

SOME DEFINITIONS TO PONDER!

IS THIS YOU?

Discrimination is any act against any individual based on skin color, or racial or ethnic origin. Individuals can discriminate by refusing to do business with, socialize with, or share resources with people of a certain group.

Discrimination

Racism is the belief that groups of humans possess different behavioral traits corresponding to physical appearance and can be divided based on the superiority of one race over another.

What Constitutes an Adult Bully?

Just like children and teenagers can be bullies, so can adults. What defines an adult bully is if they regularly make you feel oppressed, belittled, humiliated, or de-energized. The cruel actions that often lead to those feelings include personal insults, ridiculing jokes, threats, public shaming, invasion of your personal space, or unwanted personal contact.



Harassment

Harassment covers a wide range of behaviors of an offensive nature. It is commonly understood as behavior that demeans, humiliates or embarrasses a person, and it is characteristically identified by its unlikelihood in terms of social and moral reasonableness.



In the legal sense, these are behaviors that appear to be disturbing, upsetting or threatening. They evolve from discriminatory grounds, and have an effect of nullifying a person's rights or impairing a person from benefiting from their rights. When these behaviors become repetitive, it is defined as bullying. The continuity or repetitiveness and the aspect of distressing, alarming or threatening may distinguish it from insult.

The Farmers Love Letter

My Sweet Potato, do you carrot all for me?

You are the Apple of my Eye

with your radish hair and turnip nose.

My heart beets for you.

My love for you is as strong as onions.

If we cantaloupe, lettuce marry,

and we will be a

happy pear!

Trudy Proffitt



Where to go for:

Medical Emergency - 911

Apartment issue - Housing Specialist

Gifford Tammy 402-727-4848 Ex 101

Stanton Amanda 402-727-4848 Ex 103

Help Medicare, Medicaid, outside resources

RSSC Sharon 402-727-4848 Ext 109

After Hours Emergency Maintenance

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



August 2023



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|---|--|--|---|---|
| HAPPY BIRTHDAY TO ALL WHO WERE BORN IN AUGUST! 6 | 7 2-4-Art and Crafts at Gifford Tower | 1 10-11-RSSC at Gifford Tower 8 10-11-RSSC at Gifford Tower | 2 2:00- Resident Council and Social Club Meeting ST 2-4-Art and Crafts at Stanton Pestrol at Stanton F100rs 10-11 2-4-Art and Crafts at Stanton Tower 3-Movie at Gifford 16 2-4-Art and Crafts at Stanton Towers 17 1:30-2:30-Trivia Stanton Towers Closed all week 23 11:30-FHA Board Meeting- Gifford Tower 2-4-Art and Crafts at Stanton 30 2-4-Art and Crafts at Stanton | 3 Walk around the block from Stanton at 10 am & Gifford at 1 pm 10 17 24 Resource Fair at Stanton Tower Community Room 2-4:00 31 2:00 Games ST Walk around 10/2 Offices Closed | 4 Library at Gifford 10:30 at Stanton 11:00 2-4 pm-Bingo ST Stanton Tower 11 2-4pm-Bingo ST 9-4:00-Foot 4 Keeps -Stanton 2nd Floor Solarium 18 2-4 pm-Bingo at Stanton Tower 25 2-4 pm-Bingo at Stanton Tower | 5 8:00 pm-11:00 pm - DJ Slatts Music and Light Show-Gifford 12 19 2-3 Coffee and Rolls at Stanton Tower 26 ST = Stanton GT = Gifford |
| BE HAPPY 20 | 14 2-4-Art and Crafts at Stanton Tower 21 2-4-Art and Crafts at Gifford Tower 28 2-4-Art and Crafts at Gifford Tower | 15 10-11-RSSC at Gifford Tower 16 10-11-RSSC at Gifford Tower Closure : Gifford 22 10-11-RSSC at Gifford Tower Bed Bug Checks | 23 11:30-FHA Board Meeting- Gifford Tower 2-4-Art and Crafts at Stanton 30 2-4-Art and Crafts at Stanton | 24 Resource Fair at Stanton Tower Community Room 2-4:00 31 2:00 Games ST Walk around 10/2 Offices Closed | 25 2-4 pm-Bingo at Stanton Tower | 26 ST = Stanton GT = Gifford |
| 27 | 28 2-4-Art and Crafts at Gifford Tower | 29 10-11-RSSC at Gifford Tower | 30 2-4-Art and Crafts at Stanton | 31 2:00 Games ST Walk around 10/2 Offices Closed | Let's HAVE FUN | ST = Stanton GT = Gifford |



