



# February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<div>1</div> <div>Ham Slice Scalloped Potatoes Mixed Vegetables Bread and Butter</div>	<div>2</div> <div>Soft Shell Taco Corn Salsa Carrot Cake</div>	<div>3</div> <div>Spareribs With Sauerkraut Mashed Potatoes Peach Delight Bar</div>	<div>4</div> <div>Ham Slice Mashed Potatoes with Gravy Mixed Fruit</div>
<div>5</div> <div>Vegetable Beef Soup with Crackers Dinner Roll Red Velvet Cake</div>	<div>6</div> <div>Chicken Tenders French Fries Pasta Salad</div>	<div>7</div> <div>Homemade Ham and Bean Soup Corn Bread Brownie</div>	<div>8</div> <div>Hamburger Pizza Lettuce Salad Jell-O Fruit</div>	<div>9</div> <div>Irish Beef Stew Bread and Butter Cherry Crisp</div>	<div>10</div> <div>Fried Chicken Mashed Potatoes Peas Coconut Bar</div>	<div>11</div> <div>Turkey Sandwich Chips Pickle Brownie</div>
<div>12</div> <div>Beef Stew Bread and Butter Apple Crisp</div>	<div>13</div> <div>Cheesy Chicken Parmesan Garlic Bread Lettuce Salad Black Forest Cake</div>	<div>14</div> <div>Chicken Salad Macaroni Salad Three Bean Salad Bread Stick Jell-O Fruit Salad</div>	<div>15</div> <div>Meat Loaf Scalloped Potato Pea Salad Confetti Cake</div>	<div>16</div> <div>Goulash Peas &amp; Carrots Cheesecake</div>	<div>17</div> <div>Tuna Noodle Casserole Beets Peaches</div>	<div>18</div> <div>Goulash Bread Stick Chocolate Pudding</div>
<div>19</div> <div>Meat Loaf Baked Potato Pea Salad Cherry Cobbler</div>	<div>20</div> <div><div>KITCHEN AND DINING ROOM</div><div>CLOSED</div><div>NO MEALS WILL BE SERVED</div></div>	<div>21</div> <div>Shepherd's Pie Jell-O Salad Dinner Rolls</div>	<div>22</div> <div>Ham Loaf Scalloped Potatoes Lettuce Salad Strawberry Cake</div>	<div>23</div> <div>Burrito Refried Beans Tortilla Chips &amp; Salsa Jell-o Poke Cake</div>	<div>24</div> <div>Waffles with Whipped Topping and Strawberries Sausage</div>	<div>25</div> <div>Shepherd's Pie Bread and Butter Butterscotch Pudding</div>
<div>26</div> <div>Burrito Refried Beans Fruit Cocktail</div>	<div>27</div> <div>Spaghetti with Sauce Green Beans Cooks Choice Cake</div>	<div>28</div> <div>Homemade Vegetable Beef Soup Corn Muffin Pears</div>	<div>*SUBJECT TO CHANGE*</div>			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.

ABRAHAM LINCOLN  
AMETHYST  
AQUARIUS  
BARACK OBAMA  
BELOW ZERO  
CAR PROBLEMS  
CELEBRITIES  
CHAMPIONS  
CHICKEN WING DIP  
CHIPS  
COMMERCIALS  
FANS  
FAVORITE TEAM  
FOAM FINGER  
FOOTBALL  
FREEZING

GEORGE WASHINGTON  
HALFTIME  
HALFTIME SHOW  
HOAGIES  
ICE  
ICICLE  
JOHN ADAMS  
NATIONAL ANTHEM  
PIGSKIN  
PISCES  
PIZZA  
PRESIDENTS DAY  
PURPLE  
SANDWICH PLATTER  
SCHOOL CANCELLATION  
SNOW DAY

SNOWMAN  
SODA  
SUPER BOWL SUNDAY  
TEACHER IN SERVICE DAY  
TEAM JERSEY  
THIRD QUARTER  
THOMAS JEFFERSON  
TICKETS  
TIME OUT  
TOUCHDOWN  
TWO HOUR DELAY  
VALENTINES DAY  
WIND CHILL  
WINGS

