

Life at the Towers

Find and circle all of the words that are hidden in the grid.
The remaining 40 letters spell an Albert Einstein quotation.

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

- | | | | | |
|------------|-------------|---------------|---------------|-------------|
| AGED | ELDERLY | ICE CREAM | PARTIES | ROOMS |
| ALZHEIMERS | ENEMA | ILLNESS | PERSONAL CARE | SAFETY |
| ATTENDANTS | EXERCISES | KITCHEN | PHYSICIAN | SHAMPOO |
| BATHTUB | FALSE TEETH | LIBRARY | PHYSIOTHERAPY | SHOTS |
| BEDROOM | FAMILY | LUNCH | PLAYING CARDS | SHOWERING |
| BINGO | FATHERS | MEDICATION | QUILT | STETHOSCOPE |
| BREAKFAST | FOOD | MOTHERS | RAILINGS | SYRINGES |
| CARDS | FRACTURE | MUSIC THERAPY | RECREATION | TOOTHBRUSH |
| CHAIRS | GAMES | NAPS | REPORTING | VISITORS |
| CHRONIC | GARDEN | NEWSPAPER | RESTRAINT | WALKER |
| DEPRESSION | GLASSES | NURSES | | WASH HAIR |
| DINING | GLUCOMETER | OXYGEN TANK | | WOUND CARE |

Call 402-727-7878 Ext 109 with hidden message.

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) 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.

PEST-TROL SERVICES

Floors 10 through 11 | Stanton Tower | March 12th
 Floors 10 through 12 | Gifford Tower | March 26th

Social Club Events

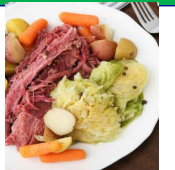


Club meeting March 5 at 2:00
 Trivia at 1:30 on Thursdays the 6th and 20
 Bingo every Friday at 2:00
 - Birthday Bingo March 14th & Sandwich Bingo March 28
 Coffee on Saturdays at 2:00 — On March 15th Coffee with Rolls
 March 29th - Potluck **All in the Stanton Community Room**



Commodities
 Wednesday, March 12th
 1:00pm Stanton 1:30 Gifford
Community Rooms

St. Patrick's Day Corned Beef & Cabbage POTLUCK DINNER



Stanton Community Room
 Sunday March 16 from 2:00-



Come celebrate Mardi Gras & March Birthdays with Lilly from Essential Care.

Tuesday, March 4 at 1:00 pm

Come and join in on the fun as we celebrate Mardi Gras with a King Cake for our residents who are celebrating in March. Dress up for the day if you like. You may also get any of your Medicare or Medicaid questions answered as well. Join us in the Stanton Community Room.



Blood Pressure Clinic

Thursday, March 27 at 1:00

How to have Effective Dr. Visits

Stanton Community Room.





Arts and Crafts
Every Monday at Stanton Community Room
2:00 to 4:00
 Bring a craft to do and enjoy some time with new friends.

Gifford Bug Inspections

for the whole building will be the week of March 17-21.

Pest-Trol March Schedule



Stanton Tower Floors 10-11, Wednesday March 12

Gifford Tower Floors 10-12, Wednesday March 26

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!

The Keene Library Bookmobile
March is Reading Awareness Month

Friday, March 7, 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.

Thank YOU!

Thank you to our Chili contestants for the wonderful entries. Congratulations to Carol Nodean our Chili cook-off winner.



Reduce the Risk of Heart Disease

Healthy lifestyles can promote better cardiovascular health. You can prevent heart disease!



- Eating healthy foods
- Getting plenty of physical activity and sleep
- Quitting smoking and vaping
- Managing stress
- Monitoring cholesterol, blood sugar and blood pressure



Fremont Housing Agency

Dwayne Bennett
Executive Director

Riley O'Neill
Housing Program Manager

RENT DUE

Rent is due on Saturday March 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.

