



Please keep up on upcoming events, programs and opportunities coming up over the holiday by checking your bulletin board for the latest news.

### COMMODITY DELIVERY

Wednesday, November 13, 2024  
1:00 Stanton - 1:30 Gifford.

Be sure to let the Service Coordinator know if you have a conflict picking up your a food box. 402-727-4848 Ext. 109



### Pest-Trol

### November Schedule

Wednesday November 13  
Stanton Floors 7-9  
Wednesday November 27  
Gifford Floors 7-9

### Need a ride?

Fremont Transit Program  
402-4569-2845  
VA Appointments  
402-995-4200  
Methodist  
Good Neighbor  
Request with appointments

**N** Nebraska Game day  
Come on down on most Saturdays  
and watch the game in the  
community room.



THURSDAY, NOVEMBER 16  
1:30-2:30  
STANTON TOWER  
COMMUNITY ROOM



Bingo  
Fridays at 2:00  
Stanton Tower  
Community room  
No Bingo November 1  
Birthday Bingo November 8  
Sandwich Bingo November 22



RESIDENT COUNCIL & SOCIAL  
CLUB MEETING  
WEDNESDAY, NOVEMBER 6  
2:00 PM—Elections for 2025

Exercise with Cindy  
1:00 Tuesdays at  
Stanton Community Rm.  
Free chair exercises.



## Thanksgiving (U.S.)

Find and circle all of the words that are hidden in the grid.  
The remaining 26 letters spell a popular Thanksgiving Day event.

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



ANNUAL  
AUTUMN  
CELEBRATION  
CORN  
CRANBERRY  
FAMILY  
FEAST  
FESTIVAL  
FOOD  
FOOTBALL  
FRIENDS

GRAVY  
HARVEST  
HOLIDAY  
LONG WEEKEND  
MASHED POTATOES  
MEAL  
NOVEMBER  
PARADE  
PILGRIMS  
PLYMOUTH  
PUMPKIN PIE

RELATIVES  
REUNION  
SQUASH  
STUFFING  
SWEET POTATO  
THURSDAY  
TRADITION  
TRAVEL  
TURKEY  
WAMPANOAG  
YAMS

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 Part-  
nership-NENCAP  
(402) 721-0619

Eastern Nebraska Office  
on Aging-ENOA  
888-210-1093

Senior Center  
(402) 727-2815

Uniquely Yours  
(402) 727-8977

## Lease Reminder

Just a friendly reminder regarding the **FHA Universal No Smoking Policy** dated Feb 22, 2023:

Per paragraph 1, “**All properties administered and managed by Fremont Housing Agency shall be designated “Smoke Free Properties.”** This *includes* Gifford Tower at 2510 N Clarkson, Stanton Tower at 2600 N Clarkson...”

Per paragraph 6, “An “**Accessible Designated Smoking Area**” has been assigned for “resident and guest” smokers outside the Stanton & Gifford Towers, in the Smoke shelters constructed for this purpose, which are at least 25 feet away from any of the buildings, windows and entrances. The other “Accessible Designated Smoking Area” is assigned to the landscaped circle of concrete where the grills and picnic tables are located, between Gifford and Stanton Tower. Picnic tables, park benches, cigarette urns are located at the site designated for smokers for their convenience in disposing of cigarette and cigar stubs.”

The 25-foot rule does not apply to anywhere else on the Gifford and Stanton property grounds including the front and sides of the buildings. If you don't want to smoke in the designated smoke areas identified above, then you must leave the FHA property grounds (for example, go across the street).

I understand this may create an inconvenience, especially with the weather getting colder, so we appreciate your cooperation. This is just one policy that tries to ensure all tenants (smokers and non-smokers) have a safe and enjoyable living environment.

### Disclaimer of Liability:

Every effort is made to provide accurate and complete information in the Fremont Housing Agency newsletters. However, the FHA cannot guarantee that there will be no errors. The FHA makes no claims, promises, or guarantees about the accuracy, adequacy, validity, reliability, availability, or completeness of any information and expressly disclaims liability for errors and omissions in the contents of this newsletter. FHA does not assume any liability for any direct, indirect or any other loss or damage of any kind incurred as a result of the use the newsletter or any reliance on any information provided in the newsletter. Your use of the newsletter and your reliance on any information in the newsletter is solely at your own risk.

