

LUNCH PROGRAM REMINDERS

The monthly Menu is included in this newsletter. If you would like to sign up for meals, a check-off calendar is available in the office. Meals can be purchased by buying a 10 meal punch card in the office for \$64.40 (prices will be increasing in July). These do not expire and can be carried over to the next month. Special Cards may be purchased for a guest. You must give a **48 hour notice** for all meal requests or changes to the office.



If you do not cancel or show up for your meals your meal will be saved, you must pick it up, and you will be charged for that meal. If you know you are not going to be here for a meal, please let the office know. This is helpful for the people operating the meal program and stops waste.

Gifford Community Room is now open to Residents.

You must use your key card to gain access. Please remember if you are presently being treated for Bedbugs you are not permitted in the Community Rooms. This will be closely monitored.

Those residents wishing to resume pitch at 6pm nightly are welcome back. Please be considerate of all residents using the room.

Be respectful. This is a privilege for all to use.

Please browse our new books for some good reading.



ATTENTION GIFFORD RESIDENTS INSPECTIONS JULY 22-26

The Maintenance Staff will be doing bed bug checks in every apartment. You have to let them in to check. If you are not home when they come they will leave a "we were in your apartment" note.

These checks will be done weekly if Bed Bugs are detected. Remember if you find bed bugs in your apartment you are responsible to report them to the office.

If you have bed bugs you are not allowed in the community rooms or at Stanton Tower. If you are signed up for meals in the dining room they will be delivered to you.



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.

Interesting Facts You Might Not Know About Elevators



Despite the fact that we use elevators every day, we seldom think about the sheer amount of work they do or how we ended up with this technology. Let's take a look at their history and some interesting facts about this vital form of transportation.

There are about 900,000 elevators operating today

The average user takes 4 trips in an elevator daily

There are about 325 million elevator rides every day (escalators average 245 rides per day)

Each elevator carries 20,000 people per year

All elevators put together carry the equivalent of the Earth's population every 3 days

Elevators in the US travel 7.2 trillion feet or 1.36 billion miles per year

There were 24 elevators used in the Roman Coliseum, which were manually operated by over 200 slaves

The first public building elevator was installed in a nine-story building in New York City

The first elevators may have appeared in ancient Greece. They were invented by the mathematician Archimedes around 235 BC and used a system of pulleys and winches. Some believe elevators may have been around even longer than that, as archeologists have found shafts that might have been used for elevators by several ancient civilizations. Elevators were definitely present in the Roman Coliseum, and small basket elevators were used to transport people and goods up to mountain monasteries during the Middle Ages.

The inventions of hydraulics and electricity brought about the first modern elevators. In 1852, American inventor **Elisha Graves Otis** created the first safety device that prevented the cabin from falling if the main cable broke. **Please don't believe those disaster movies showing elevators crashing to the ground floor - that is pure fiction.** The device was demonstrated in New York's Crystal Palace in 1854. The first passenger elevator was installed in 1857, but it was not until the 1870s that elevators began showing up in office buildings. German inventor Werner von Seimer built the first electric elevator in 1880.

Without elevators, we wouldn't have the famous skylines of places like New York, Chicago, and other cities around the world with immense skyscrapers. Every building would be no more than 5 or 6 stories tall. Elevators have truly transformed our modern world.

Online Source: Connections Elevator

ATTENTION RESIDENTS

The Maintenance Staff would like to remind you to please dispose of trash appropriately.

All boxes need to be flattened and not put in the trash rooms with the glass.

DO NOT SHARE FURNITURE OR TAKE ANY FROM DUMPSTER AREA OUTSIDE.

We are trying to contain the spread of critters in the buildings so taking things from the dumpster area can result in infestation of your apartment. Staff will wrap and remove affected furniture appropriately.

Please do your part to stop the spread.

PEST-TROL TREATMENT

Floors 6-9

Stanton - Wednesday July 10

Gifford - Wednesday July 24

Please be ready for them.

GIFFORD TOWER AIR CONDITIONERS

If your air conditioner filter needs to be cleaned - turn off your air conditioner and take out the filter.

Wash the filter in hot soapy water (use Dawn dish soap) and let it air dry or dry with a towel.

The air conditioner will work better and last longer. Let the office know if you have any questions about this.

Fremont Housing Agency
2510 N. Clarkson St.
Fremont, NE 68025
(402) 727-4848
(402) 727-4751 - fax
www.fremonthousing.org

IMPORTANT NUMBERS

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

Low Income Ministry
(402) 727-6884

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.**



FOURTH of JULY

**The July 4th Picnic
will be held on
Thursday, July 4, 2023
at 12:00 pm**



**Sign up Sheets are on the Bulletin Boards
Please sign up if you are coming so we have a
count of how many hamburgers and hot dogs
we will need. Free to residents, \$5 for Guest.
Salads will be provided so just bring you and
your own place setting to eat on.**

**Keene Memorial Library Book Mobile—Friday
July 5 at 9:30 At Gifford Community Room
10:30 at Stanton Community Room.**



Commodities July 11, 2024; 1:00 Stanton & 1:30 Gifford



**Funding for this program has been cut back so new
applicants are placed on waitlist. Don't forget to pick
up your food box.**

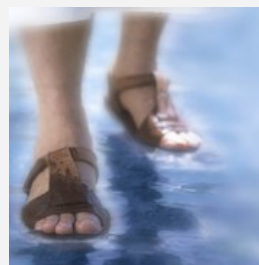
July Birthdays & Medicare / Medicaid

Lily Carbonell Walker with Essential Care

will be here July 16 at 1:00 in Stanton



Come and celebrate and get your Insurance questions answered.



