



Announcements and Reminders



ATTENTION STANTON TOWER RESIDENTS!!!

Let's get our apartments ready!



The annual Stanton Tower inspections will be held in the week of **NOVEMBER 18th to 22nd** for all Stanton apartments. There will **not be scheduled days or times**. You do not have to be there. If you are not home when the inspection is completed they will leave a note on your door that they were there.

Repairs Needed:

Please remember to turn in all repairs needed to the office. Please do not put a sign up without the office approval. We do not normally go to in the laundry room so we would not be aware of a problem unless you told the office. Thank you for your cooperation in making FHA the best in housing.



Please be aware of the construction area around Gifford as the new roof project is being done *over the next month or more*. Please stay away from areas marked off for your own safety.



Halloween Bingo
Thursday Oct 31
6-8 pm



Bring a bag of candy down to share with the children that will be trick or treating at the towers.

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 of 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.



Halloween



Find and circle all of the words that are hidden in the grid. The remaining letters spell an activity played on Halloween.

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

- | | | | |
|------------|-------------|----------------|-----------|
| APPLES | COSTUME | JACK O LANTERN | SKELETON |
| BATS | DRACULA | MASK | SKULL |
| BLACK CAT | FRIGHTENING | MUMMY | SPIDERS |
| BROOMSTICK | FULL MOON | NIGHT | TOMBSTONE |
| CANDLE | GHOSTS | PUMPKIN | VAMPIRE |
| CANDY | GHOULS | SCARECROW | WEREWOLF |
| CEMETERY | GOBLINS | SCARY | WITCHES |
| COFFIN | GRAVEYARD | SCREAM | ZOMBIE |

Call me with your answer to 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) 385-6300

Eastern Nebraska Office on Aging-ENOA
(402) 721-7770
Friendship Senior Center
(402) 727-2815

Uniquely Yours
(402) 727-8977

Fremont Lock Shop
(402) 317-1983



MIDLAND MOVE Week
at the Towers — October 1-4

Week full of activities provided by the Midland Students and staff in the Stanton Community Room.

Tuesday 12:45 to 1:45 Exercise Class
Wednesday Music 1:00
Thursday 2-4:00 Arts and Crafts
Friday 9-11:00 Blood Pressure Clinic

Stanton / Gifford Resident Social Club Meeting
Wednesday October 2 at 2:00 pm
Stanton Community Room

Book Mobile—Keene Memorial Library
Friday October 4th
Gifford Tower | 9:30 AM - 10:30 AM
Stanton Tower | 10:30 AM - 11:30 AM

Bingo Every Friday at 2:00 Stanton Community Rm
Birthday Bingo Oct 11 and Sandwich Bingo Oct 25
Special Halloween Bingo Oct 31, 6-8 pm.

Art Club every Monday at Gifford and Wednesday at Stanton
2:00 to 4:00

PEST-TROL SERVICES
Floors 4 through 6 | Stanton Tower | October 9th
Floors 4 through 6 | Gifford Tower | October 23th

Scheduled Office & Kitchen Closure in October
The first full week | All Day on October 11 and October 14

Everything Medicare & Medicaid
Celebrate October Birthdays with us
Thursday | October 24th | 1:00-2:00



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



Fremont Housing Agency

Rita Grigg
Executive Director

Riley O'Neill
Housing Program Manager

RENT DUE

Rent is due
Tuesday, October 1st.
To avoid a late fee,
your payment must be
in the drop box by
3:00 pm on Saturday,
October 5th.
Checks or Money
Orders Only!



For after hour
Maintenance
emergencies
contact:

Ed: 402-720-1264

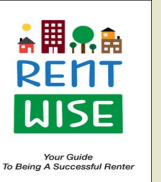


“Let’s Talk...”
October 2024



Nebraska RentWise
October 15th & 16th

GIFFORD COMMUNITY ROOM
Both Days: 8:30 AM to 12:30 PM



Training is Free to Residents

Six Modules

Module 1: Communication: Learn how to build positive relationships with Landlords and Neighbors.

Module 2: Managing Your Money: Step-by-Step process on how to manage and plan for housing costs.

Module 3: Find a Place to Call Home: Learn to conduct successful searches for rental units and build positive rental history.

Module 4: Getting Through the Rental Process: Learn your Rights & Responsibilities as a renter & the importance of understanding your Lease.

Module 5: Taking Care of Your Home: Be encouraged to take Pride in your Home & set a positive example by taking care of your rental unit.

Module 6: When You Move Out: Prepare for the time you may leave your current rental unit as you continue to move up!

