

# TWO TOWER TALK AUGUST 2020



Fremont Housing  
Agency

## RENT DUE

Rent is due  
**Saturday August 1st**  
Your payment must be in  
the drop box by 3:00 pm  
on Wednesday,  
August 5, 2020.  
**REMEMBER!!!**  
Checks or Money  
Orders Only!  
**NO CASH!!!!!!**



**For after hour  
Maintenance  
emergencies  
contact:**

**Ed: 402 720-1264**

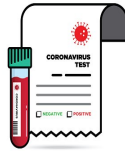
**Rita: 402 720-9643**



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



## testnebraska.com



Nebraska is still asking  
people to take an  
assessment at

**testnebraska.com**

to be screened for a FREE  
COVID 19 test

This can be done on a com-  
puter or on your smart phone. It only  
takes a few minutes.

The RSSC can assist you with this. Testing  
is being done nearby.

Rita Grigg  
Executive Director  
Darci Blakely  
Housing Program  
Manager



**THE STANTON AND GIFFORD OFFICES HAVE  
FACE MASKS FOR RESIDENTS ONLY!**  
Please stop and pick up one if you have not  
done so already. A variety of sizes are available,  
however, we are not able to give residents a  
choice on the masks due to germs, etc.

## MIDWEST ALARM SERVICE FIRE ALARM TESTING

**8:00 AM-MONDAY, AUGUST 3, 2020**



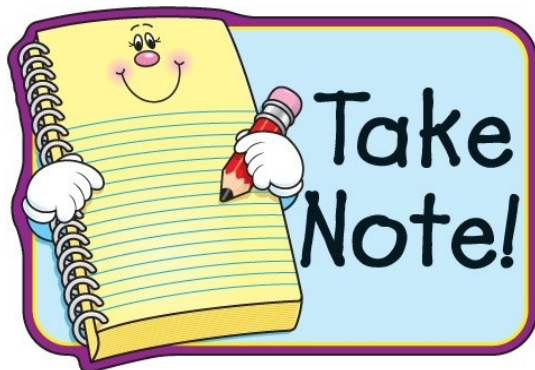
The alarm testing will take most of the day.  
Alarms will be going off throughout the day.

### JUST A REMINDER

If announcements go off about a  
fire in the building it is just a test. If there is a  
real fire we will make an announcement!!!!!!







### GOSSIP RUMORS GOSSIP

Did you hear the rumor  
about Butter?

Well I am not going to  
spread it.



### Pestrol July Schedule

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

**Wednesday August 12th**

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

**Gifford Floors 10, 11, 12**

**Stanton Floors 10, 11**

### REFUSE/TRASH ROOM



bwc8787217 Barewalls

Do not leave boxes, pizza boxes, moving boxes, ice cube machines, etc. in the trash room. You need to take these to the outside trash! Throw tied garbage sacks down the trash chute and put glass in the glass only bin.



There should not be any trash laying on the floor in the trash rooms!!!

### MEDICAID EXPANSION



The Department of Health and Human Services will begin accepting applications for Medicaid Heritage Health Adult Expansion on August 1, 2020. Benefits will begin on October 1, 2020.

Heritage Health Adult expands Medicaid to lower income Nebraskans age 19 to 64 who earn up to 138% of the poverty level. For 2020 this is an income of about \$17,000 per year for a single person.

Benefits will include physical health, behavioral health, and pharmacy coverage. Some applications may qualify for dental, vision, and over the counter medication coverage.





## FRESH PRODUCE

The Nebraska Extension Office as well as other agencies have been dropping off fresh produce.



Remember that you are not the only person that would like some. Please limit it to what you could eat in a couple days. Please do not waste food.

The RSSC will be at Gifford

Tower every

Tuesday

10:00 am-11:00 am

to meet with

Gifford residents

Stop by or call and schedule an appointment!!!



## Commodities

Friday, August 14th

Staff will deliver Gifford Tower commodities to their apartments.



Stanton Tower will be called to the community room floor by floor. Social Distance please!!!!

Staff will continue to distribute the Commodities.



## SNAP

Supplemental  
Nutrition  
Assistance  
Program

The Nebraska Department of Health and Human Services (DHHS) will be again issuing emergency supplemental allot-

ments to SNAP recipients who receive benefits for the month of July on August 7. DHHS filed a request with the United States Department of Agriculture (USDA) Food and Nutritional Service (FNS) to provide emergency allotment funds for Nebraska households that are receiving SNAP benefits. This is only for the people that have already been receiving SNAP benefits!

