




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 Quilts being raffled for \$1 by Social Club for activities and supplies.



Essential Care
May 7 at 2:00



Lilly Carbonell Walker will be here to assist with Medicare/Medicaid questions & celebrate May Birthdays.

Safe Banking for Seniors
Tuesday May 21st at 2:00 PM
Stanton Community Room



Join us as we discuss scams, fraud and ways to protect yourself and your money.



ARTS AND CRAFTS GROUP
2:00-4:00 on Mondays & Wednesdays at Stanton Community Room

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 coloring books that are a good stress and anxiety reliever, as well as puzzles, word search, knitting, etc.

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 Library.

Monday—Cornhole games
 Tuesday—Balloon Volleyball
 Wednesday—Yard Darts
 Thursday—Walking Club
 Friday—Games Galore



11 Must-Do Healthy Habits for Spring to Help You Feel Your Best this Season
 By Tessie Tracy, Wellness Coach

- 1 – GET OUTSIDE**
 There's no better time to soak up some sunshine and fresh air than Spring. Whether it's a morning walk, an afternoon picnic, or an evening stroll, make time to get outside and enjoy nature and the beauty of the season.
 - 2 – PRACTICE MINDFUL EATING**
 With the abundance of fresh produce available in the Spring, it's a great time to focus on nourishing your body with healthy, whole foods. Practice mindful eating by savoring each bite, paying attention to how satiated you feel, and choosing foods that make you feel energized and nourished. **Try to take 10-20 minutes with your food.** It might sound easy... but if you actually time yourself (I did when I started)
 - 3 – HYDRATE, HYDRATE, HYDRATE**
 As the weather warms up, yes, it's important to stay hydrated. Drink plenty of water throughout the day. To make it more alluring, try adding some lemon, strawberries, cucumber, or mint for a refreshing twist! If you want a measurable goal, aim for ½ to ¾ of your body weight in ounces every day. So a 150 lb person would want to drink 75-112 oz of water a day.
 - 4 – SPRING CLEAN YOUR SPACE**
 Spring cleaning isn't just good for your home—it's good for your mental health too. Decluttering can help reduce stress and create a sense of calm and order in your immediate environment.
 - 5 – TRY A NEW WORKOUT**
 Shake up your fitness routine by trying a new way of moving. Whether it's a dance class, a yoga session, or a bike ride, trying something new can help you stay motivated and engaged. It can also work your muscles in different ways, helping you increase lean muscle mass, maintain mobility in all your joints, and get toned.
 - 6 – GET ENOUGH SLEEP**
 Sleep is essential for overall health and wellbeing. **Aim for 7-9 hours of sleep each night.** You can also experiment with the exact window of time that allows you to feel most rested.
 - 7 – PRACTICE GRATITUDE**
Spring is a time of renewal and growth, and it's the perfect time to cultivate a sense of gratitude for all the good things in your life. Take a few moments each day to reflect on the things you're thankful for and let that positivity carry you through the season. A nightly journaling practice, Write one thing you're letting go of that didn't go as planned for the day. One thing you're proud of, and on thing you're grateful for!
 - 8 – INCORPORATE AFFIRMATIONS**
 Saying or writing down affirmations helps rewire our brain toward those beliefs we desire to embody. Use the energy of the season to reflect on where you want to go in life, how you want to feel, what qualities you want to exude. Write down 5-10 of your most powerful "I am" affirmations and put them somewhere you'll see each day.
 - 9 – TAKE A BREAK FROM TECHNOLOGY**
 Give yourself time to recharge. Try a digital detox by unplugging for a few hours each day and engaging in other activities like reading, journaling, or spending time with friends and fam.
 - 10 – PLAN HEALTHY MEALS**
 Take advantage of the seasonal produce available in the Spring by planning healthy, nourishing meals. Incorporate a variety of colors and nutrients to support your overall health and wellness.
 - 11 – PRACTICE SELF-CARE**
 Finally, make time for self-care each week (or each day if you can!). Prioritize activities that make you feel calm, centered, and rejuvenated. Write down everything that brings you joy, relaxes you and fulfills your soul.
- All in all, Spring is a time of growth, renewal, and opportunity. By incorporating these habits into your wellness routine, you'll be supporting your physical, mental, and emotional health to feel your best this season and beyond!

