



February 2025 Somers Point Newsletter

Every time I sit down to write this newsletter; I can't believe how fast time is going. And now it's almost Valentines Day. What do you associate with Valentines Day? Do you remember making boxes with slots and everyone in your classroom dropping in a Valentine for you? The little heart candies? We all have a memory or two, most of them are about someone who is important to us. Do we tell those people often enough? Do we wait to tell them how important they are until they say it first? I hope not, so many places we read that you should never put that off because you never know if there will be a tomorrow!!!! Don't let that happen to you, let them know today. You won't be sorry, just thankful.

If you weren't at our January meal you missed a good program, those Comfort Dogs

were just a comfort to have in the room, and learning about what they do was exciting. Thank you, Katie and Phinehas and the team, it was great.

Have you ever heard of Comfort Rabbits? Well, you will if you attend our next meal on February 13th when they visit us. It will be a variety of soups, at noon. PLEASE be sure to sign up ahead of time so the people making the soup have an idea how many to prepare for. The deadline to sign up will be February 7th. In case of bad weather, we will reschedule.

This month you are receiving an updated phone list, please keep them up dated whenever we get a new resident change. It has been noticed that when newsletters are delivered some storm doors are locked. Housing encourages us not to do that. If the squad would have to come, they would need to force the door open causing damage, and repairs would be at your expense.

The cold weather and wind have really been miserable, and it is easy to turn into a homebody. But our brains need stimulation every day. There are ways to do that here at Somers Point, check out the attached calendar. Is there something you can take part in? If you enjoy something we haven't done here, why not suggest it, get a group together and try something new. Remember active minds make active bodies, and active bodies make active minds. Give it a go!

Do you feel safe when you are alone? Do you have the means of calling the squad or a person if you fall, or are you too sick to help yourself? If you have a cell phone with you, you can use that, but what if the phone slips away from you and you cannot reach it or hit your head and are unable to dial it. These are things that we don't want to happen to us, but we must be prepared. A medical alert can be very helpful. There are many types to choose from, some that only work within a certain distance of your main phone, some that detect a fall and will respond, and some that have GPS that will work no matter where you are. Most of them do

come at a cost but are far cheaper than the cost of the rescue squad, or the results of an injury, or even laying on the floor for some time "praying for help," this has happened to some people. Don't be one. Some of the companies that provide the alerts are:

- Bay-Alarm-Medical*
- Medical Alert*
- Lifeline*
- Get Safe*
- ADT Medical Alert*

If you qualify with ENOA they can help you set one up also. These companies can be accessed online, or called, have a member of your family help choose one, and be safe.

You will find a sheet to sign at the club house with a special thanks to S-2 our garbage service. We are so blessed to have our driver take the time to get out and retrieve our cans from our garages. Write them a note, it will make their day as they are making ours much safer.

Reminder dues for 2025 at \$5 per person and can be paid to Marilyn (Mae) B. any time.

We are looking for suggestions for speakers, programs, or any kind of entertainment in the months ahead. If you know someone or heard someone of interest, please let Rachel know.

This month we send special wishes to: Marlene M., Leona P., Jaynee D., Don A., Rita M., and Betty H.

Our February birthdays are

Becky M.-----3rd
Gerald S.-----4th
Jerri S.-----7th
Jill P.-----8th
Linda R.-----9th
Gerry C.-----16th
Betty K.-----20th
Lois O.-----27th

Treasurers Report as of 1/23/25

Dues Fund -----\$159.91

Bingo Fund -----\$573.72

Meal Funds -----\$569.69

Balance -----\$1303.32

Scrambled Egg Muffins

2 cups vegetables chopped fine,
(broccoli, peppers, onion, etc.)

6 eggs

¼ t. salt

¼ t. pepper

¼ t. garlic powder

½ cup cheddar cheese shredded
chopped Ham or Bacon
(optional)

Spray muffin pan, or use papers
add vegetables mixture to pan

Beat eggs, stir in salt and pepper,
& garlic pour on top of
vegetables.

Bake at 350* for 20, sprinkle
cheese on top of muffin for the
last 3 minutes.

Recipe comes from Iowa State
University Extension Office.

Welcome Dwayne Bennett FHA Executive Director

I'm excited to join the Fremont Housing Agency team as your new Executive Director! With a decade of experience in public housing leadership, over 20 years as a pastor and Air Force chaplain, and a background in community development, I'm deeply passionate about creating opportunities for positive change and serving others. My mission is to enhance public housing services and foster stronger, thriving communities.

Nebraska has been home for the past 25 years after moving here from Texas. Over the years, I've lived in several Nebraska towns, including Grand Island, Kearney, Crete, and the Village of Hallam. I've grown to love the people and the values that make this state special.

When I'm not at work, I enjoy woodworking, motorcycling, photography, and spending time with family and my Rough Collie—who could easily be mistaken for Lassie! I also have a passion for lifelong learning, particularly in leadership and nonprofit management, and I'm always seeking ways to grow personally and professionally.

On a personal note, I've been married for 32 wonderful years to

my college sweetheart, whom I met on the first day of classes in Texas. Serendipitously, she's from Nebraska, which eventually led us here! We have two grown daughters and recently completed an incredible journey of adoption, welcoming two amazing sons from Colombia, now 14 and 16.

I'm excited to bring my experience, enthusiasm, and dedication to Fremont Housing Agency. I look forward to collaborating with our staff, residents, and community partners as we work together to make a lasting and meaningful impact on the lives of those we serve.

