

**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**  
(402) 721-7770  
**Senior Center**  
(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.



At this time we would like you to cancel all activities with other residents until at least April 30, 2020. After that we will see what happens.

We are concerned with the health of all of our residents and staff and will be following government guidelines. Thank you!!!

**Remember Social Space is Six Feet!!!!**

**Sadly all of the activities below will not be held until further notice.**



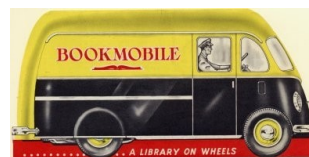
**Gifford Movies**  
**FRIENDSHIP CENTER**



**STANTON TOWER RESIDENT COUNCIL AND SOCIAL CLUB MEETING**

**SENIOR COMPANION PROGRAM**

**RSVP CARGO**



**Library**  
**Book Mobile**



**BINGO**

**MERRYMAKERS MUSIC**

**ANGELS CARE HOME HEALTH EDUCATION PROGRAM**



Fremont Housing Agency

**Rita Grigg**  
*Executive Director*  
**Darci Blakely**  
*Housing Program Manager*

### RENT DUE

**Rent is due on WEDNESDAY, APRIL 1, 2020**

Your payment must be in the drop box by 3:00 pm on Sunday, April 5, 2020 or late fees will be applied.  
**REMEMBER!!!**  
**Checks or Money Orders Only!**  
**NO CASH!!!!!!**



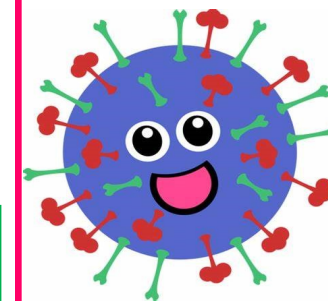
**For after hour Maintenance emergencies contact:**

**Ed: 402 720-1264**

**Rita: 402 720-9643**

**HELP EMERGENCY**

## APRIL 2020 TWO TOWER TALK



Please watch for notices and announcements about the activities that we have scheduled. At this time we do not know the extent of cancellations and shut downs. Many of our guest speakers come from Omaha and they have canceled activities for your protection.

Things that you can do:

1. **DO NOT** buy toilet paper unless you need it. The government suggests a two week supply of food and items. Do not hoard food!!!
2. Wash hands frequently with soap and water.
3. Stay home and out of common areas if you are sick or have a fever. Cover your cough or sneeze with a tissue and then throw the tissue away. Clean and disinfect frequently touched objects and surfaces.
4. To protect yourself:
  - ♦ Avoid contact with people who are sick.
  - ♦ Avoid touching your eyes, nose, and mouth with unwashed hands
  - ♦ Wash your hands often with soap and water for 20 seconds (not 20 minutes). Use hand sanitizer that is 60% alcohol if you cannot wash your hands.
5. Symptoms of COVID-19: fever, cough, shortness of breath
6. If you think you have COVID-19-call your doctor first to see if he thinks that you should be tested and what you should be tested for. The influenza is still around.



# HERE'S THE NEWS

## THERE WILL BE NO ACTIVITIES UNTIL FURTHER NOTICE

We will take things day by day and will make further decisions after April 30th. We are following directives of President Trump and Governor Ricketts to help protect our residents and staff.

We will not put out an April calendar unless things change and activities can resume.



Meals will be delivered until further notice. There will be no meals served in the dining room at this time.

## RESIDENT PARKING

Resident parking is assigned. When parking please park between the lines so your neighbors can get their cars in. Do not take matters in your own hands if someone crosses the lines. Report it to office so it can be handled respectfully.



## Pestrol March Schedule

Pestrol will be doing four floors once a month on the second Wednesday of the month. This means that your apartments will continue to be sprayed quarterly.



