

WHATS NEW?



Pest-Trol May Schedule

Starting at 12:00 pm

On Wednesdays

May 8th Stanton Floors 10-11

May 22nd Gifford Floors 10-12

STANTON & GIFFORD TOWER RESIDENT COUNCIL & SOCIAL CLUB WEDNESDAY, MAY 1st, at 2:00 PM at Stanton Community Room.

Come to the meeting to hear about all the activities planned for May.

See the Baskets being raffled for \$1 at the Social Club May Meeting
for activities and supplies.

PICTURE OF BASKETS


ARTS & CRAFTS GROUP

2:00-4:00 on
Mondays at
Gifford &
Wednesdays at
Stanton
Community
Rooms



Come and bring your own project
to work on and socialize a bit.
Looking to try something new?
Just ask Lori G. and she will help
you get started. Adult color books
that are a good stress and anxiety
reliever, as well as puzzles, word
search, knitting, etc.

Anything you are interested in.
Just let her know and she will show
you how to do it and what you need
to do it.

Essential Care
Tuesday, May 6 at 1:00 
Lilly Carbonell Walker will
be here to assist with Medicare/
Medicaid questions & celebrate May
Birthdays.

Tired of Sitting alone in your apartment?

Come on down and join in the fun activities
from 10—11 am weekdays. Meet at the
Stanton Activity Area by TV.

Monday—Cornhole games

Tuesday—Balloon Volleyball

Wednesday—Yard Darts

Thursday—Walking Club

Friday—Games Galore



Assisting Programs for the Elderly (over 60)

Department Of Health and Human Services The State Unit on Aging oversees funding to help
Nebraskans stay in their homes. These funding sources include the Older Americans Act, the Nebraska
Community Aging Services Act, and the Aging & Disability Resource Center Act

Area Agencies on Aging and other providers deliver a wide range of services to the community. These
services promote health, safety, and long-term independence. Services may be available to you if you are an
older adult, a person with a disability, or a caregiver.

Eastern Nebraska Office on Aging—Provides and oversees these services for our area. They provide
Case Managers that provide a range of services for the aging population. Some services include: Senior
Centers, Meals on Wheels, Homemaker Services, Personal Care Services, Caregiver Support, Senior
Companions, and Emergency Response Systems at a discount. They can be reached at: **Enoa.org** or
402-444-6536

The Social Services for Aged and Disabled Adult Program (SSAD) provides services to individuals
who are aged, blind, or disabled and need assistance in remaining as independent as possible. Eligibility is
based on the client's income as well as their need for the requested service. The SSAD program provides
services to clients who do not qualify for Medicaid or are ineligible to receive assistance from other
programs.

- Chore:** Chore services are provided to individuals who are unable to complete household or
personal care tasks due to ailments. Chore services can be authorized to assist with light housekeep-
ing, essential shopping, food preparation, laundry services, or personal care.

- Adult Day:** Adult Day Care is authorized to provide a structured, monitored, and social environ-
ment that assists in providing manual, physical, and intellectual services for individuals. Adult day
is provided for a minimum of 3 hours per day in a supervised ambulatory setting either in a day
center or within a home.

- Home Delivered Meals:** Delivered meals are provided to individuals who are unable to prepare
balanced meals for themselves due to ailments. Meals are delivered to the client's residence typically
during the noon hour.

- Congregate Meals:** Congregate Meals are provided to individuals who are unable to prepare bal-
anced meals for themselves due to ailments. Congregate meals are provided at an approved location
and offer the individual a warm meal as well as socialization.

- Homemaker Services:** Homemaker services are authorized to provide in-home instructional-based
services to eligible clients.

Transportation: Transportation services are authorized to provide non-medical and medical
transportation for clients to and from community resources.

Eligibility for Low Income Aged: Persons 60 years or older with a gross monthly income of \$1,520 or
less for a family of one, or a gross monthly income of \$1,707 or less for a family of two or more.

Medicaid and Economic Assistance for those Elderly or Disabled

Medicaid and Long-Term Care (MLTC) oversees the Nebraska Medicaid program and home and
community-based services. Medicaid provides health care services to low-income families, seniors, and
individuals with disabilities.

Home and community-based services are available to those who qualify for Medicaid waivers, such as
the elderly, adults and children with disabilities, and infants and toddlers with special needs.