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
888-210-1093

Senior Center
(402) 727-2815

Uniquely Yours
(402) 727-8977



ANGELS CARE HOME HEALTH

Blood Pressure Clinic

**Thursday, May 30 at 1:00 pm
Stanton Tower Community Room**

Feet 4 Keeps Toe Nail Clinic

Thursday, May 16, 10-2:30 PM

Call ahead for an appointment

Sara Bourek (402) 719-9770

Stanton Tower 2nd Floor Solarium

**TRIVIA May 16
Thursday, 1:30-2:30**

Birthday Bingo May 10

Sandwich Bingo May 24

Fridays at 2—4 PM

Stanton Tower Community Room

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.

Gifford Community Room will remain closed.

As the bed bug infested apartment count in Gifford remains at a high of 19, the community room will not reopen until the infestation gets under control. Please do not share your bugs with your neighbors so we can get this eradicated and open the community room.



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



Fremont Housing Agency

Rita Grigg
Executive Director
Riley O'Neill
Housing Program Manager

**Rent is due
Wednesday
May 1, 2024**

Your payment must be in the drop box by 3:00 pm on Sunday, May 5, 2024 or you will be charged a \$30.00 late fee. If rent is not in by the 21st, another \$20.00 late fee will be applied!!

**Uflex, Checks or Money Orders Only!
NO CASH!!!!!!**

For after hour Maintenance emergencies contact:

Ed: (402) 720-1264
Rita: (402) 720-9643



LET'S TALK

MAY 2024



The Resident Advisory Board Meeting for 2024 5 Year Agency Plan and Capital Funds is scheduled for Friday, June 14th, 2024, at 9:00 a.m. in the Stanton Tower Library



There will be a Public Hearing to discuss the 5 Year Agency Plan and Capital Funds on Wednesday, June 26, 2024, at 11:00 a.m. in the Gifford Tower Community Room. The Regular Board Meeting will follow at 11:30 a.m.

Welcome Tony, Rich, and Curt to the Fremont Housing Maintenance Team



The offices, kitchen, and dining room will be closed on Monday, May 27th for Memorial Day. Be safe.





Commodities

will be delivered at 1:00 pm on May 9th.

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.

Please break down your boxes before you put them in the trash - no matter how big they are. Do not put boxes in the trash if they are not broken down flat because nothing else will fit in the trash.



Please remember to write your name and Apartment number neatly on all Money Orders so Accounting can credit your rent correctly. Thank you!



REMINDER THAT THE M – F OFFICE WINDOW HOURS ARE: 9:00 AM-12:00 PM & 12:30 PM-3:00 PM

Gifford Bike Rack Clean up

Please report your bikes to the office and pick up a tag by May 22nd. We will be cleaning out the unclaimed bikes to make room for our resident’s bikes.



ATTENTION GIFFORD RESIDENTS



The Annual Inspection for Gifford Tower residents will be done during the week of May 6th. 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.

Packages and Mail

- When ordering packages to be delivered, be specific as to where they need to deliver and then have them knock on your door.
- Plan to be there if you are expecting a delivery.
- Please remember to check your mailbox daily. Overstocked boxes will have their mail returned to the sender.

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 2024

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
 5 Turkey Club Chips Chocolate Pudding	6 Roast Beef Mashed Potatos Corn, Bread & Butter Pudding	7 Chicken Tenders Tater Tots Cottage Cheese Confetti Cake	1 Turkey Ruben Potato Salad Chips Cookie	2 Shepherds Pie Bread and Butter Chocolate Pudding	3 Nacho Supreme Refried Beans Snicker Doodle Cookie	4 Shepherds Pie Dinner Roll Apricot Fluff
12 Spaghetti Green Beans Cookie	13 French Toast Bacon Fruit	14 Barbeque Pork Sandwich Fries Baked Beans Mandarin Fluff	8 Spaghetti Garlic Bread Mixed Vegetables Peanut Butter Cookie	9 Cheeseburger Soup Crackers Apple Pie	10 Ham slice Macaroni & Cheese Peas Bread Pudding	11 Cheeseburger Soup Pickle Spear Fruit
19 Swiss Steak Baked Potato Carrots Peaches	20 Cheese Kielbasa Bake Biscuits Pears	21 Hamburger Potato Salad Pickle Peaches 28 Liver and Onions	15 Swiss Steak Baked Potato Green Beans Peaches	16 Hot Dog French Fries Pickle Chocolate Cake	17 Chicken Fritters Hashbrowns Jell-O Salad Chocolate Cake	18 Chili Dog Chips Pickle Chocolate Cake
26 Tuna Casserole 3 Bean Salad Pumpkin Bar	27 KITCHEN & DINING ROOM CLOSED Memorial Day	Mashed Potatoes Peas and Carrots Cookie	22 Roast Turkey Mashed Potatoes/ Gravy Corn Pumpkin Bar	23 Delightful tuna Casserole Peas, Bread & Butter Brownie	24 Runza Casserole Carrots Pineapple Upside- Down Cake	25 Hamburger French Fries Pickle Brownie
			29 Ham Loaf Scalloped Potatoes Green Beans Black Forest Cake	30 Hamburger / Potato Casserole Dinner Roll Apricot Fluff	31 Fish Sandwich Cole Slaw Chips Chocolate Pudding	* Subject to change without notice*

