



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. Coordinator know if you have a conflict

Be sure to let the Service

picking up your a food box. 402-727-4848 Ext. 109

November Schedule Wednesday November 13

Pest-Trol

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



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

Need a ride?

Fremont Transit Program 402-4569-2845 **VA Appointments** 402-995-4200

> Methodist **Good Neighbor**

Request with appointments



1:30-2:30 **STANTON TOWER COMMUNITY ROOM**

THURSDAY, NOVEMBER 16



Bingo Fridays at 2:00 **Stanton Tower** Community room

No Bingo November 1 Birthday Bingo November 8 Sandwich Bingo November 22

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



RESIDENT COUNCIL & SOCIAL CLUB MEETING

WEDNESDAY, NOVEMBER 6

2:00 PM—Elections for 2025

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.



ANNUAL AUTUMN CELEBRATION CORN **CRANBERRY FAMILY FEAST FESTIVAL FOOD FOOTBALL FRIENDS**

GRAVY HARVEST HOLIDAY LONG WEEKEND MASHED POTATOES MEAL **NOVEMBER PARADE** PII GRIMS **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) 727-4646 (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 HOUS-ING: IT'S NOT AN OPTION. IT'S THE LAW.



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.



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

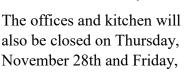
Don't' know anyone who likes to do it, but in a tower with 120 fellow neighbors it is a must.

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.





November 29th for the Thanksgiving Holiday. No meals will be served these days.



November 2024

Sat	2 Ham Slice Mashed Potatoes Vegetables Black Forest Cake with Cherries	9 Tastee Treat Chips Chocolate Pudding	16 Hamburger Pizza Breadstick Peaches	23 Chicken Strips Cole Slaw Fruit	30 Chicken Tenderloins Seasoned Red Potatoes Green Beans Peaches
Fri S	1 Fish Plank with Tartar Sauce Macaroni and Cheese Beets Oatmeal Raisin Cookie	8 Baked Steak Mashed Potatoes Peas Applesauce Cake	15 Cheeseburger Casserole Green Beans Chocolate Pudding	22 Ham Loaf Mashed Potatoes Cooks Choice Vegetables Carrot Cake	29 KITCHEN AND DINING ROOM CLOSED NO MEALS WILL BE SERVED
Thu		7 Chicken Breast Parsley Potatoes Corn Vanilla Pudding	14 Turkey Broccoli Penne Bake 3 Bean Salad Orange Jell-O	21 Pork Loin Sweet Potatoes Bread and Butter Lime Jell-O With Pineapple	28 KITCHEN AND DINING ROOM CLOSED NO MEALS WILL BE SERVED
Wed	*SUBJECT TO CHANGE*	6 Three Salad Plate Pickle Fruit	13 Ham and Bean Soup Corn Bread Peaches	20 Swiss Steak Mashed Potatoes Carrots Rice Crispy Bar	27 Turkey with Dressing Mashed Potatoes & Gravy Green Bean Casserole
Tue	cessary and available are interested in the tact Resident Support ne office during regular	5 Tastee Treat French Fries Chocolate Chip Cookie Root Beer	12 Hamburger Pizza Lettuce Salad German Chocolate Cake	19 Pork Chop Parsley Potatoes Creamed Corn Orange Cream Cake	26 Chili Mac Casserole Corn Chocolate Pudding
Mon	Monthly menus for participants are still necessary and available at the Gifford & 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.	4 Tomato Soup Grilled Cheese Sandwich 3 Bean Salad Apple Crisp	11 KITCHEN AND DINING ROOM CLOSED NO MEALS WILL	18 Chicken Strips French Fries Cole Slaw Cookie	25 Chicken Parmesan Mashed Potatoes Peas/Carrots Mixed Fruit
Sun		3 Chicken Tenders Sweet Potatoes Lime Jell-O	10 Tomato Soup 1/2 Grilled Cheese Sandwich Pears	17 Deli Turkey Sandwich Chips Pickle Pumpkin Whip	24 Pastrami Sandwich Chips Pickle Pears





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



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 <u>saangeltree.org</u> 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



PSYCHOLOGICAL

GRATITUDE IS RELATED TO AGE: FOR EVERY 10 YEARS, GRATITUDE INCREASES RV 50/6

COMMUNITY



HEALTH



WORK



FRIENDS

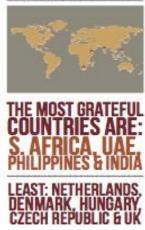
MORE SATISFYING RELATIONSHIPS WITH OTHERS, AND WILL BE BETTER LIKED

YOUTH





WHERE?



OVERALL POSITIVE EMOTIONS CAN ADD UP TO 7 YEARS