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



Fremont Housing Agency

Riley O'Neill  
Housing Program Manager

## RENT DUE



**Rent is due on Friday, November 1.**

**UFLEX, Checks or Money Orders Only!  
NO CASH!!!!**

Rent is due and payable on the first day (1st) of each month. Tenants who have failed to make full payment by 3:00 p.m. on the fifth (5th) day of the month, are considered delinquent and will be assessed a late fee. If the 5th falls on Saturday, the rent is due by 3 p.m. on the Housing Agency's work day prior to the 5th. If the 5th falls on Sunday, the rent is due at 9:00 a.m. on the Housing Agency's next work day. Late payment charges will be applied as follows:

- **\$30 will be assessed on the 6th of each month for payments made after the 5th of each month.**
- **An additional \$20 will be assessed on the 21st of each month for payments not made prior to 3:00 p.m. on the 20th of the month.**

**The Agency does not accept partial payments of rent.**

# Lets Talk... NOVEMBER 2024



## Stanton FHA Annual Inspections

November 11-15, 2024

Amanda and the maintenance team will be completing all inspections. The filters will need to be accessible for changing.

### Housekeeping

Don't know anyone who likes to do it, but in a tower with 120 fellow neighbors it is a must.

Not cleaning and throwing away trash can greatly effect your neighbors and the buildings environment.

Please do your part to keep your apartment clean so all can be safe and healthy.

Please be ready when it comes time for your inspection. Nothing should be on the floor and windows should be accessible. Floors vacuumed, dishes clean and put away, trash removed and bathrooms cleaned.



The offices and kitchen will be closed on Monday, November 11th for Veterans Day .

The offices and kitchen will also be closed on Thursday, November 28th and Friday, November 29th for the Thanksgiving Holiday. No meals will be served these days.







# November 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat							
<p>Monthly menus for participants are still necessary and available at the Gifford &amp; Stanton Tower offices. If you are interested in the Food Service Program, please feel free to contact Resident Support Services at 727-4848 ext. 109 or stop down at the office during regular business hours.</p>													
3	Chicken Tenders Sweet Potatoes Lime Jell-O	4	Tomato Soup Grilled Cheese Sandwich 3 Bean Salad Apple Crisp	5	Taste Treat French Fries Chocolate Chip Cookie Root Beer	6	Three Salad Plate Pickle Fruit	7	Chicken Breast Parsley Potatoes Corn Vanilla Pudding	8	Baked Steak Mashed Potatoes Peas Applesauce Cake	9	Taste Treat Chips Chocolate Pudding
10	Tomato Soup 1/2 Grilled Cheese Sandwich Pears	11	<b>KITCHEN AND DINING ROOM CLOSED</b> <b>NO MEALS WILL BE SERVED</b>	12	Hamburger Pizza Lettuce Salad German Chocolate Cake	13	Ham and Bean Soup Corn Bread Peaches	14	Turkey Broccoli Penne Bake 3 Bean Salad Orange Jell-O	15	Cheeseburger Casserole Green Beans Chocolate Pudding	16	Hamburger Pizza Breadstick Peaches
17	Deli Turkey Sandwich Chips Pickle Pumpkin Whip	18	Chicken Strips French Fries Cole Slaw Cookie	19	Pork Chop Parsley Potatoes Creamed Corn Orange Cream Cake	20	Swiss Steak Mashed Potatoes Carrots Rice Crispy Bar	21	Pork Loin Sweet Potatoes Bread and Butter Lime Jell-O With Pineapple	22	Ham Loaf Mashed Potatoes Cooks Choice Vegetables Carrot Cake	23	Chicken Strips Cole Slaw Fruit
24	Pastrami Sandwich Chips Pickle Pears	25	Chicken Parmesan Mashed Potatoes Peas/Carrots Mixed Fruit	26	Chili Mac Casserole Corn Chocolate Pudding	27	Turkey with Dressing Mashed Potatoes & Gravy Green Bean Casserole	<b>28 KITCHEN AND DINING ROOM CLOSED</b> <b>NO MEALS WILL BE SERVED</b>		29	<b>KITCHEN AND DINING ROOM CLOSED</b> <b>NO MEALS WILL BE SERVED</b>	30	Chicken Tenderloins Seasoned Red Potatoes Green Beans Peaches



