower
Call for an appointment 402-719-9770

St. Patrick's Day Social Pitch Tournament

Friday March 15th from 5:00 to 7:00pm

Stanton Community Room

Come celebrate the years with Lilly from Essential Care.

Come and join the fun 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 March 12 at 1:00 pm. You may also get any of your Medicare or Medicaid questions answered as well.



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

THE FIRST-MOBILE BANQUET

The First Lutheran Church Mobile Banquet provides 200 hot meals to different neighborhoods and locations throughout the Fremont area on the second Thursday of each month. On Thursday, March 14th, between 5:30 & 6:30 pm, they plan to be in the parking lot of Gifford Towers to distribute meals. *All are welcome to stop by the church bus to pick up a to-go meal (while supplies last).* Look for the Mobile Banquet banner on the side of the bus.



Rentwise Class

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 classes are on March 13-14, 2024 beginning at 8:30 a.m. in the Gifford Tower Community Room. Deadline to register is March 4th.

Be sure to take part in this free and informative opportunity. If you are interested in attending, call: Tina @ 402-727-4848 ext. 102.



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, and slowing down or speeding up audio books.

Keene Library now offers free e-books and audiobooks for check out. **Book Mobile will be here Friday, March 1, 9:30 Gifford lobby; 10:30 Stanton Community Rm.**



Fremont Housing Agency

Rita Grigg

Executive Director

Riley O'Neill

Housing Program

Manager

RENT DUE

Rent is due

Friday, March 1st

To avoid a late fee,
your payment must be

in the drop box by

3pm Tuesday,

March 5th

Checks or Money

Orders or

Direct Deposit via

Uflex Only!

“Let’s Talk...”

March 2024

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 PM to 8 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

On Sunday, March 10, 2024 at 2:00 A.M., we spring forward to “Daylight Saving Time”. Don’t forget to set your clocks ahead one hour.



**For after hour
Maintenance
emergencies
contact:**

Ed: 402-720-1264

Rita: 402-720-9643



Scams and Fraud

It is going on all around us.

Be alert! If it is too good to be true, it’s a scam.

Find ways to avoid falling into a scammer’s

traps. Come hear the latest from Officer Ed

Watts as he bring us up to date on the latest going around Fremont.



Tuesday, March 5, 2:00pm,
Stanton Community Room

All are welcome to attend!

Sun

Mon

Tue

Wed

Thu

Fri

Sat

March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			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			
3 Cheeseburger	4 Salisbury Steak	5 Brats	6 Tastee's	7 Ham Salad	8 Salmon Patty	9 Ham and
Casserole	Mashed Potatoes	Fried Potatoes and	Sandwich	Sandwich	Mashed Potatoes	Cheese Sandwich
Green Beans	Mixed Veggies	Cabbage	Chips	Potato Salad	Creamed Peas	Chips / Pickle
Cookie	Pears	Fruit Salad	Coconut Pudding	Lemon Cake	Jell-O with Fruit	Peaches
10 Brats	11 Chicken Breast	12 Pork Loin	13 Chicken Strips	14 Corned Beef Deli	15 Fish Planks	16 Hamburger
Mashed Potatoes	Carrots/Green Beans	Au Gratin Potatoes	French Fries	Sandwich & Sauerkraut	Pickled Beets	chips
Mixed Veggies	Hash Browns	Peas	Cole Slaw	Lime Jell-O With	Coleslaw	Baked Beans
Mandarin Oranges	Pumpkin Bar	Cookie	Pears	Cottage Cheese with Pineapple	Oatmeal Raisin Cookie	Pudding
17 Pork Loin	18 Ham Slice	19 Barbeque Ribs	20 Meatloaf	21 Cheeseburger	22 Tuna and Noodle	23 Cheeseburger
Au Gratin Potatoes	Mashed Sweet Potatoes	Mashed Potatoes	Mashed Potatoes	Potato Salad	Casserole	Potato Salad
Carrots	Corn	Green Beans	Pea Salad	Baked Beans	Bread and Butter	Pumpkin Bar
Cookie	Angel Food With Cherries	Fruit Cocktail	Peanut Butter Brownie	Mandarin Oranges	Carrot Cake With Cream Cheese Frosting	
24 Tuna & Noodle	25 Hot Ham and	26 Liver & Onions	27 Three Salad	28 Barbecue Chicken	29 Grilled Cheese	30 Swiss Steak
Casserole	Cheese Sandwich	Potatoes & Carrots	Plate	Pasta Salad	Tomato soup	Scalloped Potatoes
Bread and Butter	French Fries	Bun With Butter	Crackers	Vanilla Pudding	Pickle	Pea Salad
Carrot Cake With Cream Cheese Frosting	Pudding	Black Forest Cake	Apple Crisp	Delight	Chocolate chip Cookie	Peanut Butter Brownie
31 Barbecue Chicken						
Pasta Salad						
Vanilla Pudding De-light						