MAY 2024 Activities



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	10- 11:00am Fun Activities in Stanton Library Weekdays	7 10-11 RSSC Gifford Tower	1 2:00 Resident Council & Social Club Meeting Stanton Tower Happy May Day 8 2:00 Stanton Tower PESTROL Stanton Floors 10-11	2 Every Thursday 10am and 1:00pm Walking club	3 9:30 Library Bookmobile 2-4 Bingo Stanton Tower	4 Stanton Community Rm Closed 1-5pm Pot Luck 5:30 Social Club
5 Gifford Annual Inspections All Week starting Monday 6th To the 10th.	6 2 Arts & Crafts Stanton Tower	14 10: RSSC Gifford Tower 2: Essential Care Stanton Tower Election Day	15 2-4 Stanton Tower	9 1:00 Commodities	10 2-4- Birthday Bingo Stanton Tower	11 Stanton Community Rm Closed 12-5pm
12 Stanton Community Rm Closed 12-5pm	13 2 Art & Crafts Stanton Tower	21 10:30 RSSC Gifford Tower 2-3 Safe Banking Stanton Tower	22 2-4 Stanton PESTROL Gifford Floors 10-12	16 10--2:30 pm Feet For Keep 1:30-2:30 Trivia Stanton	17 2-4 Bingo Stanton Tower	18 2-3 Coffee & Rolls Stanton Tower
19	20 2-4 Art & Crafts Stanton Tower	28 10-11 RSSC Gifford Tower	29 2-4 Stanton Tower FHA Board Mtg	23 2:00 Games Office Windows closed	24 2-4 Sandwich Bingo Stanton Tower	25 2-3 Coffee Stanton Tower
26	27 Memorial Day remembrance Office and Kitchen closed	29 2-4 Stanton Tower FHA Board Mtg	30 1:00 Blood Pressure clinic with Angel Care Stanton	31 2-4 Bingo Stanton Tower	31 2-4 Bingo Stanton Tower	31 2-4 Bingo Stanton Tower

Flowers Word Search



Find and circle all of the flowers that are hidden in the grid. The remaining letters spell a secret message - a quotation from *Romeo and Juliet*.



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

- | | | | |
|------------------|---------------|------------|------------|
| ALSTROEMERIA | CORNFLOWER | GOLDEN ROD | PANSY |
| AMARYLLIS | DAFFODIL | HEATHER | PEONY |
| ANTHURIUM | DAISY | HOLLYHOCKS | PETUNIA |
| ASTER | DELPHINIUM | HYACINTH | ROSE |
| BABY'S BREATH | FORGET-ME-NOT | HYDRANGEA | SNAPDRAGON |
| BELL FLOWER | FOXGLOVE | IRIS | STATICE |
| BIRD OF PARADISE | FREESIA | LAVENDER | STOCK |
| BOUARDIA | FUCHSIA | LILAC | SUNFLOWER |
| CALLA | GERANIUM | LILY | TULIP |
| CARNATION | GERBERA | LISIANTHUS | VIOLET |
| CHRYSANTHEMUM | GINGER | MARIGOLD | YARROW |
| CLEMATIS | GLADIOLUS | ORCHID | |

Call Service Coordinator with your answer , first in wins a prize.

