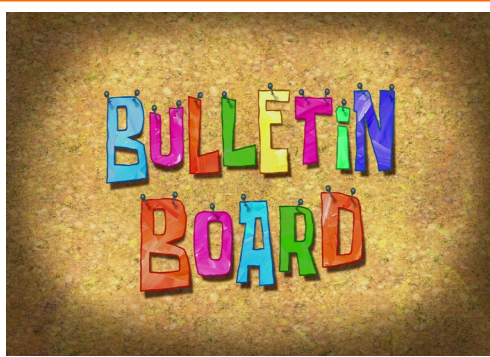




Please keep up on upcoming events, programs and opportunities coming up over the holiday by checking your bulletin board for the latest news.



COMMODITY DELIVERY

November 9, 2023

1:00 Stanton - 1:30 Gifford.



Be sure to let the Service

Coordinator know if you have a conflict picking up your food box. 402-727-4848 Ext. 109

Feet For Keeps

Friday November 17 - 9 to 4pm

Stanton 2nd Floor Solarium

Call for an appointment 402 719-9770

Please be a courteous neighbor and be aware of the sounds you may be making that could disturb your neighbor. Loud conversations in the hall, Doors slamming shut, the trash chute closing can be very disturbing to your neighbors.



RESIDENT COUNCIL & SOCIAL CLUB MEETING

WEDNESDAY, NOVEMBER 1

2:30 PM

STANTON TOWER COMMUNITY



Pest-Trol

November Schedule

Wednesday November 8

Stanton Floors 10 & 11

Wednesday November 22

Gifford Floors 10—12

Need a ride?

Fremont Transit Program

402-4569-2845

Blair Blue

402-533-1133

VA Appointments

402-995-4200

Methodist

Good Neighbor

Request with appointments

Thankful For...

Find and circle all of the people and things to be thankful for. The remaining letters spell a secret message.



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

ACTS OF KINDNESS
A PLACE TO LIVE
BEACHES
BEAUTIFUL NATURE
BLESSINGS
BOOKS
BROTHERS
CARE GIVERS
CHILDREN
CHRISTMAS
CLEAN WATER
CLOTHING
COMPUTERS

ELECTRICITY
EYEGASSES
EYESIGHT
FAITH
FAMILY
FLOWERS
FOOD
FREEDOM
FRESH AIR
FRIENDS
FUN
GOOD HEALTH
GRANDMA

GRANDPA
HAPPY MEMORIES
HEARING
HOLIDAYS
HUMOR
INTERNET
LAUGHTER
LIFE
LOVE
MUSIC
NURSES
PARENTS
PEACE

PETS
RAINBOWS
SCHOOL
SINGING
SISTERS
SMART PHONES
SMILES
SUNSHINE
TEACHERS
TELEVISION
VOLUNTEERS
WARM SHOWERS

Be sure to call 402-727-4848 ext. 109 to let us know when you get the answer to win.

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

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



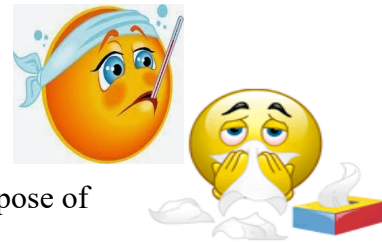
10 Ways to Stay Healthy During Cold and Flu Season



From UW Health physicians to Wisconsin's Department of Health and Family Services to the national Centers for Disease Control, the experts agree - the best way to combat the flu this season is through preventive measures.

Getting flu vaccine is your best defense, but you may also use the following 10 tips to fight the flu this year:

- Wash your hands frequently, especially after blowing your nose, coughing, sneezing, being with ill people and especially before you eat
- Avoid sharing objects
- Avoid touching your nose, mouth and eyes
- Get enough sleep and avoid getting "run down"
- Reduce stress
- Use tissues for coughs and sneezes and dispose of them immediately and appropriately
- Eat right and get regular exercise
- Avoid crowds and keep your distance from people whom you know are ill
- If you are sick, avoid contact with the frail, very young and elderly



Salvation Army Angel Tree Meal Program

You can sign up until November 17. Please go online to saangeltree.org to apply. You will need an email address, ID, Proof of: Address with rental amount, Income and expenses. Shelly will be here November 9 in the RSSC office (205 Stanton) from 9 to 12 if you need assistance.

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.



Fremont Housing Agency

Rita Grigg
Executive Director
Riley O'Neill
Housing Program Manager

RENT DUE

Rent is due on
Wednesday,
November 1.



UFLEX, Checks or Money
Orders Only!
NO CASH!!!!!!

Your payment must be in
the drop box by 8:00 am
on Monday, November 6
or late fees will be
applied.



The offices and kitchen will be closed on Friday, November 10th for Veterans Day.

The offices and kitchen will also be closed on Thursday, November 23rd and Friday, November 24th for the Thanksgiving Holiday.

No meals will be served these days.

Lets Talk...

NOVEMBER 2023



Stanton FHA Annual Inspections
November 13-17, 2023

Amanda and the maintenance team will be completing all inspections. The filters will need to be accessible for changing.



INSPECTIONS Our maintenance staff has been getting pushback about doing their quarterly inspections. Please read pages 16 & 17 of your lease agreement on Inspections, Entry of premises during tenancy, and the Notice and Delivery Procedures. Your patience, cooperation, and help is needed daily for Maintenance to be affective at their jobs!

Laundry Room Etiquette

Please be sure to wipe down the inside of the washer and dryer when you are finished using them.

If you have extra decals, glitter and artwork on your clothes, please do not dry as these may melt and leave marks in the dryer.





