


FHA invites you to the **Resident Advisory Board Meeting for 2023 Capital Funds (CFP) Annual & 5 Year Statements, and 1 Year Agency Plan**
Thursday, May 11th, 2023, at 9:00 a.m. in the Stanton Tower Library

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 There will be a **Public Meeting to discuss the FHA Capital Funds Annual and 5 Year Statements and 1 Year Agency Plan on Wednesday, May 31, 2023, at 11:00 a.m. in the Gifford Tower Community Room. The Regular Board Meeting will follow at 11:30 a.m.**

**ALL TENANTS ARE ENCOURAGED TO ATTEND**

# Resident Time!

Please join Us on **Thursday, April 13<sup>th</sup> at 2:00 p.m.** in the **Stanton Dining Room** for snacks, *and* a chance to participate in a *Question & Answer session* with FHA Staff about the *FHA Food Program*. **Be prepared for surprises and a gift card reward opportunity!**




Money Smart for Older Adults  
 Come learn about the different scams going around today.  
 Wednesday, April 19 at 2:00 Stanton Community Room  
 Frank Kment, VP First State Bank and Trust

cfpb Consumer Financial Protection Bureau FDIC Federal Deposit Insurance Corporation

## Congratulations

to the March RentWise class.

Thanks you to our instructors  
 Tammy McLuckie, Tina Dooling  
 and Jessica Welstead, LFS



## Spring Word Search



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

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

ALLERGIES  
 APRIL  
 BASEBALL  
 BEES  
 CROCUSES  
 CYCLAMENS  
 DAFFODILS  
 DANDELIONS  
 EASTER  
 EQUINOX  
 FLOWERS

FROGS  
 GOLF  
 GRASS  
 GREEN  
 GROWTH  
 IRISES  
 LILIES  
 MARCH  
 MAY  
 NEW  
 LEAVES  
 PLANTING

RAIN  
 RENEWAL  
 ROBINS  
 SEASON  
 SNOWMELT  
 SOFTBALL  
 SPRING  
 BREAK  
 SPRING  
 CLEANING  
 TULIPS  
 WARMER  
 WET



**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**



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




**Arts & Crafts**  
**Every Monday at Gifford & Wednesday at Stanton**  
**2:00 to 4:00 PM both days**  
**Bring a craft to do or learn a new one**



**Feet 4 Keeps Toe Nail Clinic**  
**Monday April 17, 2022**  
**11:00 AM-4:00 PM**  
**Call ahead for an appointment**  
**Sara Bourek 402 719-9770**

**POT LUCK DINNER**  
**Stanton Community Room**  
**Saturday the 8th from 5:00 PM to 6:30 PM**



**Essential Care, LLC**  
**Lilly Carbonell Walker**  
**Thursday the 6th from 1:30 PM to 2:30 PM**

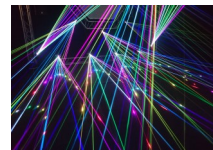
Original Medicare  
 ?  
 Medicare Advantage

**Slatts Music and Light Show with Sloppy Joe Cook-off**

Appearing in the Gifford Community Room April 15th.

All residents invited to cook-off at 6:30. No charge

Music and Light show 8 to 11:30. No Alcohol.



**Win a prize!** The first person to solve the hidden message in the Spring Word Search will win a prize. Must e-mail the answer to [RSSC@fremonthousing.org](mailto:RSSC@fremonthousing.org) or call at 402-727-4848 ext 109



Fremont Housing Agency

**Rita Grigg**  
**Executive Director**

**RENT DUE**

**Rent is due**  
**Saturday, April 1st**  
**To avoid a late fee, your payment must be in the drop box by 3:00 pm, Wednesday, April 5th**  
**Checks or Money Orders Only!**

**Be Kind to each other.**



**For after hour Maintenance emergencies contact:**

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

**Lets Talk...**  
**April 2023**

**Communications**

We use the newsletter, notices (delivered under apartment door for privacy, or box by door), phone calls, the bulletin boards, flyers and letters. Please respond promptly when a response is needed.

Notices about upcoming events are on the calendar and posted on bulletin boards. Staff will remove old notices, etc. off ALL the bulletin boards. Please tell the Office if something is overlooked, don't remove it yourself.

**Misplaced Mail**

If you receive mail that doesn't belong to you, take it to the Office or write "not at this address" on the front of the envelope and put it in the mail slot for the Mail Carrier.

**Dump fees**

You need to pay **BEFORE** removing large furniture to the dumpster. Please pay in the office the \$20 per item.

**Pest-Trol Services**

**Floors 6 through 9 | Stanton Tower | April 12th**  
**Floors 6 through 9 | Gifford Tower | April 26th**

**Quarterly Inspections**

**Bed Bug / Cockroach Prevention Inspections**  
**April 17th -21st Gifford Tower**  
**Please let us know in advance if you are seeing bugs.**

**Meals**

Meals available to all in towers. Please complete monthly calendar. You may purchase a meal card for **\$62.50** for 10 meals or see the service coordinator to determine if you are eligible for SSAD meals program from DHHS.