March 2024 Activities



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:30 to 10:30 Bookmobile Gifford Lobby & Stanton Community Room 2-4 pm-Bingo Stanton Tower	2 5-7 Social Club Pot Luck dinner Stanton Tower
3	4 2-4 Art and Crafts Stanton community room	5 10-11-RSSC At Gifford Tower 2:00 Scam/ Fraud Presentation FPD	6 2-4 Social Club Meeting Stanton Towers PEST-TROL Floors 2 -5	7 Commodities 1:00 Stanton Community Room/ 1:30 Gifford (Lobby)	8 2-4 pm-Bingo Stanton Tower	9 2-3 Coffee Stanton Tower
10	11 2-4-Art and Crafts Stanton community room	12 8:30 Sprinkler testing 10-11-RSSC Gifford Tower Birthday Celebration 1:00 with Lilly of essential care	13 2-4 Arts and Crafts Stanton Towers 8:30—12:30 Rentwise Class-Gifford Towers	14 9-4 Feet 4 Keeps Stanton Tower 8:30—12:30 Rentwise Class-Gifford Towers 1:00 Commodities 5:30 Mobile Banquet	15 2-4 pm Birthday Bingo Stanton Tower 5-7 Pitch Tournament Stanton Community Room	16 2-3 Coffee & Rolls Stanton Tower
17	18 2-4 Art and Crafts Stanton community room	19 10-11-RSSC At Gifford Tower 2-3 Exercise Class Stanton Towers	20 2-4 Arts and Crafts Stanton Towers PEST-TROL Floors 2 -5 Gifford Tower	21 1:30-2:30 Trivia	22 2-4 pm-Sandwich Bingo Stanton Tower	23 2-3 Coffee Stanton Tower
24	25 10-4 Feet 4Keeps 2-4 Art and Crafts Stanton community room	26 10-11-RSSC at Gifford Tower 2-3 Exercise Class Stanton Towers	27 2-4 Arts and Crafts Stanton Towers	28 2:00 Game Day Stanton Towers	29 2-4 pm-Bingo Stanton Tower	30 2-3 pm Coffee Stanton Tower
Easter Sunday 31						

Sharing Irish blessings

“May the road rise to meet you. May the wind be always at your back.” When it comes to their origins, history suggests that sharing Irish blessings dates back to ancient Celtic times. Bards and poets would offer blessings to clans during their travels, with many being rooted in nature.

Learning Irish dances

Make learning the Irish Jig a St. Patrick’s Day tradition. If you plan on watching the St. Patrick’s Day parade, you’re sure to see the dance in full swing, where dancers point their toes out, hop up and bring their right leg up to their left knee (and vice versa). According to *Celtic Steps*, Irish dances may have originated from an “Irish Clan marching tune,” with Irish dancing having ties to early forms of Celtic dance. “Celts were also said to have danced clockwise in circles on happy occasions and anti-clockwise when mourning,”

Looking for leprechauns and Finding your pot of gold

“Catching leprechauns is more challenging than you think!” Legend has it that the mischievous leprechauns hid the treasure at the end of the rainbow where it touches the earth.

Putting up St. Patrick’s Day decorations

Like any other holiday, St. Patrick’s Day deserves to be celebrated with festive decor. Transform your space into a green wonderland. Think shamrock banners dancing in the air or green flags fluttering in the wind for the perfect touch of Irish Charm.

Noshing on Irish potatoes

Irish potatoes are coated in cinnamon to replicate tiny potatoes (but they taste anything but!). Despite the exact history behind their creation being unknown, some guessed that they are meant to commemorate the Irish Potato Famine that lasted from 1845 to 1851.

Wearing o’ the green

One of the lucky St. Patrick’s Day traditions in Ireland is to don the color green, as the hue symbolizes Ireland’s lush landscape (this is [why the Chicago River turns green](#) on St. Patrick’s Day too!). “Ireland itself is even known as the ‘Green Isle’ or the ‘Emerald Isle,’”

Pinching those not wearing green

Another reason to wear green for luck is that legend has it leprechauns can’t see you if you’re wearing the verdant color. And if they do see you, they will pinch you!

Common St. Patrick’s Day Traditions THE READER’S DIGEST VERSION



INFORMATION YOU NEED TO KNOW

Community Agency's Phone Numbers

Adult Protective Services/Child Protective Services 800-652-1999
Commodities—NENCAP 402-385-6300
DHHS Economic Assistance Phone Number 402-595-1258
DHHS Medicaid 402-595-1178
Dodge County General Assistance 402-727-2731
Dodge County Veterans Association 402-727-2719
Eastern Office On Aging 402-721-7770
Fremont Friendship Center 402-727-2815
Home and Community Based Service (HCBS) Waiver 877-667-6266
Keene Memorial Library 402-727-2694
Meals On Wheels 402-721-8262
LifeHouse 402-721-3125
Salvation Army 402-721-0930
Uniquely Yours Stability Support 402-727-8977

Reminders

Please provide the office with your 2024 Social Security Award Letters

Be mindful of the calendar of events when you are using the Stanton Tower Community Room as a walk way.

All Gifford and Stanton Residents are welcome at all Social Club activities and encouraged to attend!

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