After hour Maintenance emergencies only contact Ed: 402-720-1264

“Let’s Talk...”
March 2025



Friendly Reminders

During all hours of the day, we ask that you be mindful that noise travels. Please be considerate of your neighbors peaceful enjoyment of their homes, and refrain from making loud noises that can be heard outside or inside your apartment. This includes, playing music, watching TV, having guests over, or letting doors slam to name a few.

“Quiet Hours” are from 10 PM to 8 AM.

Animals

Please remember that visiting animals are not allowed in the towers for everyone's safety.

Washers and Dryers

Do not overstuff Washers and Dryers. They will not operate correctly and your clothes will not be clean nor dry.

Going to be away

Please let the office know if you will be away in case of emergency and you will need to be contacted.

Help

Help is just a phone call away. We will help you in finding the appropriate resource. Please call 402-727 4848 ext. 109

Guest

All overnight guest must be pre-approved per your lease agreement. Please see manager for form and approval.

Smoking

Please remember that all Fremont Housing Properties are non-smoking. Smoking in you unit puts all of your neighbors at risk. Please see your lease for consequences.

Public Areas

Please do not leave any donations in the public areas. All should go to the RSSC office.



Rentwise Class

RentWise is a program to help be successful renters.

The class is free to residents of Fremont Housing residents. A certificate will be awarded upon completion of all the classes.

The RentWise class is on March 13-14, 2024 beginning at 8:30 a.m. in the Gifford Tower Community Room. Deadline to register is March 4th.

To take part please call Tina @ 402-727-4848 ext. 102.



March 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>Menus for participants are still necessary and available at the Gifford & Stanton Tower offices. If you are interested in starting the Food Service Program, please feel free to contact Resident Support Services at 727-4848 ext. 109</p>							
2	Turkey Sandwich Chips Pickle	3 Ham Slice Scalloped Potatoes Pickled Beets Oatmeal Raisin Cookie	4 Fish Sandwich Tater Tots Coleslaw Fruit	5 Chili With Crackers Peaches Bread and Butter	6 Meatballs Mashed Potatoes Carrots Cookie	7 Barbecue Chicken Pasta Salad Vanilla Pudding With Cherry	8 Ham Sandwich Chips Pickle Fruit
9	Chili 1/2 Cheese Sandwich Cookie	10 Salisbury Steak Mashed Potatoes Mixed Veggies Pears	11 Brats Fried Potatoes and Peas Bread & Butter	12 Pulled Pork Sandwich Slaw Peaches	13 Pork Roast Mashed Potatoes Carrots Cookie	14 Tomato Soup Grilled Cheese Sandwich German Chocolate Cake With Coconut Frosting	15 Golden Beef Casserole Green Beans Bread & Butter Pudding
16	Salisbury Steak Mashed Potatoes Mixed Veggies Pears	17 French Toast Sausage Patty Mixed Fruit	18 Hamburger Tater Tot Casserole Green Beans Apricot Sauce Over White Cake	19 Pork Chop Au Gratin Potatoes Carrots Cookie	20 Chicken Strips French Fries Cole Slaw Pears	21 Corned Beef Deli Sandwich Fries Lime Jell-O With Pineapple	22 Hamburger Tater Tot Casserole Green Beans
23	Pork Loin Au Gratin Potatoes Carrots Cookie	24 Liver and Onions Mashed Potatoes Peas Fruit Bar	25 Barbeque Ribs Mashed Potatoes Corn Cook's Choice Fruit	26 Three Salad Plate Crackers Cookie	27 Roast Beef Potatoes & Gravy Carrots Cherry Pie	28 Tuna and Noodle Casserole Bread and Butter Carrot Cake With Cream Cheese Frosting	29 Roast Beef Sandwich Potatoes & Gravy
30	Tuna and Noodle Casserole Bread and Butter Fruit	31 Reuben French Fries Pudding					



