

# Random act of Kindness

Random acts of kindness can create feelings of kindness and cheer up someone’s day. Even the smallest of kind acts can make someone's day better. This can make the world a gentler place through tiny mindful actions.

During Random Acts of Kindness activities it’s the perfect time to flex your kindness muscles and there's a multitude of ways to do this. Here are 10 easy Acts of Kindness:

- 1. Compliment a stranger
- 2. Donate blood
- 3. Visit a senior home and deliver a surprise
- 4. Donate anonymously to a charity or non-profit
- 5. Send an encouraging email to a colleague
- 6. Take someone to your favorite place
- 7. Praise a local business or service provider online
- 8. Organize a community cleanup
- 9. Write positive messages on sticky notes and leave for others to find.
- 10. Volunteer at a local charity, homeless shelter, animal shelter, or other nonprofit organization



Studies have shown that kindness is good for the body and the mind! Showing and spreading kindness can decrease blood pressure and lower stress. Kindness can boost self-esteem, empathy, and compassion, as well as, creating your sense of connectivity with others. Save the Children believes that even the smallest acts of kindness can start a ripple of change that can transform the lives of children, families and entire communities.



Smiles are a gesture of friendliness in most cultures, but researchers have identified different types of smiles and their purpose.

We’ve all heard the saying, “You should smile more! It takes more muscles to frown than it does to smile.” I’m not sure hearing a statement like that actually makes people smile more, but the statement is scientifically sound. It really does take more muscles to frown, about 47 of them. And for smiling, we only use about 13. So it’s true, it really does take more muscles to frown than it does to smile. Aside from an exercise in muscle tension, what does a smile really say?

Culturally, smiles are a gesture of friendliness in most areas of the world. It’s a non-verbal skill meaning that communication is happening without the use of words. The main purpose of smiling is to form, sustain and repair interpersonal relationships. We can attribute the successful creation of these relationships to the concept that smiling triggers happiness. This article was published by [Michigan State University Extension](#)

# Gardening

Find and circle all of the words that are hidden in the grid.  
The remaining 27 letters spell a Lady Bird Johnson quote.  
Call RSSC, 402-727-4848 Ext 109 with the answer, and leave the date and time to win!

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

- |            |              |            |             |
|------------|--------------|------------|-------------|
| ANNUALS    | GARDEN       | ORGANIC    | SEEDS       |
| BEANS      | GERANIUMS    | PEAS       | SHOVEL      |
| BEETS      | GLOVES       | PERENNIAL  | SOIL        |
| BIENNIAL   | GNOME        | PETUNIAS   | SPADE       |
| BROCCOLI   | GREENHOUSE   | PINWHEEL   | SUNSHINE    |
| CARROTS    | GROW         | PITCH FORK | TOMATOES    |
| COMPOST    | HOES         | PLANTING   | TROWEL      |
| CULTIVATE  | HORTICULTURE | RAIN       | TULIPS      |
| DAISIES    | HOSE         | RAKE       | VEGETABLES  |
| DIGGING    | HYDRANGEA    | RELAXING   | WATER       |
| FERTILIZER | LILACS       | ROSES      | WEEDS       |
| FLOWERS    | LILIES       | ROWS       | WHEELBARROW |

Congratulations to John Lempke as May’s puzzle winner - Mrs. Brown you’ve got a lovely daughter.



**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



**Fremont Family Coalition**  
Centralized Intake  
402 721-4157

**Fremont Police Dept.**  
(402) 727-2677  
Emergency - 911

**Fremont Fire Dept.**  
(402) 727-2688  
Emergency - 911

**Fremont Transit**  
(402) 459-2845

**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**  
(402) 721-7770  
**Senior Center**  
(402) 727-2815

**Uniquely Yours**  
(402) 727-8977



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

**Stanton & Gifford  
Social Club Meeting**  
Wednesday  
June 4th at 2:00 pm

**Potluck**  
**Saturday**  
**June 28 at 5:00 pm**

**Trivia**  
**June 12 & 26**  
**1:30 - 2:30 pm**



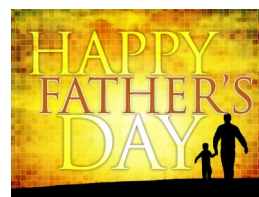
**Every Friday at 2:00 pm**  
**Specials: Birthday Bingo June 13**  
**Sandwich Bingo June 27**

**BOOK MOBILE COMES**  
**The FIRST FRIDAY of every month**  
**June 6th - Stanton 9:30 am & Gifford 10:30 am**



**Arts & Crafts**  
**from 2:00 pm to 4:00 pm**  
**Monday Gifford Tower Community Room**  
**Wednesday Stanton Tower Community**