**NO Feeding the Critters PLEASE!**

**What you may think you are putting out to feed the squirrels or birds . . . may actually be feeding and growing the pest that will invade your apartment.**



**The mice may love you but you neighbors will not.**

# April 2023

| Sun                                                                                      | Mon                                                              | Tue                                                                                 | Wed                                                                                      | Thu                                                                          | Fri                                                                                   | Sat                                                                  |
|------------------------------------------------------------------------------------------|------------------------------------------------------------------|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|----------------------------------------------------------------------|
| 2 Golden Beef Casserole<br>Bread and Butter<br>Mandarin Orange<br>Jell-O                 | 3 Scrambled Eggs<br>Sausage Patties<br>Toast                     | 4 Chicken Fried<br>Steak<br>Mashed Potatoes<br>Broccoli<br>Chocolate Chip<br>Cookie | 5 Texas Hash<br>Apple Rings<br>Bread and Butter                                          | 6 Vegetable Lasagna<br>Bread Stick<br>Lettuce Salad                          | 7 Fish Sandwich<br>Cottage Cheese<br>Peaches                                          | 8 Texas Hash<br>Mandarin Oranges<br>Bread and Butter                 |
| 9 Vegetable<br>Lasagna<br>Jell-O Salad<br>Chocolate Chip<br>Cookie<br><b>EASTER</b>      | 10 Tuna Salad<br>Sandwich<br>Chips<br>Cherry Cheesecake          | 11 Fried Chicken<br>Mashed Potatoes<br>Carrots<br>Pistachio Pudding                 | 12 Cheeseburger<br>Deluxe<br>Pasta Salad<br>Pears                                        | 13 Turkey<br>Mashed Potatoes<br>Gravy Green Bean<br>Casserole<br>Pumpkin Pie | 14 Salmon Patties<br>Fried Potatoes<br>Cream Peas                                     | 15 Tuna Salad<br>Sandwich<br>Pasta Salad<br>Pudding                  |
| 16 Turkey<br>Green Bean<br>Casserole<br>Bread and Butter<br>Jell-O<br>Poke Cake          | 17 Ham & Macaroni<br>Casserole<br>Green Beans<br>Tapioca Pudding | 18 Grilled Chicken<br>Sandwich<br>Tater Tots<br>Jell-O Salad                        | 19 Meat Loaf<br>Mashed Potatoes<br>Corn<br>Chocolate Cake With<br>Peanut Butter Frosting | 20 Vegetable Beef<br>Stew<br>Bread and Butter<br>Peach Crisp                 | 21 Turkey Tetrazzini<br>Peas & Carrots<br>Strawberry Cake                             | 22 Ham & Macaroni<br>Casserole<br>Green Beans<br>Fruit               |
| 23 Turkey<br>Tetrazzini<br>Corn<br>Strawberry Cake                                       | 24 Chicken Parmesan<br>Baked Potatoes<br>Beets                   | 25 Brats On A Bun<br>Potato Salad<br>Baked Beans<br>Peaches                         | 26 Ham and<br>Scalloped Potatoes<br>Cook's Choice<br>Vegetable<br>Spice<br>Cake          | 27 Homemade<br>Hamburger Pizza<br>Lettuce Salad<br>Pineapple Fluff           | 28 Hamburger Carrot<br>Potato Casserole<br>Bread and Butter<br>Mandarin Orange Jell-O | 29 Potato Soup<br>Egg/Cheese Salad<br>Sandwich<br>Cooks Choice Fruit |
| 30 Hamburger Carrot<br>Potato Casserole<br>Bread and Butter<br>Mandarin Orange<br>Jell-O |                                                                  |                                                                                     |                                                                                          |                                                                              |                                                                                       |                                                                      |



