

  
A  
Note  
from the  
Accounting  
Office

Thank you to everyone who pays their rent on time every month! You make our work go smoothly. **RENT PAYMENTS ARE ALWAYS DUE ON THE 1ST OF EVERY MONTH.** They will be considered late if received after the 5<sup>th</sup> of the month, and additional fees will be assessed. Please refer to your lease if you have specific questions about the time that payment is due.

Remember, we have a **NO CASH** policy. This applies to any transaction. Payments must be made by check, money order, or they can now be made online (see below). **Please make sure**

**the check or money order is written for the correct amount.** A partial payment also cannot be accepted! Your account will show as not paid until the full amount is received.

If your name and apartment number are not pre-printed on the check or money order, please make sure that information is **legally written** on the document. This will expedite crediting your payment to your account.

Likewise, if someone else is making your rent payments on your behalf, please ask them to make sure that **your name** and apartment number are noted with the payment.

Fremont Housing partnered with Uflex to give our residents the option of paying their rent online. This gives you the ability to pay your rent from the comfort of home. Your payment will be deducted from either your checking or savings account. There is a fee of \$1.00 per transaction. Your first step is to get registered at [www.myuflex.com](http://www.myuflex.com). Once your registration has been completed, you can begin utilizing the payment system. You are given the option of setting up automatic recurring payments or making one-time payments each month. A confirmation will be sent to you once the payment is made and your tenant account will be credited indicating that your rent has been paid for the current month. We have several tenants who have been using Uflex and it is working well. If you have any questions about using this system, please contact Uflex at 1-888-822-2545 or at [cus-tomersupport@myuflex.com](mailto:cus-tomersupport@myuflex.com).

Nothing is Impossible, the word itself says "I'm possible." *Audrey Hepburn*

Find out who you are and do it with purpose.—*Dolly Parton*

You are braver than you believe, stronger than you seem, and smarter than you think. - *A.A.Milne*

Just keep swimming— *Dory, Finding Nemo*

Try to be a rainbow in someone's cloud.—*Maya Angelou*



**IMPORTANT!**  
**PLEASE READ**

Please do your part in keeping our maintenance staff safe.

Here are a few reminders to help.

- **Absolutely NO Glass down the garbage chute.** This has been known to explode when it hits the bottom and can cause serious damage to staff who may be in the area.
- **Please breakdown all large boxes and take directly to the trashcans in the back of buildings.** No garbage should be placed in the room with the garbage chute. The containers in these rooms are for glass only.
- **All litter box and liquid materials need to go to the trashcans in back of buildings also.**
- **All trash bags need to be securely tied so they do not come open when they are dropped down the chute.**
- **Remember to turn in all maintenance requests to the Office.** You may email those to the appropriate office as well.  
Gifford - [FHAgifford@fremonthousing.org](mailto:FHAgifford@fremonthousing.org)  
Stanton - [FHAstanton@fremonthousing.org](mailto:FHAstanton@fremonthousing.org)  
Office - [FHAoffice@fremonthousing.org](mailto:FHAoffice@fremonthousing.org)  
\*\*\*\*Do not stop staff to report as they may not remember when they complete the project they are currently doing.\*\*\*\*
- **Don't wait to report bugs.** They multiply every day that you delay.
- **Take your keys and phone with you when you leave your apartment.** If staff does an inspection they will lock it when they leave, locking you out.

**A Note from the  
Maintenance  
Team**

**NOTICE  
OF  
BOARD  
MEETING**

**FREMONT  
HOUSING  
AGENCY  
BOARD  
MEETING**

**August 21, 2023 - 11:30 AM  
Gifford Tower Community Room**

**We're Going Back To School**



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.**



Stanton & Gifford Social Club Meeting  
Wednesday August 7 at 2:00 pm  
Taco Bar Saturday August 10 at 5:00 pm  
All At Stanton Community Room  
Trivia August 15 1:30—2:30 pm

**Bingo!** Every Friday at 2:00 pm  
Specials: Birthday Bingo August 9  
Sandwich Bingo August 23

**The Keene Mobile Library**  
Friday, August 2, 2023  
9:30 – 10:15 at Gifford Tower  
10:30- 11:15 at Stanton Tower



**Foot Care Nurse Visit - August 8th & 29th**  
Cost: \$30 per visit - 10-4 pm  
2nd floor solarium in Stanton Tower  
Best to call ahead for appointment 402-719-9770

**Tai Chi Classes \$2.00**  
Tuesdays at 1:30  
August 6, 13, & 20th  
Stanton Community Room

**Pest-Trol August Schedule**  
Wednesdays -  
August 14th — Stanton Floors 10-11  
August 28th — Gifford Floors 10-12



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



Rita Grigg  
*Executive Director*  
Riley O'Neill  
*Housing Program Manager*

**Rent is due Thursday August 1, 2024**  
Your payment must be in the drop box by 3:00 pm on Monday, 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!**



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



**Lets Talk.. AUGUST 2024**

**Resource Fair** August 22, 2024 2:00-4:00  
Stanton Community Room  
**Mark your Calendar**



Please come and meet with the various service providers in our area to get your questions answered and find out what resources are available to you to meet your needs.