All applications are available on [iserve.nebraska.gov](https://www.inebraska.gov).
If you need help contact RSSC at 402-727-4848 at ex 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

Fremont Family Coalition
402 721-4157
Centralized Intake

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

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

Fremont Transit Program.
(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.



ANGELS CARE HOME HEALTH

**Blood Pressure Clinic
Information on
Addiction Program**

**Thursday, May 29 at 1:00 pm
Stanton Tower Community Room**

Stanton Tower Community Room Activities

TRIVIA May 8 & 22
Thursdays at 1:30 -2:30
Fun for all!
Come down and win! prizes.

Birthday Bingo May 9
Sandwich Bingo May 23

Bingo every Friday 2-4 PM



Happy Mothers Day !



To all those who
nurtured us into
who we are today.

To all those who
work to keep our
home safe & sound. - To being there for
us in our time of need.



**Fremont Housing
Agency**

Dwayne Bennett
Executive Director
Riley O'Neill
Housing Program Manager

RENT DUE

Rent is due on Thursday May 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.

For after hour Maintenance emergencies contact:
Ed: (402) 720-1264

LET'S TALK MAY 2025



The Resident Advisory Board Meeting
for 2025 Agency Plan and Capital Funds



is scheduled for **Tuesday June 10th, 2025,**
at **9:00 a.m. in the Stanton Tower Dining Room.**

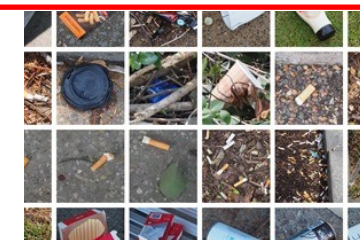
There will be a **Public Hearing to discuss the 2025 Agency Plan and Capital Funds on Wednesday, June 25, 2025, at 11:00 a.m. in the Gifford Tower Community Room. The Regular Board Meeting will follow at 11:30 a.m.**

Gardens.

We have had a request over the years for a community garden. Our neighbors to the North have offered some space for us to make one. Please come to our meeting May 1 at 3:00 pm in the Stanton Community Room.



Help keep Fremont Beautiful
Just a reminder that cigarette butts are not biodegradable. Please dispose of these and other trash properly both on our property and our neighbors.



The offices, kitchen, and dining room will be closed on Monday, May 26th for Memorial Day.




Commodities


will be delivered on May 14th.

At 1:00 pm in Stanton Community Room

At 1:30 pm in the Gifford Community Room

Contact Sharon West to see if you are eligible and to fill out an application if you would like to get on the list. You must be at least 60 years old and meet the income requirements.






REMINDER the office window hours are:


Monday – Friday 9:00 am-12:00 pm & 12:30 pm-3:00 pm

Please set up an appointment if you need to meet.

ATTENTION GIFFORD RESIDENTS

The Annual Inspection for Gifford Tower residents will be done during the week of May 5th. You are not able to schedule a time for your apartment to be inspected but you do not have to be home when your inspection occurs. Contact the Office with any questions.





Gifford Air Conditioner Covers

Covers will be removed during the inspections.

The week of May 5–9th.

Please make sure the area is accessible.

The social club would like to remind everyone if they would like to borrow something from the club to please contact the President, Carol Nodean in 301 prior to taking. The club has tables, roasters and games that are willing to loan but need to know where they are when they need them.

The tables are in need for the monthly potlucks so please be respectful and ask first.

Decorations are not for the taking. Please remind family and friends who may be visiting.

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.



