

Important Information

FLU SHOT CLINIC GIVEN BY THREE RIVERS



Thursday - September 26

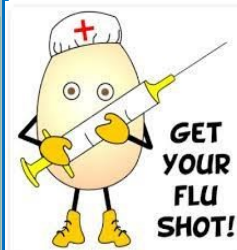
GIFFORD TOWER 1-2 PM

STANTON TOWER 2-3 PM

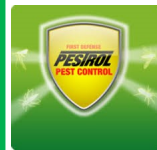
Please call Service Coordinator at

402-727-4848 Ext 109

To reserve your shots. You will just need to bring your insurance card.



Pest-Trol September Schedule



Starting at 12:00pm
Wednesdays Floors 1-3
September 11 Stanton
September 25 Gifford

ATTENTION STANTON TOWER RESIDENTS!!!

Let's get ready for Apartment Inspection! The annual **Stanton Tower inspections** will be held in NOVEMBER for all Stanton Tower Apartments. More information to follow.



Please be mindful of your animals at all times. All droppings not picked up will be sent in to Poo Prints and fines will be issued. Please watch your animal closely as we have found some in the buildings as well as outside.

UNBAGGED and unsecured trash is dangerous to our staff. No breakable objects should be thrown down the trash chutes. Please be kind to our staff. Thank you



Board Meeting

September 25 2024 11:30 AM
Gifford Tower Conference Room



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.



Master your Stress so it doesn't Master YOU!

Do:

- * Be a problem solver not a victim
- * Put it in perspective, not all problems are a crisis
- * Keep up your self confidence, you can do it
- * Work cooperatively to solve
- * Remember no one is perfect
- * Forgive self and others for making mistakes
- * Prioritize and complete tasks in an orderly way
- * Express frustrations in constructive way
- * Get enough sleep and Laugh a lot!
- * Get help when you need it



Don't:

- ◇ React to everything as a crisis
- ◇ Take everything personally
- ◇ Try to control everything
- ◇ Be afraid to make mistakes
- ◇ Blow up at self and others
- ◇ Assign blame
- ◇ Expect the worst
- ◇ Worry about the unknown
- ◇ Suffer silently
- ◇ Withdraw from others
- ◇ Use drugs and alcohol to reduce stress



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

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



RESIDENT COUNCIL & SOCIAL CLUB MEETING

WEDNESDAY SEPT 4, 2:00 PM
STANTON TOWER COMMUNITY ROOM



Tai Chi Class

Come on down to the Stanton Community Room to exercise

Tuesday September 3, 10, and 17. Just \$2

The Library Bookmobile Friday, September 6, 2024

9:30– 10:15 at Gifford Tower
10:30-11:15 at Stanton Tower

Remember to call if there is a certain book that you want and they will bring it to you.



COMMODITY DELIVERY SEPTEMBER 12, 2024 1:00 Stanton & 1:30 Gifford.



Due to cuts in the program if you do not pick up your commodities, you will be removed from the program. Be sure to let the Service Coordinator know if you have a conflict picking up your food box before the Sept 12 date. 402-727-4848 Ext. 109.



Every Friday at 2:00 pm
Stanton Community Room
Specials: Birthday Bingo Sept 13
Sandwich Bingo Sept 27

Feet For Keeps

Thursday September 19 10 to 4pm
Stanton 2nd Floor Solarium
Call for an appointment 402 719-9770



THURSDAY, SEPTEMBER 21st
2:00-3:00
STANTON COMMUNITY ROOM



Fremont Housing Agency

Rita Grigg
Executive Director
Riley O'Neal
Housing Program Manager

Rent is due
Sunday,
September 1, 2024

Your payment must be in the drop box by 3:00 on Thursday.

September 5, 2023 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

EMERGENCY

Lets Talk...

SEPTEMBER 2024



MONDAY SEPTEMBER 2, 2024

Offices, Maintenance, Kitchen, and Dining Room will be closed!!
No meals will be served



Welcome Jason Roberts

Gifford Housing Specialist

I am Jason Roberts, I have lived in Fremont for the past 21 years. I'm married and have 4 children ages 29, 23, 21, and 20.

