



Fremont Housing
Agency

FEBRUARY 2020

TWO TOWER TALK



Rita Grigg
Executive Director
Darci Blakely
Housing Program
Manager

FREMONT HOUSING AUTHORITY EARNS HUD HIGH PERFORMER DISTINCTION FOR 2019



On January 14, 2020 the Department of Housing and Urban Development (HUD) awarded the Fremont Housing Authority the High Performer Distinction for the 2019 Fiscal Year. FHA earned a Public Housing Assessment System score of 90 out of a possible 100.

FHA has been working for a few years to earn this award. Rita, Executive Director said "it's the greatest achievement that an agency can receive."

FHA was scored on four categories: physical appearance, financial, Management, and Capital Fund. Occupancy has been the greatest challenge in past years. Everyone has worked very hard to provide housing to those we serve.

We are very proud of our staff and we appreciate all of the residents!!!



RENT DUE

Rent is due on
SATURDAY,
FEBRUARY 1, 2020
Your payment must be
in the drop box by
3:00 pm on Wednesday,
February 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

HELP
EMERGENCY



Make a Friend Day

"Make a Friend Day"-February 11

Do you have enough friends? The answer should be no. No matter how many friends we have, more of them increases our wealth. That's because friends are one of life's valuable assets. 'Ya just can't have too many friends.

Make a Friend Day is a great opportunity to meet someone new, or do something to make a new friend. Making a new friend can be easier to do than you think. There must be a gazillion ways to make new friends. It often helps by smiling and just being friendly or helpful. Spend "Make a Friend Day" being just being friendly, and by doing special or nice things for others.

The Offices will be closed February 17, 2020



The Dining Room will be closed
February 14 and 17
No meals will be served





STANTON TOWER BED BUG CHECKS

FEBRUARY 19, 20, 21

You do not have to be home. They will a note.



STANTON AND GIFFORD TOWER WINDOWS

The windows at the Gifford and Stanton Offices are for business needs. Please do not linger at the windows. The staff has work to do and other residents have business to take care of.

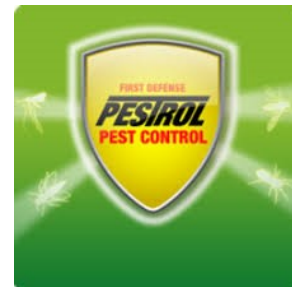
Thank you for your cooperation!!

SOCIAL SECURITY AWARD LETTERS



Be sure to take your 2020 Social Security award letters to the office if you have not already done so. Office staff will make copies for your files. Thank you to everyone who has already done so!!!!

Pestrol



We will have a new pest control company doing the spraying beginning in February. They 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.

February Schedule:

Wednesday February 12th

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

Gifford Floors 9, 10, 11, 12

Stanton Floors 9, 10, 11

We still need your help getting the pests under control. This means doing dishes, not leaving food around, and keeping apartments clean.



The bids are in for the Stanton Elevator project. We are hoping to get the project going in the near future. Thank you for your patience!!!!

WORK FORCE DEVELOPMENT

Fremont now has a Work Force Development Office again. The Office is located at 827 N. D St. They can help you find local jobs, build a resume, and assist with job applications.



**ALL FIRE DOORS ON
EVERY FLOOR AT
STANTON NEED TO
REMAIN OPEN!!!!**



DO NOT CLOSE FIRE DOORS!!!!

**Commodities will be delivered on
Friday-February 14, 2020**



Some reminders:

**Staff will not deliver or
take your commodities
to your apartment!!**

**If you have someone pick up your
commodities for you we will need a
signed note from you giving them
permission.**

**ATTENTION ALL WHO ATTEND
THE WEIGHT MANAGEMENT
SUPPORT GROUP**

**Beginning Monday, February 3rd the
group will start meeting at 9:30 AM. It
will still be held in the Stanton Tower
second floor solarium.**



**PLEASE DO NOT
TOUCH THE DRY
ERASE BOARD BY
THE ELEVATORS!
NO WRITING
ON IT!!**

**NO DRAWING PICTURES ON IT!!
NO MOVING IT!!**



**Just a reminder to
make an appointment
if you need to see
Kathy Casper, the
Resident Support
Services Coordinator.**

**There are times when appointments have
already been scheduled. Also if you do have
an appointment please show up or call if
you are not coming. THANK YOU!!!**