May 2025

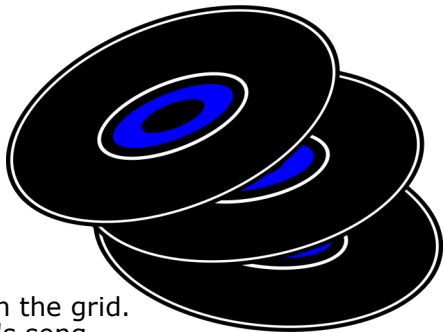
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Bi-Weekly menus for participants are still necessary and available at the Gifford & Stanton Tower offices. If you are interested in the Food Service Program, please feel free to contact Resident Support Services at 727-4848 ext.109 or stop down at the office during regular business hours.	5 Tuna Noodle Casserole Bread & Butter Fruit	6 Chicken Tenders Slaw Cottage Cheese with pineapple Confetti Cake	*SUBJECT TO CHANGE*	1 Turkey Rueben Potato Salad Chips Cookie	2 Nacho Supreme Refried Beans Snicker Doodle Cookie	3 Shepherds Pie Dinner Roll Apricot Fluff
4 Turkey Club Chips Chocolate Pudding	5 Tuna Noodle Casserole Bread & Butter Fruit	6 Chicken Tenders Slaw Cottage Cheese with pineapple Confetti Cake	7 Spaghetti Garlic Bread Mixed Vegetables Peanut Butter Cookie	8 Ham Slice Macaroni & Cheese Peas Cherry Crisp	9 Cheeseburger Soup Crackers Apple Pie	10 Cheeseburger Soup Pickle Spear Fruit
11 Spaghetti Green Beans Cookie	12 French Toast Bacon Fruit	13 Barbeque Pork Sandwich Slaw Baked Beans Mandarin Fluff	14 Meat Loaf Baked Potato Carrots Peaches	15 Chicken Fritters Hash Browns O'Brien Jell-O Salad	16 Hot Dog Baked Beans Fried Potatoes Chocolate Cake	17 Chili Dog Chips Pickle Chocolate Cake
18 Meat Loaf Baked Potato Carrots Peaches	19 Cheese Kielbasa Bake Biscuits Pears	20 Hamburger Potato Salad Pickle Peaches	21 Roast Turkey Mashed Potatoes And Gravy Corn Pumpkin Bar	22 Ham Salad Sandwich 3 Bean Salad Brownie	23 Runza Casserole Green Beans Pineapple Upside Down Cake	24 Hamburger Potato Salad Pickle Brownie
25 Ham Salad Sandwich 3 Bean Salad Pumpkin Bar	26 MEMORIAL DAY KITCHEN CLOSED	27 Liver & Onions Mashed Potatoes Peas Cookie	28 Ham Slice Mashed Potatoes Green Beans Black Forest Cake	29 Chicken Parmesan Veggie Delight Dinner Roll Apricot Fluff	30 Fish Sandwich Cole Slaw O'Brien Potatoes Black Forest Cake	31 Shepherds Pie Lettuce Salad Chocolate Pudding

MAY 2025 Activities



Mon	Tue	Wed	Thu	Fri	Sat
			1 1:30-2:30- Trivia 3:00 Garden Meeting	2 9:30 Stanton Keene Bookmobile 10:30-Gifford 2-4 pm-Bingo at Stanton Tower	3 2-3 Coffee at Stanton Tower
4 Gifford Tower Inspections ALL WEEK	5 2-4-Art and Crafts at Gifford Tower	6 10-11-RSSC at Gifford Tower 1:00-Medicare / Birthday Party with Lilly Walk-	8	9 2-4 pm- Birthday Bingo at Stanton Tower	10 2-3 Coffee at Stanton Tower
11	12 2-4-Art and Crafts at Gifford Tower	13 10-11-RSSC at Gifford Tower	15 1:30-2:30- Trivia	16 2-4 pm-Bingo at Stanton Tower	17 2-3 Coffee and Rolls at Stanton
18	19 2-4-Art and Crafts at Gifford Tower	20 10:30-11:30 - RSSC at Gifford Tower	22	23 2-4 pm-Sandwich Bingo at Stanton Tower	24 2-3 Coffee at Stanton Tower
25	26 2-4-Art and Crafts at Gifford Tower	27 10-11-RSSC at Gifford Tower	29 1:00-Angels Care Blood Pressure Clinic	30 2-4 pm-bingo at Stanton Tower	31 Potluck 5-7 Stanton Community Room

60's Songs



Find and circle all of the 1960's song titles that are hidden in the grid.
The remaining letters spell the title of an additional 1960's song.

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

BABY LOVE
BLUE MOON
BLUE VELVET
BUS STOP
CARA MIA
CHAIN GANG
CHERISH
CRAZY
CRYING
DIZZY
DOWNTOWN
EL PASO

ELENORE
FINGERTIPS
FIRE
GALVESTON
GOOD LOVIN'
GROOVIN'
HAIR
HEATWAVE
HEY JUDE
HOLIDAY
ITCHYCOO
PARK

MEMPHIS
MY GIRL
MY GUY
PEOPLE
PUPPY
LOVE
RESPECT
RUNAWAY
SHERRY
SOUL MAN
SPOOKY
STAY

TEEN ANGEL
THE BOXER
THE TWIST
THESE EYES
VALLERI
VOLARE
WHITE RABBIT
WILD THING
WINDY
WIPEOUT
WORDS
YESTERDAY