**June Birthday Celebration with Essential Care, LLC**  
**Lilly Carbonell Walker - Update on**  
**Medicare/Medicaid**  
**HAPPY BIRTHDAY**  
**Tuesday, June 10th from 1:00 to 2:00 pm**  
**Stanton Community Room**

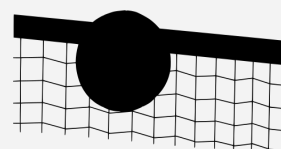


**Sunday, June 15, 2025**  
**Thank you to all the fathers**  
**and those father figures in your life.**

**ANGELS CARE HOME HEALTH**  
**Blood Pressure Clinic**  
**Thursday, June 26 at 1:00 pm**  
**Stanton Tower Community Room**



**Game time**  
**Weekdays at 10:00 am**  
**Meet at the Stanton Library**  
**in the Community Room**



**Fremont Housing  
Agency**

**Dwayne Bennett**  
**Executive Director**  
**Riley O'Neill**  
**Housing Program Manager**

### **RENT DUE**

**Rent is due on Sunday June 1**  
**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.
  - Please place in Drop box in the hall next to office.

## **“Let’s Talk...”**

### **June 2025**

### **UFLEX ONLINE PAYMENT SYSTEM TO END**



The Uflex online payment platform will no longer be available as of June 30, 2025.

Your **June rent will be the last payment that will be processed through them.**

The housing staff is currently looking for another option for online payments. *Once that has been determined, all tenants will be notified of that availability.* In the meantime, please plan ahead to ensure that your rent payments for July will be made timely by check or money order.

**The Resident Advisory Board Meeting**  
**for 2025 Agency Plan and Capital Funds**  
**is scheduled for Tuesday, June 10<sup>th</sup>, 2025,**  
**at 9:00 a.m. in the Stanton Tower Library.**



**There will be a Public Hearing to**  
**discuss the 2025 Agency Plan**  
**and Capital Funds on Wednesday,**  
**June 25, 2025, at 11:00 a.m.**

**in the Gifford Tower Community Room. The**  
**Regular Board Meeting will follow at 11:30 a.m.**

**For after-hour**  
**Maintenance**  
**EMERGENCIES**  
**ONLY!**  
**contact:**  
**Ed: 402 720-1264**

### **PEST-TROL SERVICES**

**Stanton Tower | June 11th**  
**Floors 10 through 11**

**Gifford Tower | June 25th**  
**Floors 10 through 12**



# June 2025

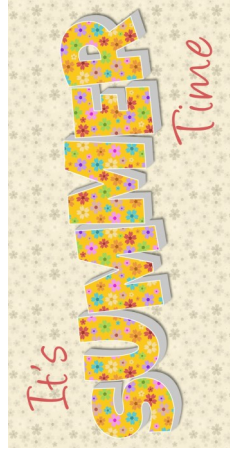
# June 2025

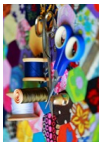



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Potato Soup Ham Sandwich	Sloppy Joe's Potato Wedge Surprise Cake	Pork Chops Baked Potato Mixed Vegetables Pears	Bacon, Lettuce & Tomato Sandwich Chips Vanilla pudding	Creamy Potato Soup Hot Cheese Sandwich	Roast Turkey with Dressing & Gravy Corn	Polish Mac & Cheese Casserole Mixed Vegetables Cook's Choice
8	9	10	11	12	13	14
Sloppy Joe's Chips Pickle Brownie	Meatloaf Mashed Potatoes Green Beans Cake					
15	16					