November 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Ham Loaf Mashed Potatoes Cook's Choice Vegetables Carrot Cake	2 Chicken Tenderloins Seasoned Red Potatoes Green Beans Peaches	3 Fish Plank With Tartar Sauce Macaroni And Cheese Beets Oatmeal Raisin Cookie	4 Ham Loaf Mashed Potatoes Vegetables Black Forest Cake with Cherries
5 Chicken Tenders Sweet Potatoes Lime Jell-O	6 Tomato Soup Grilled Cheese Sandwich Three Bean Salad Apple Crisp	7 Tastee Treat French Fries Chocolate Chip Cookie Root Beer	8 Three Salad Plate Pickle Fruit	9 Chicken Breast Parsley Potatoes Corn Vanilla Pudding	10 Veterans Day Kitchen and Offices are Closed No meals will be Served	11 Tastee Treat Chips Chocolate Pudding
12 Tomato Soup 1/2 Cheese Sandwich Pears	13 Baked Steak Mashed Potatoes Peas Applesauce Cake	14 Hamburger Pizza Lettuce Salad German Chocolate Cake	15 Ham and Bean Soup Corn Bread Peaches	16 Turkey Broccoli Penne Bake 3 Bean Salad Orange Jell-O	17 Cheesburger Casserole Green Beans Chocolate Pudding	18 Hamburger Pizza Breadstick Peaches
19 Deli Turkey Sandwich Chips Pickle Pumpkin Whip	20 Chicken Strips French Fries Cole Slaw Cookie	21 Pork Chop Parsley Potatoes Green Beans Orange Dream Cake	22 Turkey with Dressing Mashed Potatoes & Gravy Green Bean Casserole	23 KITCHEN AND DINING ROOM CLOSED NO MEALS WILL BE SERVED	24 KITCHEN AND DINING ROOM CLOSED NO MEALS WILL BE SERVED	25 Chicken Strips Cole Slaw Fruit
26 Pastrami Sandwich Chips Pickle Pears	27 Chicken Parmesan Mashed Potatoes Peas/Carrots Mixed Fruit	28 Chili Mac Casserole Corn Chocolate Pudding	29 Swiss Steak Mashed Potatoes Carrots Rice Crispy Bar	30 Pork Loin Sweet Potatoes Bread/Butter Lime Jell-O with Pineapple		



November 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 2:00 Social Club meeting	2 5:00 Movie Night	3 9:30 Last Library Bookmobile 2:00 Bingo 2:00 Paint windows	4
5	6 2:00 Arts and Crafts	7	8 Stanton Floor meetings in Solariums Pest-Trol 10-11 Stanton	9 9+-12:00 Shelly Salvation Army sign up Commodities 1-2:00 3:00 Games	10 Veterans Day Kitchen and Offices are Closed No meals will be Served	11
12	13 2:00 Arts and Crafts	14		16 1:30 Trivia	17 2:00 Bingo	18 2-3 Coffee and Rolls
19	20 2:00 Arts and Crafts	21			-- Inspections -- -- Apartment --	
26	27 2:00 Arts and Crafts	28	29 Pest-Trol 10-12 Gifford	30 3:00 Games	24 KITCHEN AND DINING ROOM CLOSED NO MEALS WILL BE SERVED	25

Residents in the Spotlight !

John Lempke

John always has a smile and a kind word to greet you with as you pass through the green space.

Thank you John for being our Mr. Rogers!



THURSDAY, NOVEMBER 16 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 at 2:00

Stanton Tower

Community room

Stanton Floor Meetings

Wednesday November 8

Come out and meet your neighbors with Amanda and Sharon

2nd at 10:00 7th at 1:00

3rd at 10:15 8th at 1:15

4th at 10:30 9th at 1:30

5th at 10:45 10th at 1:45

6th at 11:00 11th at 2:00

Lobby

Window

Painting

November 3

at 2:00

Stanton Windows

Please come down to community room to join in the fun!



The Library Bookmobile - Keene Library

Friday, November 3, 2021

9:30– 10:15 at Gifford Tower

10:30-11:15 at Stanton Tower

The library will be closed in December and January as they move back into their building. No book mobile will be here until after they complete the move. Books will be due on their next visit to the towers.



Thanksgiving will soon be upon us...

As we gather to celebrate the holiday of Thanksgiving, let us remember the Pilgrims who gave us the day. They could easily have focused on all they had lost (a lot), they decided to offer thanks for all the blessings that made it possible for them to come together in that place - the blessings of life, a new beginning, a bountiful harvest, new friendships, a bright future, and family. Our nation was begun on the foundation of thankfulness; our lives can likewise hold great promise when grounded in a grateful heart.

Let us try resolve to make it more than a reason to take a day off, eat some great food, and watch a ballgame.

Some thoughts by others...

- “Reflect upon your present blessings—of which every man has many—not on your past misfortunes, of which all men have some.” — **Charles Dickens**
- “Gratitude is a quality similar to electricity: It must be produced and discharged and used up in order to exist at all.” — **William Faulkner**
- “Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well.” — **Voltaire**
- “Gratitude is not only the greatest of virtues, but the parent of all the others.” — **Marcus Tullius Cicero**
- “Gratitude bestows reverence, allowing us to encounter everyday epiphanies, those transcendent moments of awe that change forever how we experience life and the world.” — **John Milton**
- “Keep your eyes open to your mercies. The man who forgets to be thankful has fallen asleep in life.” — **Robert Louis Stevenson**
- “When eating fruit, remember the one who planted the tree.” — **Vietnamese Proverb**
- “Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.” — **Oprah Winfrey**
- “Be grateful for what you have and stop complaining - it bores everybody else, does you no good, and doesn't solve any problems.” — **Zig Ziglar**