IMPORTANT!
PLEASE READ



Pestrol August Schedule

Starting at 12:00 pm

Wednesdays —

August 9th — Stanton Floors 10-11

August 23 — Gifford Floors 10-12



NO SMOKING
Thank You

Gifford and Stanton Towers are no smoking facilities. Smoking is allowed only in outside designated areas. If caught smoking in your apartment here is what happens:

- FIRST OFFENSE: \$200.00 FINE**
 - SECOND OFFENSE: \$300.00 FINE**
 - THIRD OFFENSE: EVICTION**
 - DRUG OFFENSE : 3 day EVICTION**
- Federal Housing fines may also apply.



Please, No food and drink in public areas not designated for such activity. We are seeing water rings on coffee tables and empty cans left behind where they should not be. Be proud and respectful this is you and your neighbors homes.

RESIDENT COUNCIL AND SOCIAL CLUB MEETING

WEDNESDAY

AUGUST 2

2:00 PM

STANTON TOWER COMMUNITY ROOM



SCHEDULING CONTRACTOR APPOINTMENTS

When scheduling appointments with contractors such as Allo, phone companies, etc. to set up cable and/or phones, please schedule these appointments during office hours.

Appointments must be scheduled between 9:00 am-12:00 pm or 12:30 pm-3:00 pm.



AUGUST MOVIES AT GIFFORD TOWER

Movies will be shown on Wednesday at 3:00 pm in the Gifford Tower Community Room

August 9 – Charro – Elvis Presley

TRIVIA DAY

THURSDAY, AUGUST 19TH at 1:30-2:30

STANTON TOWER COMMUNITY ROOM

We're Going Back To School



Fremont Housing Agency

Rita Grigg
Executive Director
Riley O'Neill
Housing Program Manager

Rent is due

Tuesday

August 1, 2023

Your payment must be in the drop box by 3:00 pm on Saturday,

August 5, 2023 or you

will be charged a \$30.00 late fee. If rent is not in by the 21st another \$20.00

late fee will be applied!!

Checks or Money Orders Only!

PAY YOUR RENT

For after hour Maintenance emergencies contact:

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



Lets Talk..
AUGUST 2023

Mark your Calendar



Resource Fair

August 24, 2023

2:00-4:00

Stanton Community Room

Often wonder what services and benefits are out there? Where do you go to find needed help? Help is on the way. Many of the area service providers will be here to answer your questions and find the help you need.

Eastern Nebraska Office on Aging provides many services to the Dodge County area, like Foster Grandparents, Senior Companions and meals on wheels. They will have representatives here to answer your service questions.

Nebraska Dept of Labor - Can I work or will I lose my assistance? They can answer your questions and help find a program for you. They have Senior Community Service, Workforce Innovation Opportunity Act, SNAP Next Step Employment and Training, Veterans programs and Youth Earn and Learn programs.

United Healthcare, NE Totalcare , Healthy Blue NE and Essential Care will be here to help with all you Insurance questions and clarify the benefits of each program. Did you know you can have a Health club membership with some? Come find out what you have been missing out on and what changes are in store for 2024.

Hospitals, Homecare and Hospice providers will be here to talk about services available to you in the hospital and in your home so you can stay where you are.

Area resources to assist you : Keene Public Library - What's new at the library, get set up with a card. Good Neighbor Community Health providing services to our north. Uniquely Yours support program with Thrift Store.

What do you appreciate most at Fremont Housing?

It has been a long hot summer, lets focus on some cool times. Please take a few minutes and fill out what you like, whether it be your neighbors, living here or even the food program. Cut-outs will be available in the office to complete.



Find and circle all of the summer words that are hidden in the grid. The remaining letters spell an additional summer item.

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

ANTS
 AUGUST
 BARBECUE
 BASEBALL
 BEACH
 BEES
 BICYCLE
 BLUE SKY
 BOATING
 BREEZE
 CAMPING

FISHING
 FLIES
 FLOWERS
 GARDENING
 GOLF
 GREEN GRASS
 HAT
 HIKING
 HOLIDAYS
 HOT
 ICE CREAM

JULY
 JUNE
 MOSQUITOES
 NO SCHOOL
 PICNIC
 ROLLER BLADES
 SANDALS
 SKATEBOARD
 SOCCER
 SOLSTICE
 SPRINKLERS

SUNBURN
 SUNGLASSES
 SUNSCREEN
 SUNSHINE
 SUNTAN
 SWEAT
 SWIMMING
 U V RAYS
 WASPS
 WATER FIGHTS
 WATERMELON

NOTICE OF BOARD MEETING

FREMONT HOUSING AUTHORITY BOARD MEETING

August 23, 2023 11:30 AM
 Gifford Tower

Residents in the Spotlight..