I really don't have many hobbies other than trying to read more often and exercising as often as I can. I'm also hoping to get more time (and money!) to finish some long-needed improvements to my home.



Prior to coming to Fremont Housing Agency, I worked for the Nebraska Department of Health and Human Services. Before that I recently retired after 20 years as a full-time member of the Nebraska National Guard and I'm hoping to make this my final career stop before officially retiring from the workforce.

I'm looking forward to getting to know everyone and helping to make this a great place to be!



Touch of Italian Night

September 7th 5-7:00 pm
Stanton Community Room
Dinner \$6 Dessert \$1



Sunday		Monday	Tuesday	Wednesday	Friday	Saturday
1	2	3	4	6	7	
Soft Shell Taco	Labor Day	Swedish Meatballs	Beans and Wienes	Fried Chicken	Swedish Meatballs	
Fritos	Kitchen & Dining Room CLOSED	Potatoes	Bread and Butter	Potatoes with Gravy	Green Beans	
Salsa	CLOSED	Mixed Veggies	Hash Browns	Corn	Pears	
Jell-O	No Meals Served	Peaches	Rice Krispy Bars	Pudding		
8	9	10	1	13	14	
Pulled Pork Sandwich	Sliced Ham	Roast Beef		Fish Sandwich	Cheeseburger Pie	
Chips	Mashed Potatoes	Egg Cheese Spread Sandwich	Mashed Potatoes & Gravy	Cole Slaw	Corn	
Strawberry Cake	Corn	Chips & Pickle	Green Beans	Brownie Delight	Pudding	
	Pears	Butterscotch Pudding	Key Lime Pie			
15	16	17	18	20	21	
Hot Beef Sandwich	Goulash	Chicken Alfredo	Ground Beef Gravy and Biscuits	Potato Soup with Crackers	Goulash	
Mashed Potatoes & Gravy	Lettuce Salad	Penne	Vegetables	1/2 Chicken Salad Sandwich	Green Beans	
Broccoli	Frosted Marble Cake	Carrots	Cherry Jell-O with Fruit	Fruit	Marble Cake	
22	23	24	25	27	28	
Ham & Cheese Sandwich		Polish Sausage with Apple	Chili With Crackers	Ham Loaf	Chicken Salad on Lettuce	
Chips and Pickle	3 Plate Salad	Sauerkraut	1/2 Cheese Sandwich	Creamy Potatoes	Sliced Tomato	
Mixed Fruit	Strawberry Cake	Fried Potatoes	Cinnamon Roll	Beets	Pickle	
Chocolate Chip		Jell-O		Jell-O	Cranberry Fluff	
29	30					
Chili	Grilled Cheese	September 2024				SUBJECT TO CHANGE WITHOUT NO-TICE
Cinnamon Roll	French Fries					
	Pickle					
	Desert Bar					

September 2024 Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Stanton Community Room Closed Private Event 2-4:00pm	 3 10-11-RSSC at Gifford Tower 1:30-2:30 Tai Chi	4 2:00— Resident Council and Social Club Meeting	5	6 10:30-Library at Gifford 11:00-library at Stanton 2-4 pm-Bingo at Stanton Tower	7 5-7pm Touch of Italian Dinner Stanton Community Room	
8  9 2-4-Art & Crafts at Gifford Tower 6:30—8:00 Bible Study	10 10-11-RSSC at Gifford Tower 1:30-2:30 Tai Chi	11 2-4-Art & Crafts at Stanton Tower Pestrol Floors 1-3 Stanton Towers	12 Commodities 1:00 Stanton 1:30 Gifford 1-2 Essential Care Birthday Party	13 2-4 pm-Birthday Bingo at Stanton Tower	14 2-3 Coffee at Stanton Tower	
15 16 2-4-Art & Crafts at Gifford Tower 6:30—8:00 Bible Study	17 10:30-11:30 - RSSC at Gifford Tower 1:30-2:30 Tai Chi	18 2-4-Art & Crafts at Stanton Tower	19 Feet for Keeps 10:00 to 4pm 2-3-Trivia	20 2-4 pm-Bingo at Stanton Tower	21 2-3 Coffee and Rolls at Stanton Tower	
22 23 2-4-Art & Crafts at Gifford Tower 6:30—8:00 Bible Study	24 10-11-RSSC at Gifford Tower	25 2-4-Art & Crafts at Stanton Tower Pestrol Floors 1-3 Gifford Towers 11:30-FHA Board Meeting-Gifford	26 3 Rivers Flu Shot Clinic 1-2 Gifford CR 2-3 Stanton CR Office Windows Closed	27 2-4 pm-Sandwich Bingo at Stanton Tower	28 2-3 Coffee at Stanton Tower	
29 30 2-4-Art & Crafts at Gifford Tower 6:30—8:00 Bible Study						