# November 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4	5	6	7	8	9
	2-4-Art & Crafts at Gifford Tower 6:30 Bible Study	10-11-RSSC at Gifford Tower	2:00 Resident Council and Social Club Meeting		2-4 pm-birthday Bingo at Stanton Tower	2-3 Coffee at Stanton Tower Game Day NE vs UCLA
10	11 Veterans Day <b>Office Closed</b> No meals served 6:30 Bible Study	12 10-11-RSSC at Gifford Tower 2:00 Birthday with Lily	13 Pest-Trol Floors 7-9	14 1:30-2:30-Trivia Salvation Army Application deadline	15 2-4 pm-Bingo at Stanton Tower	16 2-3 Coffee and Rolls at Stanton Tower Game Day NE vs USC
17	18 2-4-Art and Crafts at Gifford Tower 6:30 Bible Study	19 10:30-11:30 RSSC at Gifford Commodities	20 Pest-Trol Floors 7-9	21	22 2-4 pm-Sandwich Bingo at Stanton Tower	23 2-3 Coffee at Stanton Tower Game Day NE vs Wisconsin
24	25 2-4-Art and Crafts at Gifford Tower 6:30 Bible Study	26 10-11-RSSC at Gifford Tower	27 11:30-FHA Board Meeting-Gifford Tower	28 <b>Office &amp; Kitchen Closed</b> Happy Thanksgiving	29 <b>Office &amp; Kitchen Closed</b> Game Day NE vs Iowa	30 3-Movie at Gifford





Midland University  
 11:30—1:30  
 940 East 9th St  
 Fremont



**Everything Medicare & Medicaid**  
**Celebrate November Birthdays with us**  
 Tuesday | November 12th | 2:00-3:00  
 Stanton Tower Community Room

**Salvation Army Angel Tree & Meal Programs**

You can sign up until November 14. Please go online to [saangeltree.org](http://saangeltree.org) to apply. You will need an email address, ID, Proof of Address with rent amount, income and expenses. Paper application for the senior program are available in the RSSC office.



**The Library Bookmobile - Keene Library**  
**Friday, November 1, 2024**  
 9:30 - 10:15 at Gifford Tower  
 10:30 - 11:15 at Stanton Tower

# WHAT GOOD IS GRATITUDE? REASONS WHY IT'S BETTER TO LIVE GRATEFULLY

**CHARITY**



**GRATEFUL PEOPLE ON AVERAGE GIVE 20% MORE**

**PSYCHOLOGICAL**

**GRATITUDE IS RELATED TO AGE: FOR EVERY 10 YEARS, GRATITUDE INCREASES BY 5%**

**COMMUNITY**



**GRATEFUL PEOPLE WILL HAVE A STRONGER BOND WITH THE LOCAL COMMUNITY**

**HEALTH**



**GRATEFUL PEOPLE WILL: HAVE 10% FEWER STRESS RELATED ILLNESSES BE MORE PHYSICALLY FIT HAVE BLOOD PRESSURE THAT IS LOWER BY 12%**

**WORK**

**HAPPY PEOPLE'S INCOME IS ROUGHLY 7% HIGHER**

**FRIENDS**

**MORE SATISFYING RELATIONSHIPS WITH OTHERS, AND WILL BE BETTER LIKED**

**YOUTH**



**13% FEWER FIGHTS**  
**20% MORE LIKELY TO GET A GRADES**

**WHERE?**



**THE MOST GRATEFUL COUNTRIES ARE: S. AFRICA, UAE, PHILIPPINES & INDIA**  
**LEAST: NETHERLANDS, DENMARK, HUNGARY, CZECH REPUBLIC & UK**

**LIFE**



**OVERALL POSITIVE EMOTIONS CAN ADD UP TO 7 YEARS TO YOUR LIFE**

**GRATEFUL TEENS ARE 10X LESS LIKELY TO START SMOKING**