



Fremont Housing  
Agency

# TWO TOWER TALK

## DECEMBER 2020

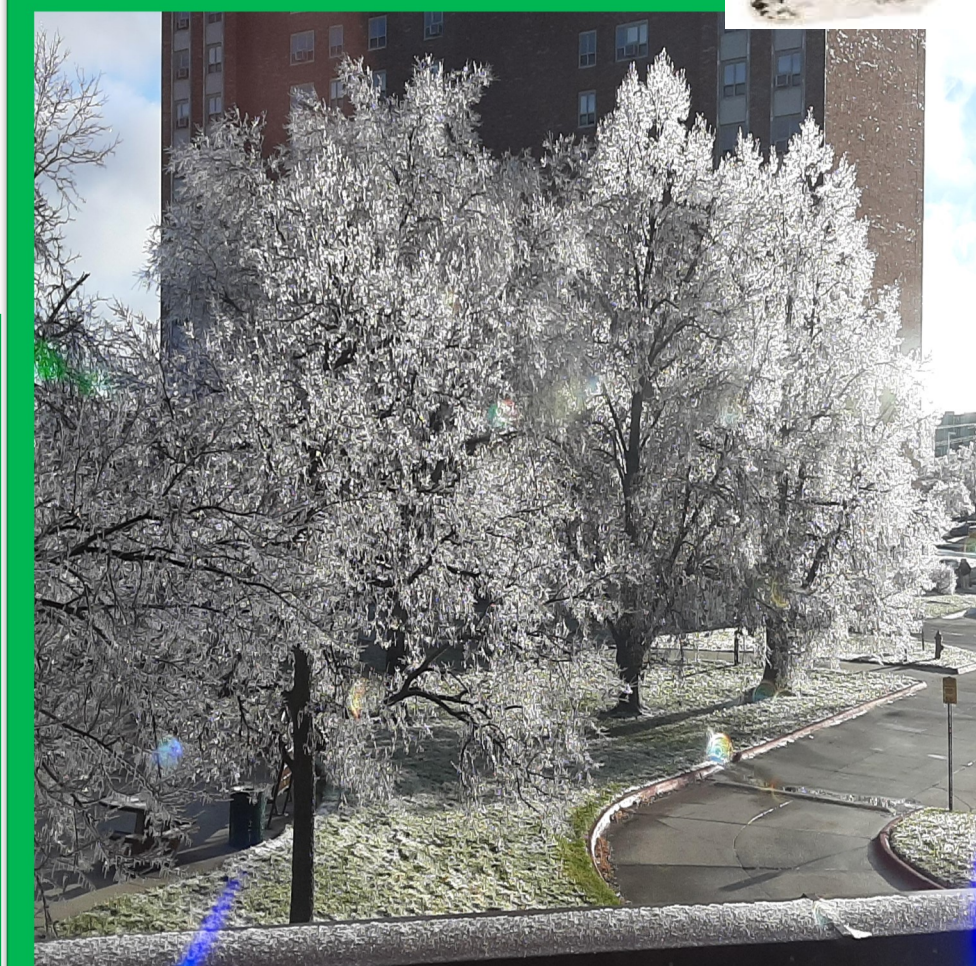


Rita Grigg  
*Executive Director*  
Darci Blakely  
*Housing Program  
Manager*

### RENT DUE

Rent is due  
**Tuesday December 1st**  
Your payment must be in  
the drop box by 3:00 pm  
on Saturday,  
December 5, 2020 or you  
will be charged late fees.

**REMEMBER!!!**  
Checks or Money  
Orders Only!  
**NO CASH!!!!!!**



*Look for the beauty in the storm!!!*

**For after hour  
Maintenance  
emergencies  
contact:**

**Ed: 402 720-1264**

**Rita: 402 720-9643**



**THE OFFICES, KITCHEN AND DINING  
ROOM WILL BE CLOSED**

**DECEMBER 24TH ALL DAY**

**DECEMBER 25TH ALL DAY**

**DECEMBER 31ST AT 1:30**

**JANUARY 1ST**

**Kitchen will be closed December 30-no meals served**





## SOCIAL SECURITY AWARD LETTERS

Bring your Social Security and SSI Award letters to the office as soon as you get them. The letter will be copied and put in your file. Thank you!!



## Pestrol December Schedule

Wednesday December 9th



Starting at 12:00 pm

Gifford Floors 2-5

Stanton Floors 2-5

## FIRE ALARM TESTING

Tuesday, December 8

8:00 AM

The alarms may or may not go off.



