

Winter Walking Tips

Falls can be serious. Falling can cause bruises, sprains, or more serious injuries like broken bones or concussions.

No matter how well the snow is removed from parking lots or sidewalks, there will still be slippery places.

What you wear on your feet can help lower your risk of falling. Boots or shoes that fit well and have a good grip are the best choice.

How to avoid slipping and falling on snow or ice:

- * Find a path around snow or ice when you can.
- * Learn how to “Walk Like a Penguin” - walk slowly, take small steps, and point your toes out slightly to be more stable on icy paths.
- * Keep your head up and don't lean forward.
- * Keep your hands out of your pockets to help keep your balance.
- * Plan ahead to make sure you have enough time to get where you're going.
- * Assume that all wet, dark areas on the pavement may be slippery or icy. If you can, walk around them.
- * Walk on cleared walkways—avoid shortcuts that haven't been cleared.
- * Don't text or talk on your phone and walk at the same time.
- * Use handrails on stairs and ramps. If you're walking on a slope where there are no handrails, be extra careful.
- * Spread sand or grit on your steps and walkways.
- * Try not to carry heavy things that can make you lose your balance, or large things that could



Fremont Housing Agency
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Attention: DO NOT leave food out for stray animals, birds, etc.
Don't leave food under trees, in dishes, on the ground, etc.
This creates an eyesore, attracts more strays and leaves a mess!



Halloween Facts

- In early Celtic celebrations, turnips or other root vegetables were used in place of pumpkins. A burning lump of coal was placed inside the hollowed out vegetable and carried during the festivities.
- According to the National Retail Federation, more than 70% of Americans actively celebrate Halloween.
- Dressing up in costumes dates back to the Middle Ages when poor folks would dress up and go door-to-door on Hallowmas (November 1st), receiving food in exchange for prayers for the dead on All Souls Day (November 2).
- The Guinness Book of World Record holder for the heaviest pumpkin was attained in October 2011 with a pumpkin weighing in at 1,818 lbs. 5 oz.
- The origins of Halloween can be traced back to the Celtic festival of Samhain, which marked the end of the harvest season and the beginning of the darker half of the year.



The Fremont Housing Agency Offices Are Closed:
Monday, October 14 - Columbus Day
Monday, November 11 - Veteran's Day
Thursday & Friday, November 28 & 29 - Thanksgiving
Wednesday, December 25 - Christmas Day
(Office windows are closed)
Thursday, October 24
Thursday, November 21
Thursday, December 26

REMINDER! Any time your income changes you must report it to Tina immediately. *If you get a job, change jobs, get an SSI increase; etc. your income will be affected and your rent could change.* Usually this means an increase in your rent amount. So be mindful of how this will affect your household budgeting.

Some Thanksgiving Fun Facts

- ⇒ The first Thanksgiving took place in 1621.
- ⇒ Every Thanksgiving, the current U.S. president pardons a turkey.
- ⇒ Macy's has put on a parade every Thanksgiving since 1924.
- ⇒ Thanksgiving is the biggest travel day of the year.
- ⇒ The foods eaten for Thanksgiving dinner haven't changed much since 1621.
- ⇒ Americans eat over 280 million turkeys every Thanksgiving.
- ⇒ Cranberries are native to North America.
- ⇒ There is an official Thanksgiving postage stamp.
- ⇒ The wishbone tradition is much older than Thanksgiving.
- ⇒ Watching football is an integral part of most Thanksgiving celebrations.



Sweet Potato Biscuits with Honey Butter

Ingredients:

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|-----------------------------|---|-----------------------------|
| 2 cups all-purpose flour | ~ | 4 teaspoons sugar |
| 3 teaspoons baking powder | ~ | 1 teaspoon salt |
| 1 teaspoon ground cinnamon | ~ | 1/2 teaspoon ground nutmeg |
| 1/4 cup shortening | ~ | 1 cup mashed sweet potatoes |
| 1/2 cup half-and-half cream | | |

Honey Butter:

- | | | |
|----------------------------|---|---------------------|
| 1/2 cup butter, softened | ~ | 2 tablespoons honey |
| 1 teaspoon ground cinnamon | | |

Directions:

1. In a small bowl, combine the first 6 ingredients. Cut in shortening until mixture resembles coarse crumbs. Combine sweet potatoes and cream; stir into crumb mixture just until moistened. Turn onto a lightly floured surface; gently knead 8-10 times.
2. Pat or roll out to 1/2-in. thickness; cut with a floured 2-1/2-in. biscuit cutter. Reroll and repeat once. Place 1 in. apart on a greased baking sheet.
3. Bake at 400° for 9-11 minutes or until golden brown. Meanwhile, in a small bowl, beat the butter, honey, and cinnamon until blended. Serve with warm biscuits.



What are the Holiday Blues?

- The holiday blues, "are feelings of stress, anxiety, and sadness that surround the holiday season."
- The reasons for holiday blues vary by individual. Triggers can include "memories of lost loved ones, and with that, a sense of yearning or aching to be with them," along with "too high or unrealistic expectations for what things 'should' or 'must' be."
- Holiday blues, while generally temporary, may overlap with more serious mental health conditions, such as seasonal affective disorder or clinical depression.

Tips on Coping With the Holiday Blues

Set Reasonable Expectations

- Challenge yourself to avoid the 'must' and 'should' traps, or the all-or-nothing notion that if the holidays aren't perfectly joyful, then they are entirely miserable.

Take Care of Yourself

- Maintain healthy habits, including eating, sleeping, and exercise. "Lack of sleep and inconsistent eating can worsen irritability and fatigue. Maintaining healthy habits can stave off exhaustion and help us function at our best."

Focus on the Positive

- Listing positive affirmations in the morning can help individuals start their day on a positive note. This could divert attention from self-deprecating thoughts and reframe thinking.

*Taken from excerpts by Staff Writers of Psychology.org
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Rentwise Classes

RentWise is a program to help renters obtain and keep rental housing and be successful renters through education.

FHA holds a live class twice a year, and it is announced in the newsletter. But the class is also available online any time. You are able to register and take the training at your own pace at no charge!

A certificate is awarded upon completion of the training.

If you are interested in taking the live or online course contact Tina 402-727-4848, and she will be happy to give you the information necessary to sign up or answer any questions you may have.

Be sure to take part in this free and informative opportunity.

Next upcoming live class - October 15 & 16, 8:30 am - 12:00 pm. Call for details.



Fremont Housing Agency

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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) 727-3200

LifeHouse

(402)-721-3125

Salvation Army

(402) 721-0930



Fremont Housing Agency's Mission Statement

"The mission of the Fremont Housing Agency is to be a leading, innovative, and affordable housing agency dedicated to assisting low to moderate income families, elderly, and disabled residents who are striving to improve the quality of their lives through independent living or self-sufficiency."