**Feet 4 Keeps Toe Nail Clinic
Thursday, July 18 at 10-4:00 PM
Call ahead for an appointment
Sara Bourek 402 719-9770**

SIT AND BE FIT EXERCISE CLASS

**1:00 PM TO 1:30 PM Tuesdays
Stanton Community Room**

Spending a few minutes doing exercises will help improve
your flexibility, blood flow, and state of mind.



**Rita Grigg
Executive Director
Riley O'Neill
Housing Program
Manager**

RENT DUE

Rent is due on Monday
July 1, 2024

**Your payment must be
in the drop box by
3:00 pm on**

**Friday, July 5, or late
fees will be applied.
Checks, Money orders
or UFLEX.**



**The Meal Program,
Stanton & Gifford
Tower Offices, will
be closed on Thurs-
day, July 4, 2023
holiday .**

"LETS TALK..." JULY 2024



To better serve all the residents of Gifford and Stanton Towers the Fremont Transit Program would like you **complete a brief survey on your transportation needs and interest.** Please find this survey in the middle of this newsletter and return to the box located in the office by 7/15.

Residents in the Spotlight! Thank you to the Gifford and Stanton Social Club members who pitched in and helped out while Julaine was laid up for a while. Julaine says THANK YOU!!!

Please do not risk your housing by having guest that are banned and barred as you may receive a 14/30 lease violation.

IMPORTANT NOTICE

With the warm weather and window open sound travels very easy when residents are trying to sleep. Please do not disturb your neighbors rest.



Housekeeping Matters:

You can make a difference where you live just by vacuuming weekly, you will assist in keeping the bugs out of the building by removing their food source.



As the summer heats up remember
to **BE KIND** and Stay Hydrated,
drink plenty of water!



July 2024 Activities Social Club



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Art Club Gifford 2-4	2 RSSC Gifford Small Conf. rm 10-11 Exercise 1:00 Stanton	3 Social Club Meeting 2:00 Stanton Comm RM	4 4th of July Barbeque 12-2 pm sign up on Bulletin Board	5 Keene Mobile Library 9:30 Bingo 2-4 Stanton Comm. RM	6 Coffee 2-3 Stanton Comm. RM
7	8 Arts and Craft Gifford 2-4	9 Exercise 1:00 Stanton	10 Pestrol Stanton Tower Art Club Stanton 2-4	11 Commodities 1pm Stanton 1:30 Gifford	12 Birthday Bingo 2-4 Stanton Comm. RM JC Fremont Days	13 Coffee & Rolls 2-3 Stanton Comm. RM JC Fremont Days
14	15 Art Club Gifford 2-4	16 RSSC Gifford Small Conf. rm 10-11 Birthdays celebration with Lily 1:00 Stanton	17 Art Club Stanton 2-4	18 Feet for Keeps 10-4:00 Trivia 1:30 - 2:30 Stanton Comm. RM	19 Bingo 2-4 Stanton Comm. RM	20 Coffee 2-3 Stanton Comm. RM
21	22 Gifford Bed Bug Inspections 22nd to the 26th Art Club Gifford 2-4	23 RSSC Gifford Small Conf. rm 10-11 Exercise 1:00 Stanton	24 Pestrol Gifford Tower Art Club Stanton 2-4 FHA Board Meeting 11:30 am	25 1:00 Blood Pressure Clinic with Angel Care Game Day 2:00 Stanton Comm. RM	26 Sandwich Bingo 2-4 Stanton Comm. RM	27 Taco Bar 5-7:00
28	29 Art Club Gifford 2-4	30 RSSC Gifford Small Conf. rm 10-11 Exercise 1:00 Stanton	31 Art Club Stanton 2-4			