## ATTENTION GIFFORD RESIDENTS!!!!!!



Due to increasing positive cases of COVID in Nebraska and Dodge County we have decided to postpone the Gifford Tower inspections until further notice. We encourage you to continue to do housekeeping on a daily and weekly basis because it will make it easier on you when inspections are rescheduled.

## PLEASE NOTICE!!!

Activities and guest speakers may be cancelled due to the rise in COVID cases in Nebraska and Dodge County.



**DO NOT** leave clothing, food, books, etc. in the Community Rooms, laundry rooms, solariums, and hallways for other people to take. If we find things left out they will be thrown away. The thoughtfulness to share is great but at this time it is not allowed.





# Avoid the Three Cs

Be aware of different levels of risk in different settings.



There are certain places where COVID-19 spreads more easily:



## Crowded places

with many people nearby



## Close-contact settings

Especially where people have close-range conversations



## Confined and enclosed spaces

with poor ventilation



The risk is higher in places where these factors overlap.

Even as restrictions are lifted, consider where you are going and #StaySafe by avoiding the Three Cs.

## WHAT SHOULD YOU DO?



Avoid crowded places and limit time in enclosed spaces



Maintain at least 1m distance from others



When possible, open windows and doors for ventilation



Keep hands clean and cover coughs and sneezes



Wear a mask if requested or if physical distancing is not possible

If you are unwell, stay home unless to seek urgent medical care.

## HALLS AND STAIRWAYS

Do not block the stairway doors and hallways with walkers, wheelchairs, bikes, etc.

These things cannot be left in the halls or by the stairs. We need to keep hallways and exits clear for the safety of our residents!



## DECEMBER SNAP BENEFITS



SNAP recipients will be issued

increased benefits on December 8th on their EBT cards. One person households will receive \$204 and two person households will receive \$374.

## And now for our Three Cs

**Common Sense:** Use common sense and do not be out and about if you are supposed to be in quarantine or are being tested for COVID

**Call or email:** If you have tested positive or are waiting to be tested call or email the office-do not come to the office windows

**Common Areas:** Avoid common areas-wear a mask. **IF YOU ARE POSITIVE OR WAITING TO BE TESTED DO NOT USE COMMON AREAS** such as LOBBIES-COMMUNITY ROOMS

## VISITOR PARKING



As you know visitors, home health, guest speakers, etc. do not get the newsletter and do not know where visitor parking is located. It is your responsibility to let them know.

I do not believe other residents are parking in your spaces. If someone parks in your spot please do not block them in and ask us to call out their license plate. Just park somewhere else for a while and move your car back later. Again, let your friends, relatives, home health providers, etc. where the visitor parking is located.

# Increase Your Positivity



## LIGHTEN UP

Certain topics, issues and events are serious but not everything is! Lighten up. Have fun and embrace your inner child. Having fun, laughing, smiling and enjoying life does wonders for boosting your positivity.

Zen Family Habits



*Stanton Resident Deb R. would like to thank the person her helped her when her scooter tipped over. Deb thought that she might have to lay there all night when she heard someone say “the paramedics are on the way”. Forever thankful for caring residents! Deb R.*



## Commodities

**Commodities will be delivered January 19, 2021. This will be for two months so bring your carts and wagons.**



**ALL commodities will be packaged and we will no longer receive bulk items.**

**Contact Kathy Casper to see if you are eligible and to fill out an application if you would like to get on the list.**

**The RSSC Kathy Casper has a food pantry in her office with the extra food commodities. If you NEED food call the RSSC 402 727-4848 ext. 109 and schedule a time to pick up food that you need.**

## Phishing Example: URGENT REQUEST (Email Impersonation)



**Phishing** is the fraudulent attempt to obtain sensitive information or data, such as usernames, passwords and credit card details, by disguising oneself as a trustworthy entity in an electronic

communication. Typically carried out by email spoofing, instant messaging, and text messaging, phishing often directs users to enter personal information at a fake website which matches the look and feel of the legitimate site. Phishing is an example of social engineering techniques used to deceive users. Users are lured by communications purporting to be from trusted parties such as social web sites, auction sites, banks, colleagues/executives, online payment processors or IT administrators.



