

....(continued from page 1) **WINTER WELLNESS TIPS TO KEEP HEALTHY**

11. Enjoy Hot Winter Soups

Healthy soup recipes are a great way to warm up and keep healthy front and center.

12. Read One Book Each Month

Reading books have several benefits. Some of which are cognitive stimulation, better writing ability, memory improvement and increased focus.

13. Limit Time on Social Media

Reading the wrong types stories and following negative people can have a devastating effect on your mood and your health. You can set up specific blocks of time for social media use each night and be deliberate about making time for other things.

14. Cup of Tea

The benefits of tea goes back thousands of years, and many varieties actually work to boost immunity.

Choose your best pick and drink up.

15. Set a Bedtime Routine

Having a predictable bedtime routine is a great way to get more sleep and feel more rested during the day.

16. Engage in Physical Activity

Winter weather is no excuse to fizzle out on regular movement even if you're avoiding the outdoors.

17. Learn to Manage Stress

The winter season and come with its own set of stressors. Use techniques like journaling, exercising, or talking to a friend to get you through.

18. Practice Gratitude

It's impossible to be anxious and grateful at the same time. Start keeping a gratitude journal to introduce more calm into your life.

19. Play Mind Games

Sudoku and other word puzzles and teasers are great for the brain and fun too.

20. Eat Fresh at Every Meal

Eating fresh produce every day is an important part of maintaining health and immunity. Every meal every time.

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



The Section 8 Sound

Quarterly Newsletter

October - November - December 2023

WINTER WELLNESS TIPS TO KEEP HEALTHY

1. Moisturize. Moisturize. Moisturize

Winter is long and the dry weather can wreak havoc on your skin. Applying lotion daily is helpful.

2. Cut down on Sugar

Learn to read nutrition labels and avoid unwanted and added sugar. Sugar is inflammatory and inflammation is the foundation of many diseases and conditions.

3. Get Outside

Walking is not just a form of exercise, exposure to the outdoors has been shown to lower depression and is also a great way to expose yourself to the wonderful sunshine to get some vitamin D.

4. Use Lip Balm

Lips can get so dry during the winter season. Fight back by using lip balm.

5. Eat More Fiber

Most Americans get half of the daily recommended 25-35 grams a day.

6. Meet Up with a Friend

Winter is a difficult time of year for many. Meeting up with a friend is good for your health. And if you're current friends won't take or make the time, by all means...you can make new ones!

7. Try a New Activity

It's so easy to get stuck in the same patterns day after day especially when it's cold outside. Try a new activity each month and experience a "winter awakening".

8. Get More Antioxidants

You can get antioxidants naturally from vibrantly colored fruits and dark leafy greens like blueberries, acai, kale, strawberries and more! So, eat more of them!

9. Drink More Water

Drinking water and keeping hydrated should be consistent part of winter wellness and helps to flush pesky toxins out.

10. Get More Vitamin D

Vitamin D plays a key role in immune health. Sun exposure is the most effective way to get that vitamin D. *Check with your family physician to get your levels checked before supplementing.*

(Continued on back page)....

The Fremont Housing Agency Offices Are Closed:

Monday, October 9 - Columbus Day

Friday, October 27 - Staff Training

Friday, November 10, - Veteran's Day

Thursday & Friday, November 23 & 24 - Thanksgiving

Monday, December 25 - Christmas

(Office windows are closed)

Thursday, October 26

Thursday, November 30

Thursday, December 28



Congrats to Christina G. for being the first person to take the **RentWise** online training course through **Fremont Housing Agency!**



Upcoming **RentWise** Class - Fall 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 this fall are October 18th & 19th**, 8:30 a.m. to 12:30 p.m.

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 or Amanda @ 402-727-4848**

*****REMINDER 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 she can make copies for your recertification.

You can also mail or email a copy to Tina at:

2510 N Clarkson St., Fremont, NE 68025

fhaSection8@fremonthousing.org

Thank you!

from CRAFTYTOTHECORE JUN 8, 2023

How to Deal With Toxic, Rude and Intimidating Neighbors

Taking the high road when people are stirring strife and causing drama is a challenge.

What do these people want? Why are they laughing at you behind your back? Why are they spreading rumors and talking about you? **Here are six essential tips to help you overcome your frustration and rise above and beyond your toxic neighbors' negativity.**

1. Make Peace With Yourself First
2. Go About Your Day
3. Do Your Best Every Day
4. Remember, the Best Revenge Is Living Well
5. Avoid Them Whenever Possible
6. Don't React in Any Way



Fremont Housing Agency

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(402) 727-4848

(402) 727-4751 - fax

fhaSection8@fremonthousing.org

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General Assistance

(402) 727-2731

Health & Human Services

(402) 727-3200

Salvation Army

(402) 721-0930

Ways to Show Kindness This Winter

Winter often brings alternating sunny and dark and dreary conditions. With fewer daylight hours, many people's moods take a dip. A little pick me up from a family member, friend, or stranger is all it takes sometimes to make a positive difference in someone's outlook and well-being.

Because kindness is a verb. It's something you do. You can talk about kindness, but it's powerful when you act and speak with kindness, not just talk about how awesome kindness is.

So, maybe you'll want to try some of these simple acts now and spread some kindness to others:

1. Give someone a sincere compliment.
2. Make a batch of cookies for a neighbor or friend.
3. Shovel an older neighbor's sidewalk and/or driveway.
4. Donate blankets or coats to a shelter.
5. Make some soup and take it to someone who is feeling under the weather.
6. Send handwritten cards to folks who cannot get out much. Winter can make being shut in especially difficult.
7. Send Christmas Cards to residents at a nursing home.
8. Volunteer at a homeless shelter.
9. Donate some portable hand sanitizer to the teachers at a school. Winter is often peak cold and flu season.
10. Volunteer to run errands for an older person so that he or she does not have to get out in the cold.
11. If you are knitter, makes some scarves or mittens to be given to a women's shelter.
12. Send a letter to someone who has made a difference in your life and let them know.
13. Include some extra tip money for a great server.
14. Donate some care kits for those who are homeless. You may want to include ChapStick, lotion, gloves, hand warmers, a hat, snack crackers, etc.
15. Give the gift of your physical presence. Go visit for a few minutes with someone that you have not seen in a while. In an age where digital communication rules, taking the time for a face to face conversation can be so meaningful.

As you can see from the examples above, kindness can be simple and not overly expensive (often free), but so impactful.

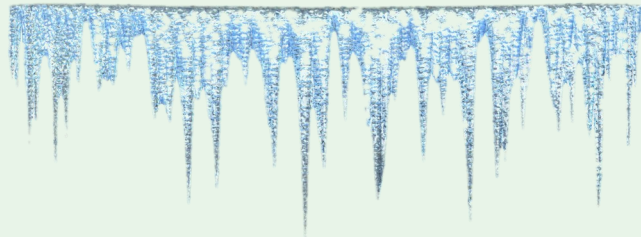
It is empowering to know that you can do something today, that can make a life changing difference.

Many times one act is the only the beginning, because often others are likely to 'pay it forward'!



ICE SAFETY TIPS

- * Place a container of ice melt at the door to spot treat door entrances and sidewalks.
- * Apply ice melt *before* a snow storm to prevent ice accumulation and reduce the slippery conditions.
- * Remove all accumulated snow.
- * Use de-icing products as directed!



Disclaimer of Liability:

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