

Living in a community with Respect

Treating someone with respect means:

- ♦ showing regard for their abilities and worth.
- ♦ valuing their feelings and their views, even if you don't necessarily agree with them.
- ♦ accepting them on an equal basis and giving them the same consideration you would expect for yourself.



Ways to earn respect:

- ♦ Use body language – Act as though you are confident, e.g. a positive posture.
- ♦ Speak positively and project confidence. Don't be boastful, but don't diminish yourself with your words.
- ♦ As far as possible, surround yourself with people who are positive and supportive of your best interests.
- ♦ Practice calm assertiveness. Think about what you want to say and how you can speak with confidence. Practice your way to a more confident self. Picture yourself in the typical kinds of situations or conversations that make you feel undervalued and disrespected. Imagine how you'd like to respond if you were brave, confident and assertive. Then begin to use those responses in real situations. You might be tentative and anxious at first, but work towards that image of calm assertiveness that you've imagined for yourself.

Some words to foster respect:

- ♦ Words of Encouragement: Let people know how much you admire their ability to overcome challenges and recover from failure.
- ♦ Words of Guidance: Encourage people to ask questions and give them guidance.
- ♦ Words of High Expectations: Encourage people to envision and pursue ambitious goals.
- ♦ Words of Hope: Help people move on from a difficult issue/day by imagining a better tomorrow.
- ♦ Words of Sensitivity: Show empathy and compassion.
- ♦ Words of Relationship: Share your feelings to enable you to build connections.
- ♦ Words of Understanding: Try to see things from the perspective of others, practice empathy.
- ♦ Words of Respect: Build a climate of respect, that goes beyond narrow achievements.
- ♦ Words of Unity: Foster a culture of collaboration and cooperation.
- ♦ Words of Accountability: Hold everyone accountable for their behavior.

Respect really comes down to this:

- ♦ Respect and value yourself, so that the rest of the world recognizes you are someone to be respected.
- ♦ In order to win the respect and consideration of others, be sure to demonstrate respect and consideration for those around you. (Health and Welfare.IOM Resources)

Treat others as you would have them treat you.

Thank-You FLC for the Wonderful Mobile Banquet you brought to the Towers last month.



USA States

Find and circle all of the USA States that are hidden in the grid.
The remaining letters spell a secret message - an Adlai Stevenson quotation.
Note: VIRGINIA and WEST VIRGINIA do not overlap. The same goes for KANSAS and ARKANSAS

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V I M N P H A W A I I D N A L S I E D O H R O
I W A O A E A M E S O U T H D A K O T A S R R
R Y I S I I N I A R K A N S A S C A N I L A E
G O N A G H N N Y A K S A R B E N A O O W A G
I M E S R B O D S T N O M R E V T N U E T O O
N I S N O C S I W Y Y M M A Y N I I S O T K N
I N A A E B E A A A L I C A O L S T S U L O M
A G N K G A E N D L C V N M L I V E C A N P M
I R I E M S T A I H A I A I A I N I H D E E A
P N L Y T I V O I C L B N N R N T O D A W N R
P D O I E E S G K O A E A G I C M S E W H Y Y
I A R D N S A S R A W L I M E A E U L A A K L
S D A P A N R A O Y D N I N A P E O A S M C A
S I C K S R C E O U I H N F I E S A W H P U N
I R H I S H O R J A R O T D O T S N A I S T D
S O T S T A K L W W C I A R J R E O R N H N U
S L R U S T L O O T E H O N O E N Z E G I E O
I F O F T U I A H C O N E R I N N I S T R K K
M S N M A S S A C H U S E T T S E R A O E S H
S A X E T N E W M E X I C O E T T A A N K E S
    
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ALABAMA
ALASKA
ARIZONA
ARKANSAS
CALIFORNIA
COLORADO
CONNECTICUT
DELAWARE
FLORIDA
GEORGIA
HAWAII
IDAHO
ILLINOIS