Must complete all modules to earn Certificate of Completion

This tenant education program helps renters obtain & keep rental housing and to be successful renters through education. Renters who complete this program earn a certificate of completion to show potential landlords and property managers that they want to be good tenants.

Sign up with your Housing Specialist



October 2024 Activities



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 RSSC Gifford 10-11 12:45—1:45 Exercise with Midland at Stanton Community Room	2 Social Club Meeting 2:00 Stanton Comm RM	3 2-4 Arts & Crafts with Midland at Stanton Community RM	4 9-11:00 Blood Pressure Clinic with Midland 2-4 Bingo Stanton Comm. RM Keene library 9:30 Gifford 10:30 Stanton	5 Community Room closed for Private event 11-6:00
6	7 Art Club Gifford 2-4 Bible Study 6:30-8pm	8 RSSC Gifford 10:30-11:30	9 Pest-Trol Stanton 4-6 flrs 2-4 Art Club Stanton	10 2-4 Resource Fair Gifford Comm. Rm	11 Office and Kitchen Closed Birthday Bingo 2-4 Stanton Comm. RM	12 5-7 PM Potluck Stanton Comm. RM
13	14 Office and Kitchen Closed Art Club Gifford 2-4 Bible Study 6:30-8pm	15 8:30-12:30 Rentwise Gifford Community RM	16 8:30-12:30 Rentwise Gifford Community RM 2-4 Art Club Stanton	17 Trivia 1:30 - 2:30 Stanton Comm. RM	18 Bingo 2-4 Stanton Comm. RM	19 Coffee & Rolls 2-3 Stanton Comm. RM
20	21 Art Club Gifford 2-4 Bible Study 6:30-8pm	22 9-noon Diabetic Outreach clinic Gifford Comm. Rm RSSC Gifford 10-11	23 Pest-Trol Gifford 4-6 FlrsFHA Board Mtg 11:30 2-4 Art Club Stanton	24 Medicare/ Medicaid October Birthdays 1:00 Stanton Community Room Offices closed	25 Sandwich Bingo 2-4 Stanton Comm. RM	26 Coffee 2-3 Stanton Comm. RM
27	28 Art Club Gifford 2-4 Bible Study 6:30-8pm	29 RSSC Gifford 10-11	30 2-4 Art Club Stanton	31 Halloween Bingo 6-8		

October



Subject to change without notice

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Pork Loin Baked Potato Mixed Vegetables Orange Supreme Salad	2 Chef Salad With CROUTONS Snickers Salad	3 Chicken & Broccoli Bake Orange Candy Carrots Fruit Cocktail	4 Chicken Fried Steak Mashed Potatoes With Country Gravy Cook's Choice Vegetable	5 Ham Salad Sandwich Pickle Cole Slaw Butterscotch Pudding
6 Ham Slice Mashed Potatoes Carrots/Peas Mandarin Oranges	7 Waffle Delight Sausage	8 Cheeseburger Tater Tots Ambrosia Salad	9 Salmon Patty with Dill Sauce Mashed Potatoes Peas Chocolate cake	10 Vegetable Soup Coren Bread Jell-O	11 Kitchen and Dining Room closed	12 Cheeseburger Chips Pickle Chocolate cake
13 Tuna & Noodle Casse- role Peas Peaches	14 Columbus Day Kitchen and Dining Room Closed	15 Breaded Chicken Breast Hash Brown Bake Cranberry Sauce Lem- on Cake	16 Lasagna Garlic Stick Green Beans Strawberry Fluff	17 Roast Beef Mashed Potatoes With Gravy Carrots Pudding	18 Three Salad Plate Cookie	19 Turkey Swiss Sandwich Chips Pickle Cake
20 Polish Sausage Mashed Potatoes Jell-O Cookie	21 Tomato Soup With ½ Cheese Sand- wich Apple Crisp	22 Creamy Chicken Breast Baked Potato Peas & Carrots	23 Fish Fillet Cole Slaw Dinner Roll Cookie	24 Ham and Scalloped Potatoes Bread and Butter Green Beans Pudding	25 Turkey Casserole Dinner Roll Pumpkin Pie	26 Egg Salad Sandwich Chips Pickle
27 Chicken & Biscuit Wax Beans Cherry Jell-O with Ba- nanas	28 Chili Muffin Fruit Cocktail	29 Ham & Scalloped Pota- toes Green Beans Pudding	30 Spaghetti Green Beans Bread & Butter Cookie	31 Chili Mac Casserole Corn Vanilla Pudding with Cherries		

Community News

UPCOMING FALL EVENTS

CITY OF FREMONT | PARKS & RECREATION

OCT 1ST **SCARECROW CONTEST AT BARNARD**
SPONSORED BY FREMONT CHAMBER OF COMMERCE
FRAME PROVIDED, LOCAL BUSINESS DECORATE, PUBLIC VOTES! STAY TUNED...