Here are some of the providers that will be here :  
Mark your calendar to meet these providers in person.

- |                          |                                |
|--------------------------|--------------------------------|
| Keene Library            | United Way                     |
| Feet for Keeps           | Good Neighbor                  |
| Caretech Homecare        | Molina                         |
| St. Croix Hospice        | United Healthcare              |
| Fremont Police Dept      | Independent Insurance Agents   |
| Fremont Transit          | Eastern Nebraska Area on Aging |
| Fremont Family Coalition | Lutheran Family Services       |

**4th of July Picnic**  
A great time for all. Thanks to all who volunteered, prepared the food, FHA for donating the meat, and the family of George Blum who grilled the meat.



# August 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Pork Loin Oven Fried Potatoes 3 Bean Salad Ap- plesauce	Sloppy Joe's Onion Rings Rice Krispy Bars	Taste Treat French Fries Pickle Peaches	Grilled Ruben Chips Cucumber Salad Chocolate Chip Cook- ie	Spaghetti Green Beans Bread and Butter Pears
4	5	6	7	8	9	10
Turkey Club Sand- wich Chips Jello Salad	Beef Stew Biscuit with Honey Apricots	Chicken Breast Parsley Potatoes Carrots Bread and Butter	Pork Loin Mashed Sweet Potatoes Cranberry Sauce Pumpkin Bars	Pastrami Sandwich French Fries Pickle Spear Butterscotch Bars	Meat Loaf Baked Potato Corn Spice Cake	Meat Loaf Baked Potato Green Beans Spice Cake
11	12	13	14	15	16	17
Tuna Salad Sand- wich Pickles Chips Fruit Cocktail	Chicken Fried Steak Mashed Potatoes Corn Fruit Cocktail Cake	Ham Fried Potatoes Green Beans Cherry Pie	Crispy Chicken Salad Bread Stick Cranberry Salad	Cold Cuts & Cheese Crackers Macaroni Salad Fresh Fruit	Hamburger Potato Salad Green Beans Marble Cake	Ham Mashed Potatoes Carrots Bread And Butter
18	19	20	21	22	23	24
Cheeseburger Chips Pickles Pudding	Pork Ribs Potatoes Sauerkraut Fruit Cocktail	Pepperoni Pizza Lettuce Salad German Chocolate Cake	Fish Plank Creamy Potatoes Green Beans Cheesecake	Chili Mac Corn Mandarin Oranges	Cheesy Broccoli Soup Tea Roll Watergate Salad	Chili Mac Corn Mandarin Oranges
25	26	27	28	29	30	31
Breakfast Casserole Fresh Fruit	Hamburger Steak with Mashed Potatoes and Gravy Cranberry Sauce	Hot Ham Sandwich Vegetable Pasta Salad Cooks Choice Fruit	3 Plate Salad Dinner Roll German Chocolate Cake	Soft Shell Taco Chips and Salsa Peaches	Spaghetti Lettuce Salad Lemon Cake	Chicken Fritters Mashed Potatoes / Corn Bread and Butter Pears



# August 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
4	5	6	7	8	9	10
	2-4-Art and Crafts at Gifford Tower 6:30—8 Bible Study—ST	6 10-11-RSSC at Gifford Tower 1:30 Tai Chi Stan- ton Community Room	7 2:00— Resident Council and Social Club Meeting ST 3-Movie at Gifford	8 10-4:00-Feet 4 Keeps-Stanton 2nd Floor Solarium 1:00 Birthdays with Lilly	2 Keene Library Bookmobile at Gifford 9:30 at Stanton 10:30 2-4 pm-Bingo ST	3 2-3 Coffee at Stanton Tower
11	12	13	14	15	16	17
	2-4-Art and Crafts at Stanton Tower 6:30—8 Bible Study—ST	13 10-11-RSSC at Gifford Tower 1:30 Tai Chi Stan- ton Community Room	14 Pestrol at Stan- ton F100rs 10-11 2-4-Art and Crafts at Stanton Tower 3-Movie at Gifford	15 1:30-2:30-Trivia Stanton Towers	2-4pm-Birthday Bingo ST	Taco & Enchilada Bar— 5-6:00pm \$600 at Stanton Community Room
18	19	20	21	22	23	24
	2-4-Art and Crafts at Gifford Tower 6:30—8 Bible Study—ST	20 10-11-RSSC at Gifford Tower 1:30 Tai Chi Stan- ton Community Room	21 11:30-FHA Board Meeting- Gifford Tower 2-4-Art and Crafts at Stanton	22 Resource Fair at Stanton Tower Community Room 2-4:00	2-4 pm-Bingo at Stanton Tower	2-3 Coffee and Rolls at Stanton Tower
25	26	27	28	29	30	31
	2-4-Art and Crafts at Gifford Tower 6:30—8 Bible Study—ST	27 10-11-RSSC at Gifford Tower	28 11:30-FHA Board Meeting- Gifford Tower 2-4- Art and Crafts at Stanton	29 1:00 BP Clinic 10-4:00-Feet 4 Keeps-Stanton 2nd Floor Solarium	30 2-4 pm-Bingo at Stanton Tower	31

