



Social Security Letters—It is that time of year to bring down your new Social Security letter to the office to keep your file updated. Thanks for your cooperation.

**Mail:** Please be sure to read all your mail labels prior to opening.

Substitute mail persons & delivery personnel have made errors in getting to the right box or door. **So, please do not open mail or packages not addressed to you.**



**BULLETIN**



**Bulletin Boards**

These boards are for FHA to distribute information and post required notices. **Please leave these alone.** Staff will remove as they expire.

**Garbage**

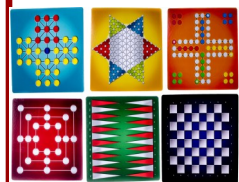
Please be sure to put all trash in the chute or directly in the garbage cans. **PLEASE do not put trash on the ground next to the cans. All boxes should fit if broken down properly. Please keep Fremont Beautiful and do not litter.**



**Hallways and Entrances**



Please make sure to keep these areas hazard free. Please return carts to where they belong. Nothing should be obstructing the walkways or left in the Solariums.



**Activities Galore** Please feel free to participate in all activities in the Towers. The community rooms are for your use. You may reserve them for special events through the office.

Most nights you may find someone looking to play games, cards or do a puzzle, so come on down to the Community rooms or Solariums for some fun.



**Remember not to go if you have bugs and are not cleared yet directly by Maintenance.**

**Walt Disney**

All the words are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

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

- DUMBO
- FANTASIA
- GOOFY
- HERCULES
- HUNCHBACK
- JUNGLE BOOK
- LADY
- LILO
- MERLIN
- MULAN
- OLIVER
- PETER PAN
- PINOCCHIO
- POCAHONTAS
- SLEEPING BEAUTY
- SNOW WHITE
- STITCH
- TARZAN
- THE ARISTOCATS
- THE LION KING
- TOD
- TRAMP

ALADDIN  
 ALICE  
 ATLANTIS

BAMBI  
 BROTHER BEAR  
 CHIP

CINDERELLA  
 COPPER  
 DALE





**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 to Go - Transit**  
 402-459-2845

**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.**

# What's up in January

St Patrick's Bell Choir will be here  
 Wednesday, January 22 at 5:30 pm in the  
 Stanton Community Room.



Come on down and enjoy the bell's beautiful sounds.

As of January 1, 2025, all cats and dogs need to be licensed at the Fremont Municipal Building, 400 E Military, 2<sup>nd</sup> floor.

Need to take current rabies shot record to get them licensed. Please bring in the receipt and/or tag once you have them licensed to your Towers Office.



## The Keene Library Bookmobile

Friday, January 3, 2025—9:30 Stanton 10:30 Gifford



The library book mobile will be here with books. Call if you would like a specific book for them to bring you. NO Card - No problem, come and sign up today.

Commodities for January / February will be January 8  
 1:00 at Stanton and 1:30 at Gifford community rooms.

**TRIVIA THURSDAY, January 16**  
 1:30-2:30 pm

**STANTON TOWER COMMUNITY ROOM**

### BINGO

1	27	33	48	75
8	19	45	56	61
3	18	FREE SPACE	49	69
15	26	41	53	66
2	21	37	46	65

**Bingo** Fridays at 2:00 pm  
 Stanton Tower Community room  
 Special Bingos – 2nd Friday Birthday - Free to those celebrating in January.  
 4th Friday is Sandwich Bingo



**LETS TALK ...**  
**January 2025**



Dwayne Bennett  
*Executive Director*  
 Riley O'Neill  
*Housing Program Mgr.*

## RENT DUE

Rent is due on Wednesday, January 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.

**For after hour Maintenance emergencies only! contact:**  
 Ed: 402 720-1264

## Stanton / Gifford Social Club Welcome New Leaders

The Resident Council, would love to have you join them on the first Wednesday of each month at 2:00 p.m. in the Stanton Community Room located on the first floor of Stanton for our monthly Resident Council Meeting.