Also many questions about another stimulus check and as of now that is not a sure thing.

Remember to budget your money as you have in the past and not count on another stimulus check.



Register  
★★★★★  
to  
VOTE

The RSSC can help you register to vote. It is a short application. The voting place for Gifford and Stanton Towers is at Gifford Tower and you can also vote by mail. No excuses for no transportation to the polls!

Call the RSSC Kathy Casper at 402 727-4848 ext. 109 if you would like help registering to vote

The RSSC can help you complete the 2020 Census online if you have not done so already. Please make an appointment. It only takes about five minutes.

**EVERYONE COUNTS!!!!**







## FEET FOR KEEPS

**TUESDAY, AUGUST 11**

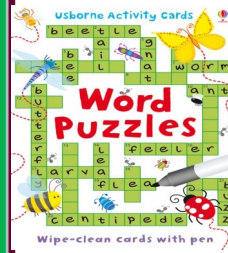
**12:00 PM**

**2nd Floor Solarium Stanton Tower**

**Sara Bourek, RN-BC**

**402 719-9770**

**FeetForKeeps.com**



## MEAL PROGRAM

**We will begin providing puzzles for you to work on while waiting for your lunch in the dining room.**

**You do not have to take one if you do not want to. You must bring your own pen or pencil. They will not be provided.**



## FREMONT FRIENDSHIP CENTER

**The Fremont Friendship Center is closed but will be offering music entertainment and fun activities every Wednesday morning for people age 60 and older. You must call for reservations: 402 727-2815 and social distancing information. Most activities will take place in the Christensen Field indoor arena.**

**August 5-**Popcorn in the parking lot. Popcorn provided 9:30-10:30-bring your own beverage and chair. You can sit 6 feet apart. If it is hot it will be moved indoors.

**August 12-**Entertainer Kim Eames of Omaha plays a variety of music and loves to line dance with seniors!

**August 19-**Entertainment is the Links of Gretna. Singing, guitar, and keyboards.

**August 26-**Entertainer Jerry Stingler will perform a variety of music. Singing and keyboards.



ENOA does have a Grab and Go lunch. The suggested donation is \$4.00. They encourage people to order a meal for the Wednesday if you are attending an activity and pick it up before you go home.



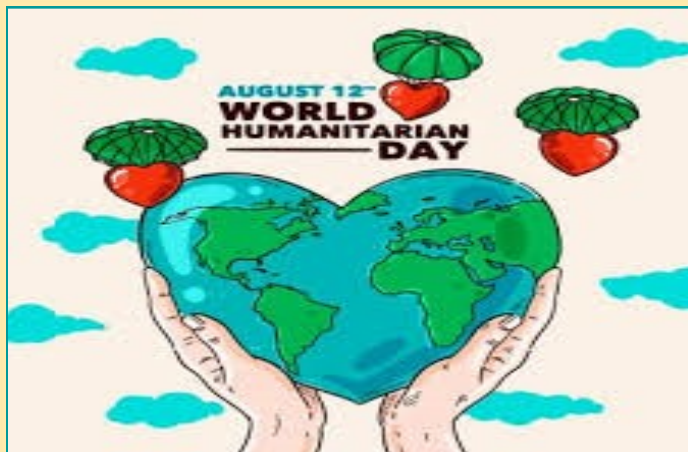
The Grab and Go meals are distributed between 11:30 am and noon Monday through Friday in the parking lot at 1730 West 16th St. Seniors need to make reservations for the next day's meals by noon by calling 402 727-2815.



*A BIG thank you to Malainie, Patty, Marty, Cheri C., Diane W., Deanna H., and Pam M. for help with flyers, commodities and more!!!*  
*Kathy Casper*