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

**Fremont Housing Agency**  
2510 N. Clarkson St.  
Fremont, NE 68025  
(402) 727-4848  
(402) 727-4751 - fax  
[www.fremonthousing.org](http://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) 385-6300

**Eastern Nebraska Office on  
Aging-ENOA**  
(402) 721-7770  
**Senior Center**  
(402) 727-2815  
**Rural Transportation**  
(888) 210-1093

**Uniquely Yours**  
(402) 727-8977

**Fremont Lock Shop**  
(402) 317-1983



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

**BOOK MOBILE**  
**Keene Memorial Library**  
**Friday February 3**

**Gifford Tower | 9:30 AM—10:30 AM**

**Feet 4 Keeps Foot Care Clinic**

**Monday February 13 | 10:00 AM—5:00 PM**

**2nd Floor Solarium Stanton**

**Call Sara Bourek for an appointment 402.719.9770**

**2023 Pet / Animal Licenses** were due January 31. **Current rabies vaccinations are required on all animals. Please bring a copy to your Housing Manager for you file. Pet licenses available at the Municipal Building at 400 E. Military ave or FurEver Homes at 925 W. 6th St. Remember the Animal designated area between the buildings smoking areas.**

**PEST-TROL SERVICE**

**Floors 10 through 11 | Stanton Tower | February 8**

**Floors 10 through 11 | Gifford Tower | February 22**

**FHA OFFICE CLOSURE**

**Monday, February 20- Presidents day**

**HUD REAC Inspection**

**February 28 Please be prepared.**

**Hud may also perform Quality Insurance Inspection up until March 7**

**HIGHLIGHT**

**OF**

**EVENTS**

# Play it safe online

Protect your personal information while you're online.

Consider these tips:

Being online lets you follow the news, connect with friends and family, shop, manage finances, and more

- Lock your devices just like you lock your front door. Use passcode or fingerprint to lock your phone or tablet. If you have a computer, use a strong password that's at least 12 characters long.
- Know the red flags of scams. If someone contacts you and asks you to pay by wire transfer or gift card, be wary. It's probably a scam.
- Share with care. Limit how much personal information you share online. Set your social media profiles to private. If someone asks to connect with you on social media, only accept their request if you know them.

Report scams to [ftc.gov/complaint](http://ftc.gov/complaint) or 1-877-FTC-HELP.

Visit [staysafeonline.org](http://staysafeonline.org) for more tips.



**Consumer Financial  
Protection Bureau**

**An official publication of the U.S. Government**





Fremont Housing Agency

Rita Grigg  
Executive Director

## RENT DUE

Rent is due  
**Thursday, February 1st.** To avoid a late fee, your payment must be in the drop box by 3:00 pm on Sunday, February 5th.  
**Online, Checks or Money Orders Only!**

**Need Help?**  
**Contact your housing specialist or Service Coordinator IMMEDIATELY.**

**For after hour Maintenance emergencies contact:**

**Ed: 402 720-1264**



ABRAHAM LINCOLN

HUD

# “Let’s Talk...” February 2023

## NOTICE!!!! NOTICE!!!! NOTICE!!!!

The Fremont Housing Agency has an **opening on the Board of Commissioners for a Resident Board Member.** This is a *volunteer (unpaid) position* that may be filled by a *qualified resident* of Gifford or Stanton Tower who has a signed lease and is at least 19 years of age.

If you are interested in serving as a Resident Board Member, please contact Rita Grigg, Executive Director by 3:00 p.m. Tuesday, February 28, 2023, at 402-727-4848 Ext. 5 or email [fhauthority@fremonthousing.org](mailto:fhauthority@fremonthousing.org)

## 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 class is on March 9 & 10, 2023 beginning at 8:30 a.m. in the Gifford Tower Community Room. Deadline to register is March 1st.

Be sure to take part in this free and informative opportunity. If you are interested in attending call: Tina @ 402-727-4848 ext. 3

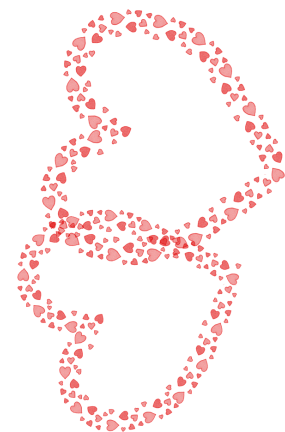
## Office Hours



All Fremont Housing offices are open 9 to 12 and 12:30 to 3:00. We appreciate you setting up appointments for paperwork and contacting your housing specialist to fill out work orders.