INDIANA
IOWA
KANSAS
KENTUCKY
LOUISIANA
MAINE
MARYLAND
MASSACHUSETTS
MICHIGAN
MINNESOTA
MISSISSIPPI
MISSOURI
MONTANA

NEBRASKA
NEVADA
NEW HAMPSHIRE
NEW JERSEY
NEW MEXICO
NEW YORK
NORTH CAROLINA
NORTH DAKOTA
OHIO
OKLAHOMA
OREGON
PENNSYLVANIA
RHODE ISLAND

SOUTH CAROLINA
SOUTH DAKOTA
TENNESSEE
TEXAS
UTAH
VERMONT
VIRGINIA
WASHINGTON
WEST VIRGINIA
WISCONSIN
WYOMING

Find the hidden quote with all the left over letters. Be the first to call in and leave a message with the word and win! 402-727-4848 Ext 109

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
 (402) 727-8977



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




Painting with Midland Art Club
Saturday, April 6 at 12:00
 Stanton Community Room
Arts & Crafts
Every Monday & Wednesday
2:00 to 4:00 PM both days
Bring a craft to do or learn a new one

Stanton and Gifford Social Club
Wednesday, April 3`at 2:00 pm Stanton Community



Feet 4 Keeps Toe Nail Clinic
Thursday, April 4 at 10-2:30 PM
& April 25, 10-4:00 PM
Call ahead for an appointment
Sara Bourek 402 719-9770

Keene Library Book Mobile April 5
 Gifford at 9:30 Stanton Community Room at 10:30
 Call ahead for them to bring you a specific book or genre. 



Chili Contest \$3 per bowl
Stanton Community Room
Saturday April 6th from 5:00 PM to 6:30 PM

April Birthday Celebration with Essential Care, LLC
Lilly Carbonell Walker - Update on Insurance
Tuesday, April 9th from 1:00 to 2:00 PM
Stanton Community Room **HAPPY BIRTHDAY**

New Book Club meeting to pick their first book to read.
 Tuesday April 2nd at 10:00 am Stanton Community Room

Exercise - Most Tuesdays at 2:00 pm, see Calendar for dates



Fremont Housing Agency

Rita Grigg
Executive Director
Riley O'Neill
Housing Program Manager

RENT DUE
 Rent is due
Monday, April 1st
 To avoid a late fee,
 your payment must be
 in the drop box by
3:00 pm, Friday,
April 5th
Checks or Money
Orders Only!
Deposit Direct via
Uflex only.



For after hour Maintenance emergencies contact:
 Ed: 402 720-1264
 Rita: 402 720-9643

“Let’s Talk...”
April 2024

NOTICE: Laundry Room NEW Hours
****BOARD APPROVED on 3/27/2024****
 To keep from disturbing neighbors and for added safety, the new designated time for everyone to do laundry is between the hours of 8:00 am and 10:00 pm daily. *There should be no activity in the Laundry Rooms at any other time.* This applies to both Gifford and Stanton Tower.

Pest-Trol Services
Floors 6 through 9 | Stanton Tower | April 10th
Floors 6 through 9 | Gifford Tower | April 24th

Quarterly Inspections
Bed Bug / Cockroach Prevention Inspections
April 15th –19th Gifford Tower
Please let us know in advance if you are seeing bugs.

Gifford Annual Inspections
Coming up in May. Please get your Spring cleaning complete so you are ready. Spring Cleaning Checklist provided on page 5 to assist in your preparation.

Fremont Housing Meal Program
 Meals available to all in the Gifford and Stanton towers. Please complete monthly calendar. You may purchase a meal card for **\$64.40** for 10 meals or see the Service Coordinator to determine if you are eligible for SSAD free meals program from DHHS.

The Resident Advisory Board Meeting
 for 2024 5 Year Agency Plan and Capital Funds is scheduled for **Friday, June 14th, 2024, at 9:00 a.m. at Stanton Tower Library.**
There will be a Public Hearing to discuss the 5 Year Agency Plan and Capital Funds on Wednesday, June 26, 2024, at 11:00 a.m. in the Gifford Tower Community Room. The Regular Board Meeting will follow at 11:30 a.m.