## April 2023 Activities

Social Club



| Sun                                                                                         | Mon                                                                | Tue                                                                | Wed                                                                                          | Thu                                                                     | Fri                              | Sat                                                                                                      |
|---------------------------------------------------------------------------------------------|--------------------------------------------------------------------|--------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|----------------------------------|----------------------------------------------------------------------------------------------------------|
|        |                                                                    |                                                                    | <b>HAPPY BIRTHDAY<br/>APRIL BABIES!</b>                                                      |                                                                         |                                  | 1<br>2-3 Coffee<br>Stanton Tower                                                                         |
| 2                                                                                           | 2-4<br>Art & Crafts<br>Gifford Tower<br>Windows closed<br>12- 3:00 | 4<br>10-11 RSSC<br>Gifford Tower<br>2-3 Exercise<br>Stanton Tower  | 5 2:00 Resident<br>Council & Social<br>Club Meeting<br>Stanton Tower<br>Art & Crafts         | 6 1:30—2:30<br>Essential Care<br>Lily Walker<br>10 Walking club         | 7<br>2-4 Bingo<br>Stanton Tower  | 8 Social Club<br>Pot Luck<br>Dinner 5-6:30<br>Stanton Tower                                              |
| 9                                                                                           | 10<br>2-4<br>Art & Crafts<br>Gifford Tower                         | 11<br>10-11 RSSC<br>Gifford Tower<br>2-3 Exercise<br>Stanton Tower | 12 2-4<br>Art & Crafts<br>Stanton Tower<br><b>PESTROL<br/>Flrs 6-9 Stanton</b>               | 13<br>2:00 Resident<br>Appreciation<br>Stanton Tower<br>10 Walking club | 14<br>2-4-Bingo<br>Stanton Tower | 15 2-3<br>Coffee & Rolls<br>Stanton Tower<br>^:30 Slate Music &<br>Light Show With<br>Sloopy joe contest |
| 16 All Week<br>starting Monday<br><b>Critter Consult</b><br>8-4 all floors<br>Gifford Tower | 17 11-4<br>Feet For Keeps<br>2nd floor Stanton<br>2-4 Art & Crafts | 18<br>10-11 RSSC<br>Gifford Tower<br>2-3 Exercise<br>Stanton Tower | 19 2-4<br>Money Smart<br>for Older Adults<br>Stanton Tower                                   | 20 1:30-2:30<br>Trivia Stanton<br>10 Walking club                       | 21 2-4 Bingo<br>Stanton Tower    | 22<br>2-3 Coffee<br>Stanton Tower                                                                        |
| 23                                                                                          | 24<br>2-4<br>Art and Crafts<br>Gifford Tower                       | 25<br>10-11 RSSC<br>Gifford Tower<br>2-3 Exercise<br>Stanton Tower | 26 FHA Board<br>Mtg 2-4 Art &<br>Crafts Stanton<br>Tower <b>PESTROL<br/>Flrs 6-9 Gifford</b> | 27<br>10 Walking club<br>Windows closed                                 | 28<br>2-4 Bingo<br>Stanton Tower | 29<br>2-3 Coffee<br>Stanton Tower                                                                        |
| 30                                                                                          |                                                                    |                                                                    |                                                                                              |                                                                         |                                  |                                                                                                          |

## What Home means to Me

Not the homes of our past, or days gone by... We can make it better, if just we try. So many people to meet, so much to do... Games, entertainment, crafts just to name a few.



The 9th Floor of Stanton get together each day, we talk and laugh. There's much to say...

We've become extended family, It's homey this way. We gather round the table, sit on the love seat...Come 4:00 it's where we meet.

We've made it home, ...We've made it ours.

Music laughter and so much more!

## Spring Gallery Walk

April 22 @ 11:00 AM - 3:00 PM

Enjoy a fun filled day in Downtown Fremont! Businesses downtown will be hosting local artists, musicians, creators, & more! The event is open to everyone and free to the public. Stay tuned for artist and business locations.

### WHAT TO DO WHEN THE FIRE ALARMS GO OFF

Just a reminder, as there was some confusion recently when the fire alarms went off The message will say to leave the building but.....remember that that message automatically goes off when the smoke alarms go off. The Fire Department does not want you to leave your apartment unless the fire is in your apartment. Get a wet towel and put it under your door in case there is smoke. It is very difficult for the Fire Department to get into the building when residents try to get out of the building. If the Fire Department has to evacuate, it is easier for them to reach residents if they are in their apartments.

Also remember if the ambulances comes to the buildings you cannot go through the lobby until they leave. If you come in from the outside go to the Community Room until the EMT's have transported their patient offsite. BE SAFE!



Izaak Walton Fish Fry

April 7 6-8pm

2560 W. Military Ave

\$10



# Spring cleaning

## Throughout

- Dust ceilings, vents & light fixtures
- Dust all wall hangings
- Dust and steam clean baseboards
- Dust doors and molding
- Clean door handles
- Clean light switches
- Dust blinds
- Vacuum and steam clean curtains
- Vacuum and steam mop floors
- Wash insides of windows

## Kitchen

- Wipe down cabinets
- Clean inside of cabinets
- Clean in and out of microwave
- Clean in and out of fridge
- Clean stovetop
- Clean in and out of oven
- Clean in and out of dishwasher
- Wipe down any other appliances
- Wipe down trashcan
- Clean backsplash
- Clean counters
- Clean sink
- Clean table and legs
- Clean chairs and legs

## Bathrooms

- Clean mirror
- Clean counter and sink
- Wipe cabinets inside and outside
- Wipe all fixtures
- Clean all towel hooks
- Wash shower curtain, towels, rug
- Clean shower / tub
- Clean inside and outside of toilet

## Bedrooms

- Wash all bedding
- Dust bed, nightstand, dresser etc.
- Dust all decor items

## Family / Living

- Vacuum sofa and chairs
- Steam clean upholstery if able
- Dust all decor items
- Clean tv
- Dust inside and out of all furniture
- Dust or clean fireplace