Wednesday April 8th

Starting at 12:00 pm and it will take all afternoon

Gifford Floors 6,7, 8, 9

Stanton Floors 6, 7, 8, 9



## RESIDENT STIPEND OPPORTUNITY

The Fremont Housing Agency dining room is looking for someone to be a server in the dining room on Monday and Tuesday and fill in when needed. The Resident will be paid with a stipend. The stipend will not increase your rent and is not taxed. This is a chance to serve your neighbors and earn a little extra income. The resident must be polite, respectful, and punctual. We will be taking names through the end of April. Rita will contact interested residents. Call 402 727-4848 and leave a message with your name, apartment, and phone number if you are interested or email Rita at [fhauthority@fremonhousing.org](mailto:fhauthority@fremonhousing.org)



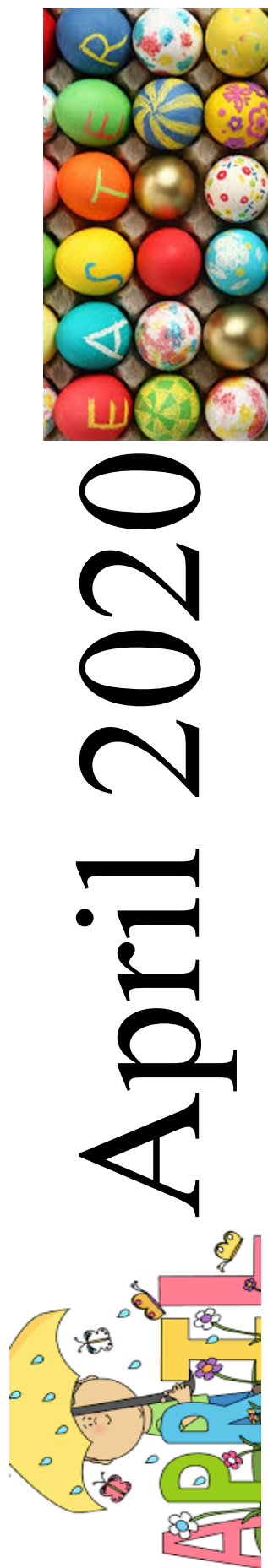
It's not that hard to scoop the poop!!!


As per the addendum to the pet policy you are responsible to pick up after your dog.

1st offense-\$150.00 fine and cost of DNA test

2nd offense-\$200.00 fine and cost of DNA test

3rd offense-Pet Eviction



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Bi-Weekly menus for participants are still necessary and available at the Gifford & Stanton Tower offices. If you are interested in the Food Service Program, please feel free to contact Resident Support Services at 727-4848 ext.109 or stop down at the office during regular business hours.						
5 Golden Beef Casserole Bread and Butter Mandarin Orange Jell-O	6 Scrambled Eggs Sausage Patties Toast	7 Fish Sandwich Cottage Cheese Peaches	8 Texas Hash Apple Rings Bread and Butter	9 Vegetable Lasagna Bread Stick Lettuce Salad	10 Chicken Fried Steak Mashed Potatoes Broccoli Chocolate Chip Cookie	11 Texas Hash Mandarin Oranges Bread and Butter
12 Vegetable Lasagna Jello Salad Chocolate Chip Cookie	13 Ham Salad Sandwich Chips Cherry Cheesecake	14Fried Chicken Mashed Cauliflower Carrots Coconut Pudding	15 Cheeseburger Pasta Salad Pears	16 Turkey Stuffing and Gravy Green Bean Casserole Pumpkin Pie	17 Salmon Patties Fried Potatoes Cream Peas	18 Ham Salad Sandwich Pasta Salad Cherry Cheesecake
19 Turkey Green Bean Casserole Bread and Butter Jell-O Poke Cake	20 Tuna & Noodles Fries Tapioca Pudding	21 Grilled Chicken Sandwich Tater Tots Jello Salad	22 Meat Loaf Mashed Potatoes Corn Chocolate Cake With Peanut Butter Frosting	23 Vegetable Beef Stew Bread and Butter Peach Crisp	24 Turkey Tetrazzini Green Beans Yellow Cake	25 Tuna & Noodles Bread and Butter Fruit
26 Turkey Tetrazzini Corn Yellow Cake	27 Ham and Bean Soup Corn Bread Fresh Fruit	28 Brats On A Bun Potato Salad Baked Beans Peaches	29 Ham and Scalloped Potatoes Cook's Choice Vegetable Spice Cake	30 Homemade Hamburger Pizza Lettuce Salad Pineapple Fluff	 <b>*SUBJECT TO CHANGE*</b>	



# EASTER WORD SEARCH

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

Easter	Jellybeans	Spring	Bonnet
Basket	Celebration	Candy	Fun
Bunny	Decorate	Hunt	Sunday
Hide	Chocolate	Lily	Parade
Eggs	Flowers	Chick	Lamb



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## Commodities Some Short Term Changes:

Due to COVID-19 we will have to look at Commodity Deliveries month to month. ENCAP is working with the FDA to make sure that people who need food get food.

