

SPRING BREAK!

Spring break is a vacation period including Easter holidays in early spring at universities and schools, which started during the 1930s in the US (but already existed in Europe since the late 1800s) and is now observed in many other countries as well. Spring break is frequently associated with extensive gatherings and riotous partying in warm climate locations, attended regardless of participants' educational standings.

As a holiday it is variously known as Easter vacation, Easter holiday, Easter break, spring break, spring vacation, mid-term break, study week, reading week, reading period, Easter week or March break, depending on regional conventions.

History

In the mid-1930s, a swimming coach from Colgate University decided to take his team down to Florida for some early training at a brand-new Olympic-size pool in sunny Fort Lauderdale. The idea clicked with other college swim coaches and soon the spring training migration became an annual tradition for swimmers nationwide. Now, spring break is an academic tradition in various mostly western countries that is scheduled for different periods depending on the state and sometimes the region.

Fremont Housing Agency
2510 N. Clarkson St.
Fremont, NE 68025



The Section 8 Sound

Quarterly Newsletter

January - February - March 2023

REMINDER FROM TINA ABOUT REQUIRED PAPERWORK

When you get your SSI or Social Security award letter, take it to Tina, the Section 8 Coordinator, as soon as possible, so Tina can make copies for your recertification.



You can also mail a copy to Tina at:
2510 N Clarkson St., Fremont, NE 68025

Thank you.

A NEW YEAR, GOT GOALS?

A new year gives us all the opportunity to make changes in our lives. You can make **New Year's Resolutions** that not only stick, but are attainable. *Here are seven ways to turn this year into your best year yet.*

Think about Last Year

Reflecting on the mistakes and mishaps of last year is a good place to start when making New Year's resolutions. Where could you have done better? What do you want to see change?

Write It Down

It takes it from being just an idea to being real. It's not out in the universe until it's down on paper.

There are a lot of ways to do this. You can use a planner or a calendar. You can type it out on your laptop or write it down on a piece of paper. Just make sure it's written and in a place where you can see it and refer to it often.

Don't Try to Do It All in January

If your goals are worth attaining, they will take time – much more than a mere month can offer. Plus the effort and energy it will take to accomplish those resolutions is too much to do all at once. Space them out.

From Big Goals to Baby Steps

Break big goals down into smaller increments. A feasible daily task will accomplish a larger goal in time.

Sometimes a Year is Not Enough

As the year draws to a close, take some time to reflect on the resolutions you made in January. How did you do? Did you work hard? Did you make the deadlines or do you need another year?

Give yourself some grace. You've laid the ground work to achieving your dreams, and you can take the next year to perfect them. Learn from the previous year's mistakes and grow. Every year is another chance to get it right.

The Fremont Housing Agency Offices Are Closed On:

Sunday, January 1 - New Years Day
Monday, January 16 - Martin Luther King Jr - Day
Thursday, January 19 - (Office windows closed)
Monday, February 20 - President's Day
Thursday, February 23 - (Office windows closed)
Thursday, March 23 - (Office windows closed)

OFFICE CLOSED

We all know it's been a long winter but it hasn't deterred the Section 8 Program Coordinator from doing her job. She can and does do drive by inspections of Section 8 properties any time of the year. And no matter what the climate is like we all want our subsidized properties to be kept decent and sanitary. This shows the community that you care about your environment and how you live. Ways you can help are to shovel the snow, clean up ice, pick up trash, not piling up garbage, having kids pick up their toys daily, and doing anything to keep the property looking neat and clean.

The Fremont Housing Agency and your Landlord will appreciate your efforts!



American Heart Month



Observed During: February, 2023

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices.

<https://theheartfoundation.org/heart-disease-facts/heart-awareness-month/>

You Can Show Your Support — Wear Red on National Wear Red Day®

National Wear Red Day® takes place on the first Friday of February each year as part of the GoRed For Women® campaign developed by the American Heart Association in 2004. National Wear Red Day falls on *Friday, February 3rd, 2023*

Spring Cleaning

As spring is quickly approaching, let us make it a top priority to get our home in tip top shape. It only takes a little work each day to keep our homes in a clean, safe and sanitary condition.

Here are a few in-expensive 'green' cleaning solutions that you might find useful.

Window Cleaners - If you would like your windows to sparkle, don't buy blue or green tinted solution from the grocery store. Instead, mix one-part vinegar to two-part water and pour into a spray bottle to apply. For an extra strength window solution, try mixing three tablespoons of ammonia to one-part vinegar and two cups of water. For lint free windows, use coffee filters or newspaper to clean instead of a cloth. Clean mildew from shower and tub – mix one-part vinegar and one part water and pour into a spray bottle. Spray onto walls and tile and wipe with a sponge to remove.

All Purpose Cleaner – For a product that cleans walls, counters, floors and many other areas, try filling a large jug with one half gallon water, one half cup of vinegar and one quarter cup of baking soda. This can be poured into spray bottles and stored for a couple of months.

Rentwise Class - Coming in 2023

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 dates will be announced later this year so, keep an eye out!

Be sure to take part in this free and informative opportunity. **If you would be interested in attending or have any questions you are encouraged to call: Tina @ 402-727-4848 ext. 3**



Fremont Housing Agency

Contact: TINA

2510 N. Clarkson St.
Fremont, NE 68025
(402) 727-4848
(402) 727-4751 - fax
www.fremonthousing.org

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) 727-3200

LifeHouse

(402)-721-3125

Salvation Army

(402) 721-0930

Calendar - Dates to Keep in Mind

Monday, January 2 - for New Year's Day
Monday, January 16 - Martin Luther King Jr. Day
Thursday, January 26 - (Office windows closed)
Friday, February 3 - National Wear Red Day (for Heart Disease)
Monday, February 20 - President's Day
Tuesday, February 21 - Mardi Gras
Sunday, March 12 - Daylight Saving Time begins
Friday, March 17 - St. Patrick's Day
Monday, March 20 - First Day of Spring



Fremont Housing Agency's Mission Statement

"The mission of the Fremont Housing Agency is to be a leading, innovative, and affordable housing agency dedicated to assisting low to moderate income families, elderly, and disabled residents who are striving to improve the quality of their lives through independent living or self-sufficiency."

St. Patrick's Day Trivia. Did you know?

- ◆ Saint Patrick was not even born in Ireland. In fact, he was born somewhere in Great Britain.
- ◆ The first Saint Patrick's Day parade was not in Ireland, but in Boston.
- ◆ Chicago dyes their main river green to celebrate the holiday.
- ◆ Saint Patrick's real name is Maewyn Succat.
- ◆ Leprechauns are actually fairies/shoemakers in Irish folklore.
- ◆ There are more Americans of Irish origin than there are Irish in Ireland.
- ◆ There are 10,000 three-leaf clovers for every four-leaf clover.