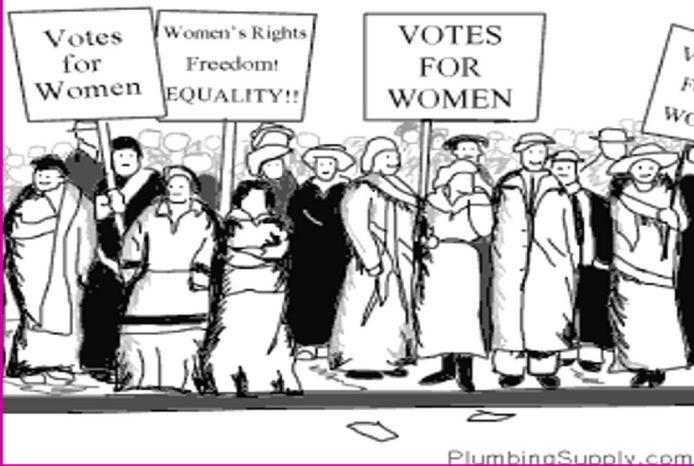
National Friendship Day – August 2,



**INTERNATIONAL DAY  
FOR THE  
REMEMBRANCE  
OF THE SLAVE TRADE  
AND ITS ABOLITION**



August 26th -19th Amendment  
Women's Equality Day



*“Folks are usually about as happy as they make their minds up to be.”*

*— Abraham Lincoln*



 **GET  
REGISTERED.**  
Make your voice **HEARD.**

**I don't trust**  
anyone who talks  
bad about someone  
else to me.  
they probably talk  
behind my back too.

coolinsmart.com



# Road Trip

## Word Search Challenge



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

BILLBOARD  
BUMPER STICKER  
BUS DRIVER  
DOUBLE LINES  
EXIT  
GAS STATION  
HIGHWAY

LICENSE PLATE  
MINIVAN  
MOTORCYCLE  
OFF RAMP  
OVERPASS  
PASSING LANE  
PICKUP TRUCK

REST AREA  
SEDAN  
SPEED LIMIT  
TOLL BOOTH  
TRAFFIC CIRCLE  
TRAFFIC LIGHT





National Tell a Joke Day!  
August 16th



# August 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat						
												
							2 Three Plate Salad Dinner Roll German Chocolate Cake	3 Soft Shell Taco Spanish Rice Chips & Salsa Peaches	4 Spaghetti Green Beans Angel Food Cake With Strawberries	5 Chicken Fritters Mashed Potatoes Corn Bread and Butter Blueberry Crisp	6 Tastee Treat French Fries Root Beer	7 Grilled Reuben Chips Cucumber Salad Watermelon Slice
							9 Turkey Club Chips Jell-O Salad	10 Beef Stew Biscuit with Honey Apricots	11 Tuna and Noodle Casserole Carrots Bread and Butter Jell-O Cake	12 Pork Loin Mashed Sweet Potatoes Cranberry Sauce Pumpkin Bar	13 Pastrami Sandwich French Fries Pickle Spear Chocolate Chip Cookie	14 Meat Loaf Baked Potato Carrot Salad Pineapple Cake
							16 Tuna and Noodle Casserole Chips Jell-O Cake	17 Sloppy Joe's Onion Rings Brownie with Peanut Butter Frosting	18 Ham Fried Potatoes Green Beans Apple Pie	19 Crispy Chicken Salad Garlic Bread Cranberry Salad	20 Cold Cuts and Cheese Crackers Relish Fresh Fruit	21 Chicken Strips Potato Salad Baked Beans Cook's Choice Cake
							23 Chicken Strips Potato Salad Brownie	24 Ribs Potatoes Sauerkraut Fruit Cocktail	25 Cheese Pizza Lettuce Salad German Chocolate Cake	26 Chicken Fried Steak Creamy Potatoes Candied Carrots White Cake with Raspberry Sauce	27 Chili Mac Corn Mandarin Oranges	28 Cheesy Broccoli Soup Tea Roll Watergate Salad
23 Breakfast Casserole Fresh Fruit	31 Hamburger Patty with Gravy Mashed Potatoes Creamed Peas Lemon Cookie					*SUBJECT TO CHANGE*						

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



**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



**Entertainer:**

**JOHN WORSHAM**

**Wednesday  
August 12th**

**1:00 PM Stanton Tower**

**Outside-bring your own chairs  
-social distance please**

**Social Distance-6 feet**

**Bring your own  
nonalcoholic  
beverages  
No Snacks!!!!**



**TRIVIA WITH WENDEE  
FROM PHYSMED**

**THURSDAY-AUGUST 27**

**Stanton Tower Community Room**

**Only two to a table-Only 22 residents allowed  
SOCIAL DISTANCE-6 Feet-Wear a mask if you please!**



**GUEST SPEAKER**

**GIFFORD COMMUNITY ROOM**

**AUGUST 19, 2020**

**1:00 PM TO 1:30 PM**



**Brandon, a Midland  
College student will be  
speaking about unity.**

**Come and see what it is all about!!!**