## **STOP WINTER FALLS WALK LIKE A PENGUIN**

- Knees Relaxed
- Toes Pointing Out
- Short Steps
- Slow And Deliberate
- Hands Free



**Feet 4 Keeps  
Toe Nail Clinic**



**Friday-January 8, 2021  
12:30-3:30**

**Sara Bourek 402 719-9770**



**Stanton Tower  
2nd Floor  
Solarium**

**Beware  
of  
Holiday  
Scams**

### **BEWARE OF HOLIDAY SCAMS**

- ⇒ 1. The Caller claims to be a medical organization with the COVID 19 vaccine asking you for an over the phone payment.
- ⇒ 2. Caller claims to be from a professional cleaner who can sanitize your apartment.
- ⇒ 3. The IRS calls to say you owe money and need to pay now or you will be arrested.
- ⇒ 4. Charity scams saying that they are collecting money for people affected by COVID.
- ⇒ 5. And do not forget the ever famous grandparent scam. Caller says a family member is in trouble and needs money immediately.





# CHRISTMAS WORD SEARCH



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

BELLS  
CANDLES  
CANDY CANE  
CARDS  
CELEBRATE  
CHIMNEY  
CHRISTMAS

RUDOLPH  
SANTA  
SEASON  
SLEIGH  
STOCKING  
TREE  
WREATH

ELVES  
FROSTY  
GIFT  
GIVING  
GREETINGS  
HOLIDAY  
JOLLY

JOY  
MERRY  
MISTLETOE  
NOEL  
NORTH POLE  
REINDEER







# December 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Bi-Weekly menus for necessary and available Tower offices. If you are Service Program, please Resident Support ext.109 or	participants are still at the Gifford & Stanton interested in the Food feel free to contact Services at 727-4848	1 Polish Sausage Sauerkraut Mashed Potatoes Brownie	2 Barbeque Pork Sandwich Criss Cross Fries Baked Beans Peach Crisp	3 Marinated Chicken Hash browns Beats White Cake	4 Pepperoni Pizza Lettuce Salad Pears	5 Pepperoni Pizza Lettuce Salad Pears
6 Polish Sausage Mashed Potatoes Corn Fruit Cocktail	7 Baked Chicken Parmesan Garlic Mashed Potatoes Green Beans Jell-O Salad	8 1/2 Cheese Sandwich Chili Soup Crackers Cinnamon Roll	9 Broccoli Bacon Cheddar Casserole Dinner Roll Chocolate Peanut Butter Brownie	10 Fish Sandwich Coleslaw Cookie	11 Pork Chop Parsley Potatoes Creamed Corn Orange Cream Cake	12 Chili Soup Crackers Cinnamon Roll
13 Broccoli Bacon Cheddar Casserole Dinner Roll Chocolate Peanut Butter Brownie	14 Fried Chicken Mashed Potatoes and gravy Peas Pineapple Upside Down Cake	15 Tuna Casserole Stewed Tomatoes Blueberry Buckle	16 Tater-Tot Casserole Lettuce Salad Apple Crisp	17 Porcupine Meatballs Baked Potato Green Beans Peanut Butter Cookie	18 Potato Soup 1/2 Ham Salad Sandwich Jell-O Poke Cake	19 Tuna Casserole Tomatoes Blueberry Buckle
20 Potato Soup 1/2 Ham Sandwich Mandarin Oranges	21 Ham and Bean Soup Corn Bread Peaches	22 Chicken and Biscuits Mashed Potatoes Peas Pumpkin Bar	23 Soft Shell Beef Tacos Refried Beans Frosted Sugar Cookie	24 <b>KITCHEN AND DINING ROOM CLOSED NO MEALS WILL BE SERVED</b>	25 <b>KITCHEN AND DINING ROOM CLOSED NO MEALS WILL BE SERVED</b>	26 Ham and Bean Soup Corn Bread Peaches
27 Chicken and Biscuits Mashed Potatoes Creamed Peas Fresh Fruit	28 Turkey Pot Pie Jell-O Salad Snickerdoodle Cookie	26 Rueben Sandwich French Fries Pickle Apricots	30 <b>KITCHEN AND DINING ROOM CLOSED NO MEALS WILL BE SERVED</b>	31 Egg & Cheese Salad Sandwich Chips Pickle Vanilla Pudding		
						<b>*SUBJECT TO CHANGE*</b>

**Fremont Housing Agency**

2510 N. Clarkson St.  
Fremont, NE 68025  
(402) 727-4848  
(402) 727-4751 - fax  
[www.fremonthousing.org](http://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.**



Let the spirit of love  
gently fill our hearts and homes  
In this loveliest of seasons  
may you find many reasons for happiness

***Merry Christmas from all of us at  
Fremont Housing!!***



**FREMONT HOUSING BOARD MEETING**

**WEDNESDAY DECEMBER 2ND**

**11:30 AM**

**ATTENTION ALL!  
MEDICAL ALERT INFORMATION**

Learn about the newest  
Medical Alerts

Come and join us for  
"Donuts with Dave"

December 11th  
1:30pm-Stanton