Lois Diedrichsen just celebrated a BIG Birthday but you could not tell. She is always on the go with the social club activities and more. Besides being known for calling an occasional Bingo she loves to Quilt. She has donated many in the past as well.

Deb Barden can most likely be found at the local thrift shop getting a great deal for her neat apartment. Ask a friend of Deb and you will also find she is there for them when they are in need.

July Barbeque on the Green

Huge success, Thanks to all who participated.



LOOKING FOR EMPLOYMENT???

Neworks.nebraska.gov



Volunteer's Needed!

LOOKING FOR VOLUNTEER OPPORTUNITIES

Uniquely Yours is in need of volunteers.

The Unique Boutique has volunteer

opportunities available on Tuesdays and/or Thursdays from 11:00 am to 2:00 pm.



Life House is in need of volunteers for their

Thrift Store Monday through Friday from 10:00 am to 2:00 pm.



STABILITY SUPPORT
 UTSS.ORG

Please let us know when you get the answer! First to win at 402-727-4848 ext. 109.

August 2023



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|---|--|--|---|
| Subject to change without notice | | | | | | |
| 6 Turkey Club Sandwich Chips Jell-O Salad | 7 Beef Stew Biscuit with Honey Apricots | 8 Chicken Breast Parsley Potatoes Carrots Bread and Butter | 9 Pork Loin Mashed Sweet Potatoes Cranberry Sauce Pumpkin Bars | 10 Pastrami Sandwich French Fries Pickle Spear Butterscotch Pudding | 11 Meat Loaf Baked Potato Corn Spice Cake | 12 Meat Loaf Baked Potato Green Beans Spice Cake |
| 13 Tuna Salad Sandwich Pickle & Chips Fruit Cocktail | 14 BBQ Pork Sandwich Onion Rings Fruit Cocktail Cake | 15 Ham Fried Potatoes Green Beans Cherry Pie | 16 Crispy Chicken Salad Bread Stick Cranberry Salad | 17 Cold Cuts & Cheese Crackers Macaroni Salad Fresh Fruit | 18 Hamburger Potato Salad Baked Beans Marble Cake | 19 Ham Carrots Bread and Butter Jell-O |
| 20 BBQ Pork Sandwich Potato Salad Pudding | 21 Ribs Potatoes Sauerkraut Fruit Cocktail | 22 Pepperoni Pizza Lettuce Salad German Chocolate Cake | 23 Chicken Fried Steak Creamy Potatoes Green Beans Cheesecake | 24 Chili Mac Corn Mandarin Oranges | 25 Cheesy Broccoli Soup Tea Roll Watergate Salad | 26 Chili Mac Corn Mandarin Oranges |
| 27 Breakfast Casserole Fresh Fruit | 28 Hamburger Steak With Mashed Potatoes and Gravy Cranberry Sauce | 29 Hot Ham Sandwich Vegetable Pasta Salad Cooks Choice Fruit | 30 3 Plate Salad Dinner Roll German Chocolate Cake | Soft Shell Taco Chips and Salsa Peaches Peaches | Menus for participants are available in the Gifford and Stanton offices. If you are interested in participating in the program, please contact the Resident Support Specialist at 402-727-4848 ext. 109 or stop in the office during regular business hours. | |

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
888-210-1093

Senior Center
(402) 727-2815

Uniquely Yours
(402) 727-8977

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



Foot Care Nurse Visit
August 11th - Cost: \$23 per visit
9-4:30 pm
2nd floor solarium in Stanton Tower
Best to call ahead for appointment
Sara 402-719-9770

The Keene Mobile Library

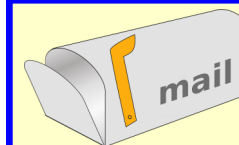
Friday, August 4, 2023

9:30 – 10:15 at Gifford Tower

10:30- 11:15 at Stanton Tower



MEDICARE OPEN ENROLLMENT
OCTOBER 15, to DECEMBER 7, 2023.
Contact your insurance agent now to see what benefit changes may be effecting you or if you are thinking about changing your Medicare Insurance.



You've got mail!

When you get a package notice in your mailbox over the weekend, it will not be in the office until the mail comes on Monday.