At the meeting, we make plans for upcoming events and discuss concerns and questions that residents may have. We welcome new ideas and suggestions. Feel free to contact us for any questions or concerns you may have. We will do our best to help.

President: Carol Nodean (402) 704-9481 Apt 301 S  
 Vice President: Rosetta Appleby Apt 609 S  
 Treasurer: Eileen Tant (402) 719-5618 Apt 509 S  
 Secretary: Cheri Christensen 503 S

We look forward to seeing you at meetings & activities.

**The First Meeting of 2025 will be January 8 at 2:00 in the Stanton Community Room. Come with ideas and your calendar to plan out the year ahead.**

## Thank You!

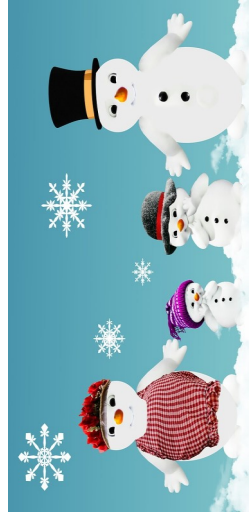
Thank you to all the officers that served last year and all who continue to assist in our events.  
 ....Juliane Hammond



**Offices will be closed:**  
**January 1 and 20, 2025**  
**No meals will be served.**



# January 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
5 Turkey Noodle Casserole Peas Jell-O Poke Cake	6 Spaghetti Breadstick Lettuce Salad Strawberry Cake	7 Turkey Rueben Sandwich Penne Pasta Salad Peaches	8 Roast Pork Mashed Potatoes and Gravy Beets Applesauce	9 Chicken Breast Mashed Potatoes Corn Cake	10 Tuna Noodle Casserole Green Beans Brownie	11 Spaghetti Garlic Bread Pears
12 Chicken Sandwich-Chips Brownie	13 Ham Macaroni Casserole Broccoli Mandarin Oranges	14 Beef Noodle Soup 1/2 Cheese Sandwich Mixed Fruit	15 Cold Turkey Sandwich Potato Salad Cranberry Sauce	16 Swedish Meatballs Mashed Potatoes Cook's Choice-Vegetable Cookie	17 Polish Sausage Sauerkraut Bread and Butter Frosted Chocolate Cake	18 Ham Macaroni Casserole Broccoli Apple Sauce
19 Cold Turkey Sandwich Chips Pickle Cookie	20 <b>KITCHEN AND DINING ROOM CLOSED</b> <b>MLK Day</b>	21 Hamburger French Fries 3 Bean Salad Peanut Butter Frosted Brownie	22 Pork Chop Sweet Potatoes Corn Frosted Lemon Cake	23 Homemade Pepperoni Pizza Lettuce Salad Root Beer	24 Grilled Ham and Cheese Sandwich Pea Salad Apricots	25 Hamburger Baked Beans Chips Peanut Butter Frosted Brownie
26 Pork Chop Sweet Potatoes Corn Bread and Butter	27 Chicken Fried Steak Mashed Potatoes and Gravy	28 Beef Tips & Gravy Over Noodles Green Beans Apple Cake	29 Turkey Casserole Jell-O Salad Peas Pumpkin Dessert	30 Broccoli Cheese Soup and Crackers 1/2 Meat Sandwich Peach Crisp	31 BLT Sand- wich With Cheese Cottage Cheese Peaches	