July 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Hot Beef Sandwich Potatoes with Gravy Peas Peaches	2 Pork Loin Oven Fried Potatoes 3 Bean Salad Applesauce	3 Sloppy Joes Onion Rings Rice Krispy Bars	4 4th of July DINING ROOM CLOSED No Meals Served	5 Oven Baked Chicken Macaroni Salad Chocolate Chip Cookie	6 Yum Yums Chips Pickle Cookie
7	8 Hamburger Deluxe Potato Salad Pudding Parfait	9 Crispy Chicken Salad Carrots Orange Jell-O	10 Pulled Pork Sandwich Red Potatoes Coleslaw	11 Creamy Chicken Ritz Casserole Carrots & Peas Angel Food Cake	12 Goulash Garlic Stick Green Beans Jell-O Delight	13 Pulled Pork Sandwich Chips Pears
14	15 Texas Hash Bread and Butter Raisin Oatmeal Cookie	16 Taco Salad Tortilla Chips Peanut Butter Cookie	17 Creamed Chicken Over Biscuits Peas Peanut Butter Frosted Brownies	18 Hamburger Green Bean Tater Tot Casserole Bread and Butter Cherry Fluff	19 Scrambled Eggs Sausage Biscuits & Gravy Fruit	20 Hamburger Green bean Tater Tot Casserole Bread and Butter Cherry Fluff
21	22 Hot Ham Sandwich Vegetable Pasta Salad Fresh Fruit	23 3 Plate Salad Pineapple Cake	24 Lasagna Green Beans Garlic Stick Cupcake Delight	25 Chef Salad with Croutons Snicker Salad	26 Grilled Cheese Sandwich Tomato Soup Pickle Poke Cake	27 Hot Ham Sandwich Vegetable Pasta Salad Vanilla Pudding
28	29 Runza Casserole Carrots Lemon Bar	30 Hot Dog on a Bun French Fries Orange Supreme Dessert	31 Tuna Noodle Casserole Green Beans Apricots			

Tips to Stay Safe this 4th of July

The 4th of July is just around the corner and the American Red Cross offers these tips to help keep you and your loved ones safe during the upcoming holiday:

HEAT SAFETY No matter where you live, there's a good chance you'll experience a hot 4th of July. [The Weather Channel](#) reports that this summer parts of the U.S. could see record-setting heat. According to the [Associated Press](#), the climate crisis is causing heat waves to happen 67% more often compared to 1979, and last longer with higher temperatures than we experienced 40 years ago.

WHAT YOU SHOULD DO Slow down, stay hydrated and spend time indoors.

- **Slow down** by postponing or limiting outdoor activities. If you must work outdoors, take frequent breaks and avoid the hottest part of the day. Never leave children or pets in your vehicle alone.
- **Stay hydrated** by drinking plenty of water and avoiding sugary, caffeinated and alcoholic drinks. Check that animals also have access to fresh water and shade.
- **Spend time indoors** in an air-conditioned place. If you don't have air conditioning, go to a public library, shopping mall or public cooling center. Check on loved ones and neighbors who may be at risk and don't have air conditioning.

FIREWORKS SAFETY The safest way to enjoy fireworks is to attend a public firework show put on by professionals. If you choose to set fireworks off at home, follow these safety steps:

- Never give fireworks to small children, and never throw or point a firework toward people, animals, vehicles, structures or flammable materials.
- Always follow the instructions on the packaging.
- Keep a supply of water close by.
- Make sure the person lighting fireworks always wears eye protection.
- Light only one firework at a time and never attempt to relight "a dud."
- Store fireworks in a cool, dry place away from children and pets.
- Never use fireworks around pets, keep pets indoors. Exposure to lit fireworks can potentially result in severe burns or trauma, many pets are also fearful of loud noises, can become lost, scared or disoriented.



The tradition of setting off fireworks on the 4 of July began in Philadelphia on July 4, 1777, during the first organized celebration of Independence Day. Ship's cannon fired a 13-gun salute in honor of the 13 colonies. The *Pennsylvania Evening Post* reported: "at night there was a grand exhibition of fireworks (which began and concluded with thirteen rockets) on the Commons, and the city was beautifully illuminated." That same night, the Sons of Liberty set off fireworks over Boston Common.



Summer Word Search



Find and circle all of the summer words that are hidden in the grid. The remaining letters spell an additional summer item.

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J U N E S T S S S S Y K S E U L B M
U S M E A U Y E O U H I K I N G S A
S M W E E A N L U B N W A S E Y R E
U T W I R R S G I C A B L N A R E R
N S H V M T C C L T E A U D T V L C
T Y U G I M Y S E A D B I R S S K E
A G L C I C I R N N S L R R N D N C
N R E U L F M N A U O S E A R G I I
O E A E J E R S G H S W E A B N R C
S E D A L B R E L L O R O S R I P R
C N A O F L O G T L T B T E E T S E
H G N I H S I F F A E O A E E A H C
O R C A M P I N G T W T H B Z O C C
O A C I N C I P A W A S P S E B A O
L S F L I E S K M O S Q U I T O E S
T S U G U A S I L L A B E S A B B O
G N I N E D R A G S U N S H I N E N
    
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ANTS
AUGUST
BARBECUE
BASEBALL
BEACH
BEES
BICYCLE
BLUE SKY
BOATING
BREEZE
CAMPING

FISHING
FLIES
FLOWERS
GARDENING
GOLF
GREEN GRASS
HAT
HIKING
HOLIDAYS
HOT
ICE CREAM

JULY
JUNE
MOSQUITOES
NO SCHOOL
PICNIC
ROLLER BLADES
SANDALS
SKATEBOARD
SOCCER
SOLSTICE
SPRINKLERS

SUNBURN
SUNGLASSES
SUNSCREEN
SUNSHINE
SUNTAN
SWEAT
SWIMMING
U V RAYS
WASPS
WATER FIGHTS
WATERMELON

Congrats to Eileen Tant as the June winner

Email or call with the answer to RSSC@fremonthousing.org or 402 727 4848 ex 109