Call Kathy for appointments:

**402 727-4848 Ext. 109 or email:
rssc@fremonthousing.org**

IRS AND SOCIAL SECURITY SCAMS



**Please be cautious of all scams as
usual but be alerted that there are
IRS and Social Security scams
that have already started. The IRS
does not call people...they send
letters. The scammers try to get your personal
information before you know what happens.**



**The washers and
dryers cost \$1.00
each to use.**

**Remember to be
courteous and use
only two at a time
so other residents can use them.**

NEBRASKA RENT WISE

RentWise



**Friday, February
28, 2020**

8:30 am to 4:00 pm

Stanton Tower Community Room

Lunch included FREE to residents!!

**Nebraska Rent Wise is an education program to
assist renters to obtain and keep rental housing
successfully.**

Please RSVP by Friday, February 21, 2020



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ENTERTAINMENT



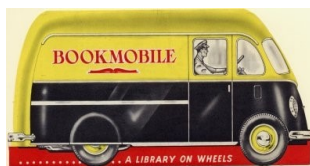
Wednesday, February 19th

5:00 PM

Everyone Welcome

Coffee and treat

Stanton Social Club



The library bookmobile will be here on

FRIDAY, February 7th

MOVIES



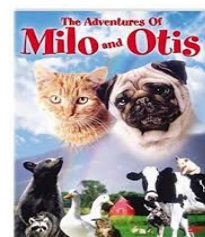
All movies will be shown at Gifford every Friday at 3:00 pm. Stanton residents are welcome to come and watch the movies at Gifford.

February 7-Mike and Dave

February 14-NO MOVIE

February 21-Milo and Otis

February 28-Straight Talk



NEW OFFICERS FOR STANTON TOWER RESIDENT COUNCIL AND SOCIAL CLUB

PRESIDENT: Deanna Hardisty

VICE PRESIDENT: John Lempke

SECRETARY: Cheri Christensen

TREASURER: Connie Drovwal



All Stanton Residents are members and are encouraged to attend the meetings on the first Wednesday of every month at 2:30 pm in the Community Room

Here are some fun days in February you might want to check out!!!

Do a Grouch a Favor Day"-February 16

Everyone has been a grouch at one time or another. Some people are seemingly grouches all of the time. It's in their nature. Others are occasional grouches, influenced by events in their lives, lack of sleep, the weather, etc. A few people are good at disguising their grouchy mood. But, they still need cheering up.

February 16 Do A Grouch a Favor Day



Look around for someone who is in a grouchy mood today. Then, do him or her a favor that will cheer up their day. There's plenty of grouches out there to practice on. Try it on all of the grouches that you see today, and watch the results!

"Hoodie-Hoo Day-February 20

On this winter day, people go out at noon, wave their hands over their heads and chant "Hoodie-Hoo". It is a day to chase away winter blahs, and bring in spring. After all, everyone in the northern hemisphere are sick and tired of winter at this point and a little crazy being cooped up inside all winter and not seeing the sun.





Jan would like to thank Sandy B. for taking meals to a resident who was not able to come to the dining room for their congregate meals.

THANK YOU SANDY!!! Jan

Lorie G. would like to thank Janice M., Pam M., Cindy B., Ted R., and Patty for making sure that she got help when she fell outside.



THANK YOU!!!! Lorie



*A big **THANK YOU** to Jerry for scooping the walks out of the back door of the dining room.*

Jan, Stanton Staff, and Stanton Residents!!!



Craft and Bake Sale and Food

The Gatherers will be having another Craft, Bake, and Food Fundraiser on April 5th.

Proceeds will be saved the Elder Tree, Angel Tree, and children at Head Start. Maybe a new tree for the Stanton Tower Community Room.