March 2025 Activities



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
2	3 2-4-Art and Crafts at Stanton Tower	4 10-11-RSSC at Gifford Tower 1:00-Mardi Gras / Birthday Party with Lilly Walker Stanton Tower	5 Ash Wednesday 2:00- Resident Council and Social Club Meeting	6 1:30-2:30-Trivia	7 Keene Bookmobile 9:30 Stanton 10:30-Gifford 2-4 pm-Bingo at Stanton Tower	8 2-3 Coffee at Stanton Tower	
9	Daylight Savings time Spring forward 1 hour	10 2-4-Art and Crafts at Stanton Tower	11 Fire Alarm Test	12 Pest-Trol Stanton Floors 10-11 Commodities 1:00 Stanton 1:30 Gifford	13	14 2-4 - Birthday Bingo at Stanton Tower	15 2-3 Coffee and Rolls at Stanton
16	St. Pat's. Corn Beef & Cabbage potluck	17 2-4-Art and Crafts at Stanton Tower	18 10:30-11:30-RSSC at Gifford Tower	19	20 1:30-2:30-Trivia	21 2-4 pm-Bingo at Stanton Tower	22 2-3 Coffee at Stanton Tower
23	24 2-4-Art and Crafts at Stanton Tower	25 10-11-RSSC at Gifford Tower	26 Pest-Trol Gifford Floors 10-12	27 1:00-Angels Care Blood Pressure Clinic & How to have Effective Dr. Visits	28 2-4 -Sandwich Bingo at Stanton Tower	29 2-3 Coffee at Stanton Tower Potluck 5-7:00	
30	31 2-4-Art and Crafts at Stanton Tower						

Rentwise 8:30 to noon

Gifford Bug inspections—This whole week. Please be ready



This is a slogan that most growing up in Nebraska took as a fact of life and became a State of mind. Growing up watching Nebraska Football showed this in full force. Our fans are loyal people, come win or lose they are there for the teams. Welcoming visiting teams and even congratulating them on good games, gave our fans the reputation of being the nicest fans in sports. Created in 1972 by a marketing team to replace "Welcome to NEBRASKAland where the West begins".

The Chamber says it is because we have welcoming communities, good people, low cost of living and great opportunities.

A few facts about the 1.9 million people enjoying The Good Life:

- A quarter of Nebraskans are **under the age of 18**.
- Nebraska has a low unemployment **rate of 3%** (the national average of 5%).
- **91%** of Nebraskans have high school degrees, 30% have a bachelor's degree.
- The median household income is approximately **\$56,500**.

What does 'The Good Life' look and feel like for you?

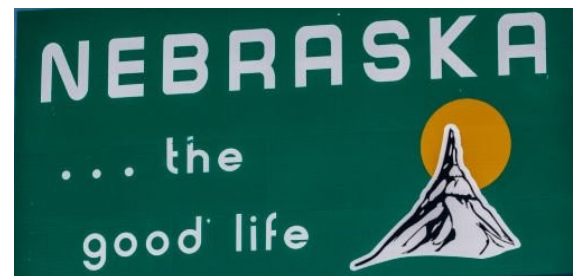
Robert Waldinger, a professor of psychiatry at Harvard Medical School, defines it simply:

"Being engaged in activities you care about with people you care about."

The quality of our relationships profoundly impacts our health.

"Taking care of your body is important, but tending to your relationships is a form of self-care too."

Who contributes to your own sense of 'The Good Life'?



Be a Friend, enjoy the Good Life

INFORMATION YOU NEED TO KNOW

Phone Numbers Community Agencies

- Adult Protective Services/Child Protective Services 800-652-1999
- Commodities—NENCAP 402-385-6300
- DHHS Economic Assistance Phone Number 402-595-1258
- DHHS Medicaid 402-595-1178
- Dodge County General Assistance 402-727-2731
- Dodge County Veterans Association 402-727-2719
- Eastern Office On Aging 402-721-7770
- Fremont Friendship Center 402-727-2815
- Home and Community Based Service (HCBS) Waiver 877-667-6266
- Keene Memorial Library 402-727-2694
- Meals On Wheels 402-721-8262
- LifeHouse 402-721-3125
- Salvation Army 402-721-0930
- Uniquely Yours Stability Support 402-727-8977

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.