# January 2025

5	6 2-4-Art and Crafts at Gifford Tower	7 10-11-RSSC at Gifford Tower 1:00 Lilly Medicaid update/ Birthdays	8 Pestrol Stanton-Floors 1-3 1pm Commodities 2:30- Stanton / Gifford Resident Social Club Meeting	9 15 2-4:00 Art & Crafts at Stanton Tower	10-11-RSSC at Gifford Tower 1:00 Painting class	11 10-11-RSSC at Gifford Tower 1:00 Painting class	12 13 2-4-Art and Crafts at Gifford Tower Bed Bug checks - Gifford	14 20 2-4-Art and Crafts at Gifford Tower Office Closed	15 27 2-4-Art and Crafts at Gifford Tower	16 28 10-11-RSSC at Gifford Tower 1:00 Painting class	17 29 11:30-FHA Board Meeting-Gifford Tower	18 30 11:30-ANGELS Care Home Health bs Home care Blood Pressure Clinic	19 26 2-4-Art and Crafts at Gifford Tower	20 27 2-4-Art and Crafts at Gifford Tower	21 28 10-11-RSSC at Gifford Tower 1:00 Painting class	22 29 11:30-FHA Board Meeting-Gifford Tower	23 30 1:30-ANGELS Care Home Health bs Home care Blood Pressure Clinic	24 31 2-4 pm-Sandwich Bingo at Stanton Tower	25 2-3 Coffee at Stanton Tower Potluck	26 2-3 Coffee at Stanton Tower	27 2-3 Coffee and Rolls at Stanton Tower	28 2-3 Coffee at Stanton Tower	29 2-3 Coffee at Stanton Tower	30 2-3 Coffee at Stanton Tower	31 2-3 Coffee at Stanton Tower
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## Pest-Trol January Schedule

**Stanton Tower Floors 1-3, Wednesday January 8**

**Gifford Tower Floors 1-3, Wednesday January 22**



**Please be sure that your apartment is clean and ready to be sprayed.**

**This includes dishes, cupboards, countertops and carpets. Please ensure laundry is put away and picked up off the floor. Please don't wait for Pest-Trol to come to report bugs, notify your Housing Specialist IMMEDIATELY. ONE BUG can turn into an army of bugs if not REPORTED!**

**Come celebrate Birthdays with Lilly from Essential Care in The Stanton Community Room on January 7 at 1:00 pm. Time to get any of your Medicare or Medicaid questions answered as well.**

**Come and join the fun on the second Tuesday of each month as we take a walk down memory lane with our residents who are celebrating each month.**



Eastern Nebraska Office on Aging Thursday, January 9 at 2pm Stanton Community Room.

Kailey will be here to discuss the available services to seniors through the Eastern Nebraska Office on Aging. This includes Emergency Response Systems, housekeeping, companions and nutrition programs.

Come down and join us.

## Saturday Social Time

**Coffee every Saturday 2-3 with Rolls on the 18th  
Potlucks on the last Saturday, January 25 from 5-7  
Stanton Community Room**



**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.



*Eby Fine Art*  
*Featured Artist and Teacher*  
*Monica Eby*

## INTRO TO ACRYLIC PAINTING

Through a few creative exercises, we will learn practical techniques in a positive environment. We will have fun creating an acrylic painting you can be proud of and excited to share with friends and family. We will explore shape and value, color theory, dynamic composition, and many practical techniques.

At the end of our 6 week class, we will host a culminating event to invite your loved ones to come and enjoy your creations.

Sign up today to reserve your spot!

Tuesdays @ 1:00 Jan 21 - Feb 25

This is limited to 10 so please call to reserve your spot today at 402-727-4848 Ext 109

**Winter Blues**—Here are some tips for making peace with winter and cheering up:

### 1. Think like a Norwegian

In Northern Norway, people view winter as something to be enjoyed, not just endured. Consciously try to have a positive mindset and that might be enough to induce it.

### 2. Let the sunshine in

### 3. Activity – Take it outside

A 30-minute lunchtime walk three times a week boosts mood while increasing alertness.

### 4. Turn on the tunes

### 5. Cook up some comfort.

### 6. Drink lots...of water

### 7. Find an activity you enjoy and do it, a lot!

### 8. Treat yourself – plan ahead

### 9. Laugh and get social

“Laughter is the sun that drives winter away from the human face.” Victor Hugo

### 10. Ask for help

If these tips are not enough to get you out of the winter blues, don't be afraid to ask for help. Speak to your doctor or call your local mental health center. Like it or not, winter is coming. We may as well roll with it. Snowball fight, anyone?