

Random acts of Kindness

We would like to thank all of the residents who assist your neighbors by walking their dog, in assisting with Commodities, by giving rides for much needed Dr. appointments and grocery store trips, picking up sticks, and other various needs. The satisfaction you get from helping is greater than anything we could say, but we want you to know that we see it and you are making this a better community by your acts of kindness for your neighbor!



Be mindful of others when using household cleaners, perfumes, air freshener, laundry products, etc. Many have allergies and even small amounts of these can cause issues.



Personal Hygiene is important but remember a little goes a long way.



Please do not go behind the chains or generators to take trash items. They have been placed there for a reason. We do not want to spread bugs or trash throughout the building.

Please take pride in your home and dispose of trash correctly.

Please keep the lawn looking nice, use sidewalks. Repeated foot traffic unnecessarily causes wear patterns and damage to the



Be safe and prevent solicitors, or other people unknown to you into the building before/after the entrance doors are locked. Report any soliciting to the office when necessary.



PEST-TROL SERVICES

Floors 2 through 5
Stanton Tower | June 12th
Gifford Tower | June 26th



Eastern Nebraska Office on Aging

June 20th At 2:00 pm

Stanton Tower Community Room

Presentation on Services Available to Seniors in our area.

Maintenance Reminders

- ◆ Please remember to rinse all bottles/containers put in the recycling totes on each floor.
- ◆ Don't put any trash in with recycling.
- ◆ Accidents happen. Please clean up when you spill beverages in the elevators or hallways
- ◆ Maintenance request must be turned in to the office. Work orders start there. Please do not stop Maintenance or custodial staff to report things needing to be done. They will start projects in order of priority and date turned into office.



USA Presidents Word Search



Find and circle all of the United States Presidents that are hidden in the grid. The remaining letters spell an Abraham Lincoln quote. Note: Although Cleveland appears twice in the list, he is only in the puzzle once.

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

- | | | | |
|---------------|----------------|-------------------|-----------------|
| 1. WASHINGTON | 13. FILLMORE | 25. MCKINLEY | 36. L B JOHNSON |
| 2. J ADAMS | 14. PIERCE | 26. T ROOSEVELT | 37. NIXON |
| 3. JEFFERSON | 16. BUCHANAN | 27. TAFT | 38. FORD |
| 4. MADISON | 16. LINCOLN | 28. WILSON | 39. CARTER |
| 5. MONROE | 17. A JOHNSON | 29. HARDING | 40. REAGAN |
| 6. J Q ADAMS | 18. GRANT | 30. COOLIDGE | 41. G H W BUSH |
| 7. JACKSON | 19. HAYES | 31. HOOVER | 42. CLINTON |
| 8. VAN BUREN | 20. GARFIELD | 32. F D ROOSEVELT | 43. G W BUSH |
| 9. W HARRISON | 21. ARTHUR | 33. TRUMAN | 44. OBAMA |
| 10. TYLER | 22. CLEVELAND | 34. EISENHOWER | 45. TRUMP |
| 11. POLK | 23. B HARRISON | 35. KENNEDY | 46. BIDEN |
| 12. TAYLOR | 24. Cleveland | | |

Congratulations to Donna Bone as May's puzzle winner -

A rose by any other name would smell as sweet.



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 Senior Center
 (402) 721-7770
 (402) 727-2815
 RSVP Car-Go
 (402) 561-2224

Uniquely Yours
 (402) 727-8977



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

Stanton & Gifford Social Club Meeting
Wednesday
June 5th at 2:00 pm

Potato Bake Potluck
Saturday
June 1 at 5:00 pm

Trivia
June 13
1:30—2:30 pm



Every Friday at 2:00 pm
Specials: Birthday Bingo June 14
Sandwich Bingo June 28

BOOK MOBILE COMES

The FIRST FRIDAY of every month
June 7th—Gifford 9:30 am & Stanton 10:30 am

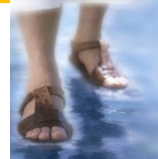


Arts & Crafts

Every Monday and Wednesday from 2:00 pm to 4:00 pm
Stanton Tower Community Room

Feet 4 Keeps

June 6 and June 27 at 10:00 - 3:30 pm
Stanton Tower—2nd floor Solarium
Call Sara for an appointment at (402) 719-9770



June Birthday Celebration with Essential Care, LLC

Lilly Carbonell Walker - Update on Insurance



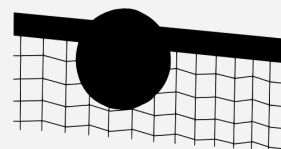
Tuesday, June 11th from 1:00 to 2:00 pm
Stanton Community Room

ANGELS CARE HOME HEALTH

Blood Pressure Clinic
Thursday, June 27 at 1:00 pm
Stanton Tower Community Room



Game time
Weekdays at 10:00 am
Meet at the Stanton Library
in the Community Room



Fremont Housing Agency

Rita Grigg
Executive Director
Riley O'Neill
Housing Program Manager

RENT DUE

Rent is due
Saturday, June 1st
To avoid a late fee,
your payment must be
in the drop box by
3:00 pm on
Wednesday,
June 5th, 2024
Uflex, Checks or
Money Orders Only!