Hallways need to remain clear of all blockage.

Please remember to not leave anything in the halls.

This includes Grocery Carts, Wheelchairs, Walkers, Food, Clothing and Furniture.

Emergency personnel need clear paths to reach all apartments.



If you borrow a shopping cart from the store to get your goods home, PLEASE remember to return it to the store when you go back. Some stores will prosecute this as theft as carts are a costly investment by them. Please don't take advantage of their kindness and bring it back.



In an EMERGENCY Please stay out of the way of the Firemen and EMT as they deal with the emergency situation.



As always please be considerate of your neighbors privacy as you would wish them to do for you

Reminder that you are not allowed to smoke in front of the buildings. You must be 25 feet away from the buildings. The cigarette butt holders in front and back of the buildings are for you and your guests to put out cigarettes before entering the buildings. The designated smoking areas are in the back of the building!!

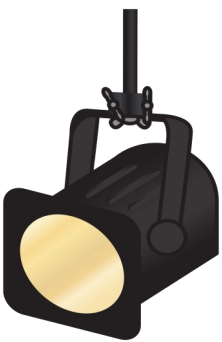


Residents in the Spotlight

Thank you Guy for taking so much pride in Fremont Housing.

You care and concern in the surroundings really shows as the dandelions and weeds never stand a chance around Stanton Tower under your watchful eyes.

Thanks for being you!!!

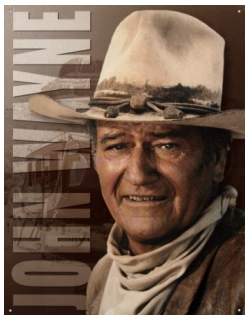


Thank you to all our venders and residents who attended our August Resource Fair at Stanton Towers. Congratulations to Betty S and Eileen T on winning the raffle.

We look forward to our October 10 Resource Fair at Gifford with some family service resources available.



John Wayne Movies



Find and circle all of the John Wayne movies that are hidden in the grid. The remaining letters spell a John Wayne quotation.

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

- | | | | |
|------------------|-------------------|-------------------|------------------|
| ALAMO, The | COWBOYS, The | JET PILOT | RIO LOBO |
| ARIZONA | DAKOTA | LONELY TRAIL, The | SEA CHASE, The |
| BABY FACE | DAWN RIDER, The | LONGEST DAY, The | SEARCHERS, The |
| BIG JAKE | DECEIVER, The | MCLINTOCK | SHOOTIST, The |
| BIG TRAIL, The | DESERT TRAIL, The | MCQ | SPOILERS, The |
| BLOOD ALLEY | EL DORADO | NEW FRONTIER | STAGECOACH |
| BLUE STEEL | FLYING TIGERS | NIGHT RIDERS, The | STAR PACKER, The |
| BRANNIGAN | FORT APACHE | PITTSBURGH | TRUE GRIT |
| CHISUM | GREEN BERETS, The | QUIET MAN, The | TYCOON |
| CIRCUS WORLD | HATARI | RANGE FEUD | UNDEFEATED, The |
| COMANCHEROS, The | HELL FIGHTERS | RED RIVER | WAR WAGON, The |
| CONFLICT | HONDO | RIO BRAVO | WESTWARD HO |
| CONQUEROR, The | IN HARMS WAY | RIO GRANDE | |

Please let us know when you get the answer! First to win at 402-727-4848 ext. 109.
Congratulations to Eileen Tant on winning our August puzzle.