# Food Pantries in Fremont

## Care Corps. Inc

**Requirements:** Driver's License, photo ID, and proof of residency (no ID required to receive USDA/TEFAP food).

**Details:** USDA/TEFAP Provider.

549 N H St, Fremont, NE 68025 [\(402\) 721-3125](tel:4027213125)

Tues 10:00 am - 2:00 pm

Wed 4:00 pm - 6:00 pm

## The Table at Salem Food Pantry

**Requirements:** None. Please call for an appointment if outside of time frame listed.

406 E Military Ave, Fremont, NE 68025

[\(402\) 981-0140](tel:4029810140)

Last Sat of each month, 9:00 am - 11:00 am

## Living Word Fellowship Christian Faith

Living Word Fellowship Christian Faith offers a Food Pantry to those in need. Our food pantry addresses the needs of individuals and households that lack a reliable access to affordable'

anyone in need,  
all ages

1110 North Lincoln Avenue, Fremont, NE 68025

For an emergency food box outside of these hours, please call [402-721-2068](tel:4027212068)

3rd Thursday of Every Month : 4:00 PM - 7:00 PM

## The Salvation Army of Fremont

Our food pantry offers nonperishable staples to hundreds of individuals and families from Fremont and surrounding communities. Services provided include: Food to meet basic nutritional...

food pantry for anyone in need  
all ages

707 North I Street call [402-721-0930](tel:4027210930)

Monday: 1:30 PM - 3:45 PM CDT

Tuesday: 1:30 PM - 3:45 PM CDT

Wednesday: 1:30 PM - 3:45 PM CDT

Thursday: 1:30 PM - 3:45 PM CDT

Friday: 1:30 PM - 3:45 PM CDT

## CALL OUR SNAP/FOOD RESOURCE HOTLINE

FOOD BANK FOR THE HEARTLAND'S SNAP OUTREACH TEAM CAN HELP YOU FIND A PANTRY, WALK YOU THROUGH THE SNAP (FORMERLY FOOD STAMPS) APPLICATION PROCESS, AND ACCESS ADDITIONAL COMMUNITY RESOURCES. SE HABLA ESPAÑOL.

NEBRASKA

[1-855-444-5556](tel:18554445556)

MON-FRI: 8AM-6PM

## Where to go for:

Medical Emergency - 911

Apartment issue - Housing Specialist

Gifford Jason 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



## Summer Olympics

Find and circle all of the Summer Olympic events that are hidden in the grid. The remaining letters spell a secret message.

Note: Similarly named events are hidden separately. For example, SWIMMING and SYNCHRONIZED SWIMMING do not overlap.

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G T T H E A T H L E T I C S F I R J M S
T N R W E I G H T L I F T I N G U O S B
L T I L Y M G N I T O O H S P D I C I A
L G A L L A B Y E L L O V Y O M N A N S
A G T B C S T R A M P O L I N I N G A K
B N H T L Y T A O F O O T B A L L N I E
Y I L G Y E C A E C H G G I H L G I R T
E L O N E A T V E K Y A N P O L N X T B
L T N I N E C E R M W T I F C A I O S A
L S E E C O T H N S E O C C K B W B E L
O E N O L H T A T N E P N R E D O M U L
V R O N R E S N N I I O E D Y N R F Q T
H W E A N T W I I A N S F S O A N A E D
C I S C I T S A N M Y G C I M H T Y H R
A A C C O G N I V I D M G N I M M I W S
E A S Y R E H C R A W A T E R P O L O N
B S O F T B A L L L L A B E S A B E C I
G N I M M I W S D E Z I N O R H C N Y S
    
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ARCHERY  
ATHLETICS  
BADMINTON  
BASEBALL  
BASKETBALL  
BEACH VOLLEYBALL  
BOXING  
CANOEING  
CYCLING  
DIVING  
EQUESTRIANISM  
FENCING

FOOTBALL  
GYMNASTICS  
HANDBALL  
HOCKEY  
JUDO  
MODERN PENTATHLON  
RHYTHMIC GYMNASTICS  
ROWING  
SHOOTING  
SOFTBALL  
SWIMMING  
SYNCHRONIZED SWIMMING

TABLE TENNIS  
TAEKWONDO  
TENNIS  
TRAMPOLINING  
TRIATHLON  
VOLLEYBALL  
WATER POLO  
WEIGHTLIFTING  
WRESTLING  
YACHTING

For more community resources go to [www.communityrelay.com](http://www.communityrelay.com)

Please let us know when you get the answer! First to win at 402-727-4848 ext. 109. Congratulations to Donna Bone on winning our July puzzle.