We are here to serve you so please be aware of these times to take care of your office needs. We don’t want you to miss medication that you need to pick up in a mail package.



# February 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
12 Super Bowl Sunday 5:30 	6 2-4-Art and Crafts Gifford Tower	7 10-11-RSSC At Gifford Tower Call for an Appt..	1 2:00-Stanton Tower Resident Council and Social Club Meeting	2 2-4 pm-Bingo Stanton Tower	3 2-4 pm-Bingo Stanton Tower	4 2-3 pm Coffee Stanton Tower
5	13 2-4-Art and Crafts Gifford Tower 10:00-5:00 Feet For Keeps	14 10-11-RSSC At Gifford Tower Call for an Appt.. 	8 PESTROL Floors 10-11 Stanton Tower 2-4-Valentines Craft with Sharon	9 1:00 ENOA Presentation Elizabeth Paleogos	10 2-4 pm-Bingo Stanton Tower	11 5-6:30 Social Club Pot Luck dinner Stanton Tower
19	20 2-4-Art and Crafts Gifford Tower Office Closed	21 10-11-RSSC At Gifford Tower Call for an Appt..	15 22 PESTROL Floors 10-11 Gifford Tower FHA Board Meet-	16 1:30-2:30 Trivia Stanton Tower	17 2-4 pm-Bingo Stanton Tower	18 2-3 pm Coffee & Rolls Stanton Tower
26	27 2-4-Art and Crafts Gifford Tower	28 10-11-RSSC At Gifford Tower Call for an Appt	22 23 PESTROL Floors 10-11 Gifford Tower	23 Game Day 2 -??	24 2-4 pm-Bingo Stanton Tower	25 2-3 pm Coffee Stanton Tower

# Happy Valentines Day

# Community Stuff

What we  about Fremont Housing Community!

February is a time we appreciate all that we love and care about. Please take a few moments to write on the hearts provided, what you love about our community.

**Springtime is coming. Lets get a jumpstart on Spring cleaning.**

Spring cleaning is a time we normally go deeper then our normal daily cleaning like picking up trash, dusting, vacuuming, washing dishes and laundry. This is a time to go through things we don't need or use and donate things like clothes. Spring is a time to wash windows, dust those hard to get places, and maybe even clean the carpets. Rearrange the furniture to give a new look is a favorite as well.

If you need help please contact the RSSC about getting some assistance.

Spring is coming and soon everyone will enjoying going out again and visiting with friends. Hope to see you then.

## Be Kind to our Maintenance Staff

Please remember to bag all garbage going down the trash chute. No liquids or food not in bagged should not go down the chute as this is unsanitary. Glass and Kitty litter should never go down the chute. Please take these and broken down over-sized boxes to the trash cans.

### Computer Lab is open

**Hours from 9 to 12  
and 12:30 to 3  
Stanton Towers  
In the RSSC office #205**

**Please call to check  
availability and schedule  
a time to come in.**

***Fremont Housing is Smoke –Free, Please remember to smoke in designated areas away from the buildings.***

***Interested is stopping? Wanting to exercise more?***

***Please see Service Coordinator about possible classes coming soon.***

## INFORMATION

YOU



NEED TO

KNOW

### Phone Numbers Community Agencies

Adult Protective Services/Child Protective Services 800-652-1999  
Affordable Connectivity Program 877-384-2575  
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  
Mom's Meals 877-508-6667  
LifeHouse 402-721-3125  
Salvation Army 402-721-0930  
Uniquely Yours Stability Support 402-727-8977

### Reminders

Please provide the office with your 2023 Social Security Award Letters  
Be mindful of the calendar of events when you are using the Stanton Tower Community Room as a walk way.  
Help yourself to clothing/coat in the Gifford Community Room  
Donations are from Uniquely Yours Stability Support.