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
* Subject to change without notice*	1 Pork Sandwich French Fries Baked Beans Fruit Cocktail	2 Pepperoni Pizza Lettuce Salad German Chocolate Cake	3 Chicken Fried Steak Creamy Potatoes Green Beans Cheesecake	4 Chili Mac Corn Mandarin Oranges	5 Cheesy Broccoli Soup Tea Roll Watergate Salad	6 Chili Mac Corn Mandarin Oranges	
7 Golden Beef Casserole Bread and Butter Mandarin Orange Jello	8 Scrambled - Eggs Sausage Patties Toast Peaches	9 Chili Dog with Cheese Chips Chocolate Chip Cookies	10 Texas Hash Apple Rings Bread and Butter	11 Lasagna Bread Stick Lettuce Salad	12 Fish Sandwich Cottage Cheese Peaches	13 Texas Hash Mandarin Oranges Bread and Butter	
14 Ham with Mashed Potatoes & Gravy Green Bean Casserole Jello Poke Cake	15 Tuna Salad Sandwich Chips Cherry Crisp	16 Fried Chicken Mashed Potatoes Carrots Pistachio Pudding	17 Cheeseburger Deluxe Pasta Salad Pears	18 Turkey Mashed Potatoes Peas and Carrots Pumpkin Pie	19 Crab Salad Corn Pie Breadsticks	20 Tuna Salad Sandwich Pasta Salad Pudding	
21 Turkey Green Bean Casserole Bread and Butter Fruit	22 Ham & Veggie Casserole Dinner Roll Vanilla Pudding	23 Grilled Chicken Sandwich Tater Tots Jello Salad	24 Meat Loaf Mashed Potatoes Corn Chocolate Cake With Peanut Butter Frosting	25 Vegetable - Beef Stew Bread and Butter Peach Crisp	26 Turkey Tetrazzini Peas & Carrots Strawberry Cake Arbor Day	27 Ham & Vegetable Casserole Bread & Butter Fruit	
28 Turkey Tetrazzini Corn Strawberry Cake	29 Chicken - Parmesan Baked Potatoes Beets	30 Brats on a Bun Potato Salad Baked Beans Peaches	See Service Coordinator about signing up for meals. 402-727-4848				

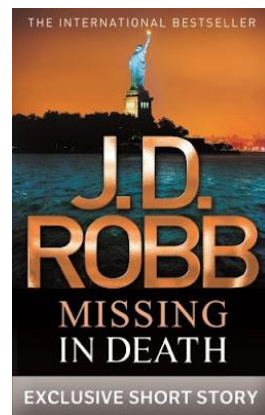
April 2024



April 2024 Social Club Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	Art Club Stanton 2-4 April Fools day	2 10-11 RSSC @ Gifford Office 10:00 Book Club Stanton community room Exercise 2pm Stanton	3 Social Club Meeting 2:00 Stanton Comm RM	4 9:00 am to 4:00pm Feet 4 Keeps 2nd Floor Solarium	5 Bingo 2-4 Stanton Comm. RM 5-7 Card games	6 Noon - Painting with Mid- land Art Club- Stanton Comm, Rm Chili Cookoff 3pm stan- ton Comm. RM
7	8 Art Club Stanton 2-4	9 Rentwise 8:30 to 12:30 1:00 Birthdays with Lilly at Stanton Community Room	10 Rentwise 8:30 to 12:30 Pest-Trol Stanton Tower Art Club Stanton 2-4	11 Offices are closed.	12 Birthday Bingo 2-4 Stanton Comm. RM	13 Stanton Community room closed for private event 12 -8pm
14	15 Art Club Stanton 2-4	16 RSSC @ Gifford Small Conf. rm from 10:30-11 Exercise 2pm Stanton Community Room	17 Art Club Stanton 2-4	18 Trivia 1:30 - 2:30 Stanton Comm. RM	19 Bingo 2-4 Stanton Comm. RM	20 Coffee & Rolls 2-3 Stanton Comm. RM
21	22 Art Club Gifford 2-4	23 RSSC @ Gifford Small Conf. rm from 10-11 Ex- ercise 2pm Stanton Community Room	24 Pest-Trol Gifford Tower Art Club Stanton 2-4 Administrative Professional Day FHA Board Mtg. 11:30	25 9:00 am to 4:00pm Feet 4 Keeps 2nd Floor Solarium Game Day 2:00 Stanton Comm. RM	26 Sandwich Bingo 2-4 Stanton Comm. RM	27 Coffee 2-3 Stanton Comm. RM
28	29 Art Club Stanton 2-4	30 RSSC @ Gifford Small Conf. rm from 10-11 Exercise 2pm Stanton Community Room				