*There was a sneak peek of crafts—Easter bunnies—**BUT** they are already sold!!!!!!!*

FEET FOR KEEPS-



**2nd FLOOR SOLARIUM-
STANTON TOWER**

**FEBRUARY 24, 2020
12:30 PM-4:00 PM**



HEALTHY BOUNDARIES INCLUDE:

- Saying no to things you don't want to do or don't have the resources to do
- Leaving situations that are harmful to you
- Being aware of your own feelings and allowing yourself to feel differently than others
- Not trying to change, fix, or rescue others from difficult situations or feelings
- Allowing others to make their own decisions
- Prioritizing self-care
- Sharing personal information gradually based on how well you know and trust someone
- Recognizing which problems are yours and which problems belong to others
- Communicating your thoughts, feelings, and needs
- Having personal space and privacy
- Pursuing your own goals and interests

By Sharon Martin, LCSW

VALENTINE'S DAY WORD SEARCH



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

Valentine
Candy
Chocolate
February
Flowers
Friend

Cupid
Cuddle
Hug
Kiss
Love

Be Mine
Hearts
Card
Love
Arrow


Pink
Red
Roses
I Love You
Sweet





February 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Bi-Weekly menus for participants are still necessary and available at the Gifford & Stanton Tower offices. If you are interested in starting the Food Service Program, please feel free to contact Resident Support Services at 727-4848 ext. 109 or stop at the office during regular business hours.</p>						
2 Turkey Pot Pie Banana Pudding	3 Ham Slice Scalloped Potatoes Mixed Vegetables Bread and Butter	4 Vegetable Beef Soup Corn Muffin Pears	*SUBJECT TO CHANGE*			1 Beef Tips and Gravy Over Noodles Cooks Choice Vegetable Apple <i>Cake</i>
9 Vegetable Beef Soup With Crackers Dinner Roll Red Velvet Cake	10 Beef Salad Sandwich Chips Pickle Ambrosia	11 Ham and Bean Soup Corn Bread Brownie	5 Oriental Pork Stir Fry Over Rice Bread and Butter Fortune Cookie	6 Soft Shell Taco Corn Salsa Peach Delight Bar	7 Spareribs With Sauerkraut Mashed Potatoes Red Velvet Cake	8 Ham Slice Mashed Potatoes with Gravy Mixed Fruit
16 Beef Stew Bread and Butter Apple Crisp	17 KITCHEN AND DINING ROOM CLOSED Presidents Day	18 Chicken Salad Macaroni Salad Three Bean Salad Bread Stick Jell-O Fruit Salad	12 Smothered Pork Chop Mashed Sweet Potatoes Corn Angel Food With Cherries	13 Irish Beef Stew Bread and Butter Apple Crisp	14 KITCHEN AND DINING ROOM CLOSED	15 Beef Salad Sandwich Chips Pickle Brownie
23 Meat Loaf Baked Potato Pea Salad Cherry Cobbler	24 Ham and Egg Casserole Fruit Cranberry Muffin	25 Shepherd's Pie Jell-O Salad Pumpkin Bars	19 Meat Loaf Baked Potato Pea Salad Cherry Cobbler	20 Goulash Peas & Carrots Raisin Cream Bar	21 Tuna Noodle Casserole Beets Peaches	22 Goulash Bread Stick Chocolate Pudding
			26 Cheeseburger Potato Salad Baked Beans Mandarin Oranges	27 Ham Loaf Scalloped Potatoes Lettuce Salad Strawberry Cake	28 Chicken Strips Criss Cross Fries Butterscotch Pud- ding	29 Shepherd's Pie Bread and Butter Butterscotch Pud- ding

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.**



**VALENTINE BINGO WITH WENDEE
FROM PHYSMED**

February 14, 2020

2:30 PM

Stanton Tower Community Room



TRIVIA

Thursday, February 27th

1:30 to 2:30 pm

Stanton Tower Community Room

Test Your Knowledge!! Have Fun!!!! Win prizes!!!!!!



ANGELS CARE HOME HEALTH

Alzheimer's and Dementia Program

THURSDAY, FEBRUARY 20, 2020

2:00 PM—STANTON TOWER COMMUNITY ROOM



*Anyone interested in playing Pitch?
Pinochle? Cards of any kind?*

No money involved!

*If so contact Deanna Hardisty.
Let's get some things going here!!*

**NUTRITION EDUCATION WITH THE
NEBRASKA EXTENSION OFFICE**

WILL BE TAKING A BREAK

**THEY WILL START UP AGAIN
JUNE 2020 WITH FRESH
PRODUCE, RECIPES, AND
SAMPLES**