For after hour
Maintenance
emergencies
contact:

Ed: 402 720-1264

Rita: 402 720-9643



“Let’s Talk...”

June 2024

Gifford and Stanton Annual Barbeque on the Green



June 12th at 11:30 – 12:30 pm
Hot dogs, Hamburgers and more served by the FHA Staff.
Come join in the fun. Games at 11:00.

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.



Need a little Help

Kim B, a resident at Gifford, found herself in a little need as she prepared for a medical procedure. Help was just a call away. After a visit with a representative from Home Care Advantage at the Gifford Resource Fair and an application with ENOA, needed services were approved.

Kim said she was very leery at first of people she didn't know coming into her home. She was advised to just give it a try for a month, which she did, and it has really worked out. There are many people to work with to get you the right fit. Help with organizing, laundry, meals, downsizing and heavy cleaning is available. It really makes a difference for her and she couldn't be happier with the staff serving her. Don't hesitate to reach out, as help is just a phone call away for many residents to get qualified!

June 2024

Fremont Housing Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Tuna Salad Sandwich Chips & Mixed Fruit
2 Polish Dog Mac & Cheese Peas Pudding	3 Sloppy Joe's French Fries Surprise Cake	4 Pork Chops Baked Potato Mixed Vegetables Pears	5 Bacon, Lettuce & Tomato Sandwich Chips Vanilla pudding	6 Creamy Potato Soup Hot Cheese Sandwich Pistachio Dessert	7 Roast Turkey with Dressing & Gravy Corn Brownie	8 Cheeseburger Cucumber Salad Peaches
9 Sloppy Joe's Chips Pickle Brownie	10 Spaghetti with Meat Sauce Green Beans Garlic Bread Pudding	11 Fish Plank Potato Salad Pickle Apple Crisp	12 BBQ on the Green 11:30 No meals Service RSVP	13 Stuffed Green Peppers Refried Beans Bread and Butter Fudge Brownie	14 Pork Roast Mashed Potato with Gravy Corn Jell-O Poke Cake	15 Spaghetti with Meat Sauce Garlic Sticks Mixed Vegetables Orange Jell-O
16 Ham Sandwich Pickle Coleslaw Pudding	17 Ham Scalloped Potatoes Green Beans Cherry Bar	18 Chicken Fried Steak Mashed Potatoes Corn Peache Crisp	19 Kitchen and Dining room Closed No meals served Juneteenth Day	20 Mac & Cheese Hamburger Casserole Mixed Vegetables Cookie	21 Chicken Breast Sweet Potatoes Beets Grapes	22 Mac & Cheese Hamburger Casserole Mixed Vegetables Cookie
23 Chili Dog Pickle Chips Chocolate Pudding	24 Fried Chicken Mashed Potatoes Cook's Choice Veggie Fruit	25 Beef Tips over Noodles Peas Chocolate Pudding	26 Barbeque Ribs Mashed Potatoes Sauerkraut Strawberry Cake	27 Swiss Steak Mashed Potatoes Green Beans Cherry Whip Dessert	28 Chicken Alfredo Skillet Dinner Roll Cook's Choice Fruit	29 Polish Mac & Cheese Casserole Carrots, Bread & Butter Lime Jell-O
30 Hamburger on Bun Pasta Salad Chocolate Pudding						SUBJECT TO CHANGE WITHOUT NOTICE



June 2024 Activities

Social Club

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Weekdays 10—11 am Game time Stanton 				 OUT OF MY WAY! I'M GOING TO BINGO!	1 5-6 Potato Bake Bar Potluck
2	3 2-4 Art and Crafts Stanton Tower 	4 Fire Panel Testing Both Towers	5 2:00 – Gifford & Stanton Tower Resident Council & Social Club Meeting	6 10-3:30 Feet 4 Keeps	7 2-4 Bingo Stanton Tower Keene Memorial Book Mobile	8 2-3 Coffee Stanton Tower
9	10 2-4 Art and Crafts Stanton Tower	11 1:00 Birthday Celebration with Lily—Essential Care	12 2-4 Art & Crafts Stanton Tower PESTROL Floors 2-5 Stanton	13 1:30-2:30 Trivia Stanton	14 9:00 am - Resident Advisory Board Meeting 2-Birthday Bingo Stanton Tower	15 2-3 Coffee & Rolls Stanton Tower 
16	17 2-4 Art and Crafts Stanton Tower	18 11:00 AM Good Neighbor Behavioral Health Gifford Tower Community Room	19 2-4 Art & Crafts Stanton Tower	20 2-3 ENOA presentation on Services available	21 2-4 Bingo Stanton Tower	22 2-3 Coffee Stanton Tower
23	24 2-4 Art and Crafts Stanton Tower	25	26 2-4 Art & Crafts Stanton Tower Community Room PESTROL - Floors 2-5 Gifford Public Hearing/FHA Board Mtg. - 11:00	27 10-3:30 Feet 4 Keeps ***** 1:00 Blood Pressure clinic, Angel Care Stanton Tower	28 2-4 Sandwich Bingo Stanton Tower	29 2-3 Coffee Stanton Tower
30						