# June 2025 Activities

Social Club.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 2-4-Art and Crafts at Gifford Tower 	3 10-11-RSSC at Gifford Tower 5:00 Game Night	4 2:00– Resident Council and Social Club Meeting 3-4-Art and Crafts at Stanton Tower	5 1:30-2:30-Trivia 6:30 Every Thursday Concerts in the JCF Park	6 Keene Bookmobile 9:30 Stanton 10:30-Gifford 2-4 pm-Bingo at Stanton Tower	7 2-3 Coffee at Stanton Tower
8	9 2-4-Art and Crafts at Gifford Tower	10 9:00 Resident Advisory Meeting 10-11-RSSC at Gifford 1:00-Medicare / Birthday Party Stanton Tower5:00	11 Pest-Trol Stanton-Floors 10-11 2-4-Art and Crafts at Stanton Tower	12	13 2-4 pm– Birthday Bingo at Stanton Tower	14 2-3 Coffee at Stanton Tower
15	16 2-4-Art and Crafts at Gifford Tower 	17 5:00 Game Night	18 2-4-Art and Crafts at Stanton Tower	19 Junteenth 1:30-2:30-Trivia Offices/Kitchen Closed No Meals served	20 2-4 pm-Bingo at Stanton Tower	21 2-3 Coffee and Rolls at Stanton Tower 
22	23 2-4-Art and Crafts at Gifford Tower	24 10-11-RSSC at Gifford Tower 5:00 Game Night	25 Pest-Trol Gifford Floors 10-12 1:00 Public Hearing 11:30-FHA Board Meeting-Gifford Tower Community Room 2-4-Art and Crafts at Stanton Tower	26 1:00-Angels Care Blood Pressure Clinic Office Window Closed	27 2-4 pm-Sandwich Bingo at Stanton Tower	28 5:00 Potluck Stanton Community Room 
29	30 2-4-Art and Crafts at Gifford Tower	31 10-11-RSSC at Gifford Tower 5:00 Game Night		<b>Week Days—10:00 Activity Time— Meet at the Stanton Community Room</b>		



## Coping with Sadness

Sadness is a normal part of life, but that doesn't mean it isn't difficult to cope with feelings of sorrow and unhappiness you may be experiencing. If you are struggling with disappointment or you're feeling deep anguish, know that you're not alone. Most importantly, know that the pain you're feeling right now most likely won't last forever. Understanding how to deal with sadness allows you to process your emotions in a healthy way.

**Identify the Root of Your Sadness** Everyone feels sad at times, but we don't always experience sadness for the same reasons. Sadness has many potential causes, and two people could react to the same event differently. If you're dealing with sadness, your feelings could be caused by several things.

1. Relationship issues
2. Personal loss
3. Unhealthy thought patterns
4. Depression
5. Stress

### Dealing with Sadness:

Feelings of sadness may begin to feel overwhelming. Coping with sadness might seem impossible at times, but by mindful and intentional behavior can be impactful. If you've been feeling down, the following coping skills can help lift your mood and process your feelings.

1. Let yourself feel sad
2. Practice self-care
3. Avoid unhealthy coping mechanisms
4. Reach out to loved ones for support
5. Spend time with your pet
6. Find a healthy outlet for your feelings
7. Look for ways to laugh
8. Connect with nature

### Knowing When It's Time to Get Help

There are plenty of ways of dealing with sadness when you're in a low mood, but if you're struggling and feel like you can't cope on your own any longer, it might be time to seek professional help. If you've been feeling sad for several weeks, and your mood doesn't seem to be improving, your sadness may be a symptom of depression.

**Need immediate emotional support? Call 988 to connect to a counselor who can help. The specialists provide confidential care 24/7. Because we all need help sometimes.**

# 988 Is Here to Help



## Some Things Fun & Exciting to do in the Fremont Area



### Free Concerts in the Park at 6:30

#### Johns C Fremont Park Thursdays

- June 5th, 2025 - High Heel
- June 12th, 2025 - Jacked
- June 19th, 2025 - Shifting Gears Band
- June 26th, 2025 - Whiskey River
- July 10th, 2025 - The SilverMoon Band

**The Old Settlers schedule** is published in the weeks preceding the celebration, but annual features include:

- DC Lynch Carnival Rides
- Live music
- Sunday Parade
- Car Show
- Welcome Home Barbecue
- Wine and Beer Tasting
- Pizza Feed
- Alumni Golf Tournament
- Beer Garden
- Baseball Games
- Kids Games and Races
- Kids Tractor Pull
- Community Worship Service



### Fremont Friendship Center

Our focus is to support the seniors in our community who are 60 years or better! We encourage independence and provide a nutritional meal Monday to Friday for those over 60 for a suggested donation of \$4.25. There is no membership charge and seniors will find this is an amazing place to come find NEW Friends, reconnect with friends of the past, and enjoy laughter, games, fun, and friendship throughout the week.  
1730 W 16th Street - **402-727-2815**

**Hours** Monday, Wednesday, Thursday  
9:00 am to 3:00 pm  
Tuesday 9:00 am to 3:00 pm  
Friday 9:00 am to 1:00 pm  
Lunch is served daily at 11:30 am

Silver Sneakers

aetna

Devoted  
HEALTH PLANS

welcare

Washington  
National

healthteam  
advantage

Humana

A community fitness program designed specifically for seniors, SilverSneakers® promotes greater health engagement and accountability by providing members with regular exercise (strength training, aerobics, flexibility) and social opportunities at the various fitness centers at NO cost with these insurance policies in Nebraska.

If yours plan is not listed check with your insurer for similar programs offered.

**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.