Thank you to the Bancroft Library



for the donation of books they have removed from their shelves. We have some very good mystery books by some very popular writers now on our shelves in the Gifford Community Room. The books in Stanton library are more large print books that include Amish lifestyles and romances. Please feel free to take, read as you like, and return when you are finished. We have more that may become available as we go through these books.



Trash is really Trashy..

Especially when it comes down the trash chute and explodes at the bottom covering our staff. NO liquids, disposable briefs or glass should be going down the chute.

PLEASE be sure to double bag all small bags that are not heavy duty trash bags and TIE them off. We have noticed the wind blowing the trash out of the cans, so please tie them up so you are not charged for littering.

Do not leave trash in the hallway. This may result in a charge.



WHAT TO DO WHEN THE FIRE ALARMS GO OFF

Just an annual reminder, when the fire alarms go off, the message will say to leave the building but....remember that the message automatically goes off when the smoke detectors 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 or back outside until the EMT's have transported their patient offsite. BE SAFE!



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Thumbtack

Spring cleaning checklist.



Basics

Short on time? These are your essential tasks.

Kitchen

- Wipe down surfaces
- Sweep & mop floors
- Clean microwave
- Remove old items in fridge
- Wipe down inside of fridge

Bathroom

- Wipe down mirrors
- Empty / clean cabinets & drawers
- Scrub toilet
- Scrub shower or bath
- Clean sinks & faucets
- Sweep & mop floors

Bedrooms

- Consolidate & donate clutter
- Sweep hardwood floors
- Mop hardwood floors
- Vacuum rugs or carpet
- Wash sheets / bedding
- Dust tables and surfaces

Living & dining areas

- Sweep hardwood floors
- Mop hardwood floors
- Vacuum rugs or carpet
- Wipe down surfaces
- Dust / clean electronics
- Disinfect remotes
- Disinfect computer mouses



Advanced

For a deep clean, add these advanced to-do's.

Kitchen

- Clean out pantry
- Scrub oven
- Organize junk drawer
- Defrost / wipe down freezer
- Empty / wipe down silverware trays

Bathroom

- Clean toothbrush holder

Bedrooms

- Organize closet
- Empty / organize dresser drawers
- Shampoo or steam rugs & carpets
- Wash curtains
- Empty / clean under bed

Living & dining areas

- Remove furniture stains
- Clean rugs & carpets
- Wash or steam clean curtains
- Clean light fixtures
- Clean throw pillows & blankets

Misc

- Clean baseboards
- Dust ceiling fans
- Wipe down light switches
- Wipe down door knobs
- Clean windows



Bonus

Turn it up to 11 with these often-overlooked tasks.

Kitchen

- Wipe top of fridge
- Dust top of fridge
- Rinse dishwasher filters
- Clean garbage disposal

Bathroom

- Scrub grout

Bedrooms

- Flip & turn mattress

Living & dining areas

- Repair or reupholster damaged furniture

Misc.

- Clean washing machine
- Clean dryer
- Vacuum outside of heating & cooling vents
- Clean out garbage & recycling bins

Hire a pro to handle all your cleaning needs.

[thumbtack.com](https://www.thumbtack.com)