Wednesday,
June 19, 2024

In the U.S., Juneteenth is an opportunity to **reflect on our history, learn from it and foster an environment that supports and empowers Black communities.**

Here are five things you may not know about Juneteenth:

1. Juneteenth commemorates the day in 1865 when **thousands of enslaved people in Texas were finally ordered free** – nearly two and a half years after the Emancipation Proclamation abolished slavery in the U.S.
2. In 1979, Texas became the first state to **officially recognize Juneteenth as a day of observance.** The day was recognized **nationally in 2021.**
3. Juneteenth celebrations include **community gatherings, educational events, music and parades** that take place across the country, with the longest history of celebrations taking place in **Texas** and other states in the Southwest and Midwest.
4. The Juneteenth **Flag of Freedom** features a half red and half blue design with a white bursting star in the middle, representing freedom from slavery. Every year, a Juneteenth **flag raising ceremony** takes place in Galveston, where the news of emancipation was first delivered in Texas.

Need immediate emotional support? Call 988 to connect to a counselor who can help. Our specialists provide confidential care 24/7. Because we all need help sometimes.

Safety Plans Work

1. Write 3 warning signs that a crisis may be developing.
2. Write 3 internal coping strategies that can take your mind off your problems.
3. **Who/What are 3 people or places that provide distraction?** (Write name/place and phone numbers)
4. **Who can you ask for help?** (Write names and phone numbers)
5. **Professionals or agencies you can contact during a crisis:** Call or text 988 or chat 988lifeline.org
6. Write out a plan to make your environment safer. (Write 2 things)



988 Is Here to Help

Something Fun & Exciting to do in Fremont



Free Concerts in the Park at 6:30
Johns C Fremont Park Thursdays

- June 6th, 2024 - High Heel the Band
- June 13th, 2024 - AUX Chord
- June 20th, 2024 - HoneyTown
- June 27th, 2024 - Logan Samford
- July 11th, 2024 - The SilverMoon Band

ACTIVE PRIME TIMERS POTLUCK LUNCH
All Active Prime Timers are invited to attend the Fremont Family YMCA's **POTLUCK LUNCH** on **FRIDAY, JUNE 7, 11:30 AM** at **KEENE MEMORIAL LIBRARY (1030 N. Broad)** *RSVP is required (see note below) by Wednesday, June 5.
Come and tour the new library after enjoying a yummy lunch. PROMEDCARE will be hosting the potluck which will be served in the library's Community Room. We're going to have a picnic with chicken and egg salad sandwiches being served. Following lunch, a library representative will guide us through the new edition. Fremont is very lucky to have such a wonderful facility!
Please bring a side dish to share. Table service is provided but if want a bigger, sturdier plate, please feel free to bring your own. EVERYONE is invited to attend – you don't have to be a YMCA member to join in the fun!
***IMPORTANT – We are now REQUIRING that you RSVP if you will be attending. More and more people are attending each month (and we love it!), but we need to be prepared with adequate seating and food. Please let the front desk in the main lobby or aquatic center know if you will be attending by Wednesday, June 5.**
This month's potluck is sponsored by: **PROMEDCARE**

Fremont Friendship Center
Our focus is to support the seniors in our community who are 60 years or better! We encourage independence and provide a nutritional meal Monday to Friday for those over 60 for a suggested donation of \$4.25. There is no membership charge and seniors will find this is an amazing place to come find NEW Friends, reconnect with friends of the past, and enjoy laughter, games, fun, and friendships throughout the week.
1730 W 16th Street - 402.727.2815
Hours
Monday, Tuesday, Wednesday and Thursday 9:00 am to 3:00 pm
Friday 9:00 am to 1:00 pm
Lunch is served daily at 11:30 am

Fremont Eagles Club
FATHERS DAY BRUNCH
Serving 9:30am - 12:30pm
Bloody Mary & Beer Specials! Buffet \$13.99
Dads with Aerie or Auxiliary member eat FREE!
(1 free dad per member with card)

Silver Sneakers The nation's leading community fitness program designed specifically for seniors, SilverSneakers® promotes greater health engagement and accountability by providing members with regular exercise (strength training, aerobics, flexibility) and social opportunities **at the Fremont Family YMCA at NO cost!**

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.