Hopefully this change will be for the next couple of months only. We will notify you when we have a date for delivery. They will be distributed the same way they were in March.

Staff appreciates your patience as we try to make sure that all of your needs are met.

## PHONE NUMBERS AND EMERGENCY CONTACTS



Notify the office if you change your phone number so that we have your contact information.

Notify the office if your emergency contact person changes or if their phone number or address changes.

Let the office know if you have an email address.



If you see a bag/bags of groceries on the first floor do not take them. Either someone could not carry all their bags to their apartment or they forgot bags. If one is there for a few minutes please take it to the office, not to your apartment. We do have a camera by the elevators so if someone reports a bag missing we will look for you and ask you to give the groceries back or replace them.



We are unveiling our new website Tell us what you think:

[www.fremonthousing.org](http://www.fremonthousing.org)

Also check us out on Facebook:

**Fremont Housing Agency**



The Resident Support Services Office will be closed until further notice. The RSSC will meet with residents if problems cannot be resolved over the phone. You will have to call and make appointments. Do not stop in the office please.

402 727-4848 Ext. 109

Email: [rssc@fremonthousing.org](mailto:rssc@fremonthousing.org)



ALL MEALS WILL BE DELIVERED UNTIL FURTHER NOTICE!!!!

NO CONGREGATE MEALS WILL BE SERVED UNTIL FURTHER NOTICE!!!

As a reminder HyVee is open from 7:00 am –8:00 am for elderly and people considered



high risk for the virus to make sure this group gets groceries they need.



# WHAT'S NEW



Remember to be kind and respectful to your neighbors. Treat others as you would like them to treat you. Help out other residents if and when you can.

No matter if you are trying to stay in or in the future have to be quarantined due to the pandemic here are some things you can do. If you have any ideas let me know for the next newsletter.

1. Puzzles: crossword, word search, Sudoku, or a puzzle (the more pieces the better)
2. Start a journal
3. Finish all the crafts you have been wanting to do-sew-quilt- knit-crochet



4. Movies-Watch really long movies you have avoided-look for Oscar winning movies
5. Read Read Read books, magazines, newspapers
6. Write actual letters to friends and family
7. Coloring books-they are not just for kids any more



8. Rita suggests doing some Spring cleaning
9. Malanie suggests doing cross stich.

- 10.Pretend you are 13 years old and fold a square piece of paper into a fortune teller you put your thumbs and pointers into. Proceed to tell fortunes.



11. Take time to reflect on goals and accomplishments for the year.
12. Make a list of things for which you are grateful.
13. Rearrange your sock drawer.

14. Make lists of museums, sporting events, etc. that you want to visit when they finally reopen

15. Stretch-work on your flexibility.

16. SLEEP-get lots of it.



Seeing all the jokes about toilet paper shortages I don't find them very Charmin.

It's Scott to stop SOON.

This is Northern to laugh about!

Is this some kind of vast 2-ply conspiracy?! Very hard to absorb it all.

I mean it wipes me out!!

I guess I will roll along with everyone else.

I have to go now...I'm feeling flushed.

## Some dos and don'ts

1. No group activities until at least April 30th.
2. Limit get togethers to 10 or less people
3. Use social distancing-6 feet of space between people.
4. Stay in your apartment if you are sick, have a cold, fever, or anything else.
5. WASH YOUR HANDS!!!!
6. Stay positive -this will pass and we will all be okay.



Thank you residents and Stanton Social Club for the surprise birthday cake. All of you are the greatest and I love working with you.

**THANK YOU!!!!**

*Kathy Casper*

Thank you to all of the residents in Gifford and Stanton Towers for helping get the commodities delivered to other residents. Things went smoothly even though there is a temporary change in how you will get your commodities.



**THANK YOU!!!**

"Every hand that we do not shake must become a phone call that we place. Every embrace that we avoid must become a verbal expression of warmth and concern. Each and every foot that we physically place between

ourselves and another must be a thought as to how we might be of help to that other person should the need arise."

*Rabbi David Ingber*



APRIL MOVIES ARE CANCELED UNTIL FURTHER NOTICE WE SUUGGEST THAT YOU USE YOUR OWN DISCRETION FOR

ALL ACTIVITIES TOGETHER INCLUDING CARDS, GAMES, ETC.

This will not last forever...hopefully it will be over soon. We are trying to help keep you safe.