OCT 12TH **ZOMBIE RUN AT HORMEL PARK**
RUN STARTS AT 10AM - AGES 6 & UP \$5

OCT 19TH **MOVIE AT BARNARD PARK**
FAMILY FRIENDLY MOVIE STARTS AT 8PM

OCT 27TH **PUMPKIN PAINTING AT CLEMMONS**
3PM-5PM - ART SUPPLIES & PUMPKINS PROVIDED

ADAPTIVE REC - OCT 7TH | 6:30-8PM
COSTUME DANCE AT THE FRIENDSHIP CENTER!

HALLOWEEN HYSTERIA BY MAINSTREET
OCT 17TH | 5-7PM

FOLLOW US ON FACEBOOK FOR FUTURE UPDATES!

HOUSEHOLD HAZARDOUS WASTE



RESIDENTS of Dodge County are welcome to bring their household hazardous waste to this collection site.

DODGE COUNTY RESIDENTS ONLY
NO BUSINESS OR FARM HAZARDOUS WASTE

Saturday, October 5th | 9:00 a.m. - 12:00 p.m.
Christensen Field - 1730 W. 16th St.

ACCEPTABLE WASTE MATERIALS:

- Oil Based Paints
- Paint Related Products (Stains, Varnishes, Etc.)
- Poisons
- Fertilizers
- Pesticides
- Insecticides & Other Lawn Chemicals
- Herbicides
- Fluorescent Light Bulbs (Standard Tubes & CFLs)
- Mercury Containing Items

UNACCEPTABLE WASTE MATERIALS:

- Latex Paints
**Dispose of in curbside trash after drying out or hardening.*
- Containers Over 5 Gallons
- PCB's
- Sharps or Needles
- Pharmaceuticals
**See our Local Recycling & Proper Disposal Guide.*
- Radioactive Wastes
- Tires
- Appliances
- Household Trash
- Lead Acid Batteries
**Accepted at most auto stores*
- Motor Oil
**Recycle at the Fremont Transfer Station - 1200 Hamilton Street*



MHFA Tip of the Month: Practice Self-Compassion

Your wellbeing matters. One effective way to take care of yourself is by practicing self-compassion. This means treating yourself with the same kindness and understanding that you would offer to a good friend.

Here's how to practice self-compassion:

- 1. Acknowledge your feelings:** When you're feeling overwhelmed or stressed, take a moment to recognize your emotions without judgment. It's OK to feel this way, and it's a natural part of being human.
- 2. Speak kindly to yourself:** Notice your inner dialogue and replace self-critical thoughts with affirming and supportive ones. For instance, instead of thinking, "I'm not doing enough," try, "I'm doing my best, and that's enough."
- 3. Take mindful breaks:** Set aside time each day for activities that help you recharge and center yourself. Whether that means taking a short walk, deep breathing, or a few moments of quiet reflection, these breaks can help reduce stress and boost your resilience.
- 4. Seek support:** Don't hesitate to reach out to others when you need help. Just as you support those around you, allow yourself the same privilege. Talking with a trusted friend, mentor or counselor can provide valuable perspective and comfort.

Join Downtown businesses as they host local artists, musicians, & creators. Enjoy free live music, snacks & more October 12 @ 11:00 AM to 3:00 PM

Resource Center

Did you know that you can find a great deal of information about community resources and services in our Resource Center? There are also computers and printers there for you to use for the purpose of advancing toward your economic self-sufficiency goals & priorities.

Here are some examples of reasons to use the computers/printers: Completing Employment applications, preparing for a job interview, applying for benefits, checking the status of benefits, printing renewal applications and notices, or applying for social security disability, etc.

Got some time on your hands? Don't know what to do? Thinking of a Hobby?



To start, you'll want to ask yourself a few

questions so you can narrow down the list of options. Here is a quick list of ideas to get you thinking:

- Do you consider yourself an active person?
- Do you like being at home?
- Do you enjoy the company of others?
- Are you open to learning new things?

- Do you like working with your hands?
- Do you value a challenge?

With Winter coming some Indoor Hobbies:

- Reading and Writing
- Cooking
- Crafting/making models
- Solving Puzzles
- Art, Painting and making music
- Book club
- Take a Class
- Community Hobby groups
- Study a Language
- Join a Food/Wine Club
- Travel
- Learn to dance
- Play games
- Visit Museums