

# Valentine's Day



Find and circle all of the words that are hidden in the grid. The remaining letters spell a popular Valentine's Day item.

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

ADMIRER  
ADORE  
AFFECTION  
ATTRACTION  
BEAU  
BELOVED  
BOYFRIEND  
CANDLES  
CANDY  
CHOCOLATES

COUPLE  
CRUSH  
CUPID  
DARLING  
DATE  
DEAR  
DEVOTION  
FANCY  
FEBRUARY  
FLAME

FLOWERS  
FONDNESS  
FOREVER  
FRIENDSHIP  
GIFT  
GIRLFRIEND  
HEARTS  
JEWELRY  
LIKE  
LOVEBIRDS

LOVERS  
PARTNER  
PROPOSAL  
RELATIONSHIP  
RESTAURANT  
ROMANCE  
ROSES  
SENTIMENT  
SUITOR  
SWEETHEART

Call RSSC with answer to win! 402-727-4848 Ext 109

**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 Transportation  
(402) 459-2845

**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) 385-6300

**Eastern Nebraska Office on Aging-ENOA Senior Center**  
(402) 721-7770  
(402) 727-2815

**Uniquely Yours**  
(402) 727-8977

**Fremont Lock Shop**  
(402) 317-1983



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

## BOOK MOBILE

### Keene Memorial Library



Friday February 2

Gifford Tower | 9:30 AM—10:30 AM

Stanton Tower | 10:30 AM-11:30 AM

## Feet 4 Keeps Foot Care Clinic

Friday February 2 | 9:00 AM—4:00 PM

2nd Floor Solarium Stanton

Call Sara Bourek for an appointment 402.719.9770

**2024 Pet / Animal Licenses** were due January 31. Current rabies vaccinations are required on all animals. Please bring a copy to your Housing Manager for you file. Pet licenses available at the Municipal Building at 400 E. Military Ave . **Remember the Animal designated area is between the buildings smoking areas.**

## PEST-TROL SERVICE

Bed Bug / Roach RECHECK February 12-13  
Floors 10 through 11 | Stanton Tower | February 14  
Floors 10 through 12 | Gifford Tower | February 28

## FHA OFFICE CLOSURE

Monday, February 19- Presidents day  
Thursday February 22—Office windows closed

Thank you to Pam Mendlik for all the help you have given the new officers of the Stanton/ Gifford Social Club. **THANK YOU**  
Your readiness to help at any time is greatly appreciated.

HIGHLIGHT OF EVENTS

# Gratitude

is one of the most underappreciated virtues. Admit it or not, many of us would rather complain than say "thank you". It's just easier to count our problems than our blessings. We'd rather complain about that our neighbor than appreciate the fact that we have a home.

This is why practicing gratitude should be part of our routine. Practicing gratitude when life is beating down on you isn't easy. In fact, it takes a special kind of inner strength and resilience to appreciate your blessings in times of hardship. That's not to say, however, that it's impossible.

If you're finding it hard to think of things to be grateful for at your lowest moments, here are some examples: Things to Be Grateful For Despite Everything

- |                                 |                                      |                                 |
|---------------------------------|--------------------------------------|---------------------------------|
| 1. Being alive                  | 11. This very moment                 | 21. Your senses                 |
| 2. The ability to feel emotions | 12. The people that care for you     | 22. The people who rejected you |
| 3. Freedom of expression        | 13. Bad days                         | 23. Your job                    |
| 4. Friendship                   | 14. Peaceful mornings                | 24. The people who hate you     |
| 5. Having something to eat      | 15. Living on this beautiful planet  | 25. Nature                      |
| 6. Kindness of strangers        | 16. Your voice                       | 26. Education                   |
| 7. Experiences that molded you  | 17. Your parents                     | 27. Access to transportation    |
| 8. The air that you breathe     | 18. Having clothes to wear           | 28. Music                       |
| 9. Having water to drink        | 19. Being a citizen of a country     | 29. Access to the internet      |
| 10. Sunshine                    | 20. The ability to love and be loved | 30. The rain                    |

If you fill your heart with gratitude, there won't be any room for discontent, self-pity, or greed.

You can start by appreciating the things you have, like the ones listed above. Remind yourself that no matter how dire the situation may seem, there is always a silver lining.

So embrace the power of gratitude, and step onto the path to a more fulfilling life.



February can be a very difficult time for people with the long winter and holidays spent alone. It is easy to look inward and think about what we don't have rather than what we do have.

Please take this time to think of all the things you are grateful for and let those around know how much they are appreciated and mean to you.

Feel free to pick up some hearts in the office and let them know this Valentine season.

From the words of the Paul McCartney  
**Release date:** 03 December 1965

...Think of what you're saying, You can get it wrong and still you think that it's alright. Think of what I'm saying,  
We can work it out and get it straight, or say goodnight.  
We can work it out. We can work it out.  
Life is very short, and there's no time,  
For fussing and fighting, my friend,  
I have always thought that it's a crime,  
So I will ask you once again, Try to see it my way,  
Only time will tell if I am right or I am wrong  
While you see it your way, There's a chance that we may fall apart before too long. We can work it out. We can work it out...



Fremont Housing Agency

**Rita Grigg**  
Executive Director  
**Riley O'Neill**  
Housing Program  
Manager

## RENT DUE

**Rent is due**  
**Thursday, February 1st. To avoid a late fee, your payment must be in the drop box by 3:00 pm on Monday, February 5th.**

**Online, Checks or Money Orders Only!**  
**Need Help?**  
**Contact your housing specialist or Service Coordinator IMMEDIATELY.**



**For after hour Maintenance emergencies contact:**

**Ed: 402 720-1264**  
**Rita: 402 720-9643**

## “Let’s Talk...”

### February 2024



### NOTICE!!!! NOTICE!!!! NOTICE!!!!

#### Resident Stipend Opportunity – Stanton Dining Room Position

The Fremont Housing Agency dining room is looking for a resident to deliver tenant meals, be a server in the dining room 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! You must be polite, respectful, and punctual. If you are interested in this position please call the Gifford Office, 402-727-4848.



#### Rentwise Class

RentWise is a program to help renters obtain and keep rental housing and be successful renters through education.

The class is free to residents of low-income housing, and open to the public for the cost of \$5. A certificate will be awarded upon completion of all the classes.

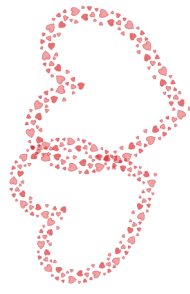
The RentWise class is on March 13-14, 2024 beginning at 8:30 a.m. in the Gifford Tower Community Room. Deadline to register is March 1st.

Be sure to take part in this free and informative opportunity. If you are interested in attending call: Tina @ 402-727-4848 ext. 3

#### Office Hours










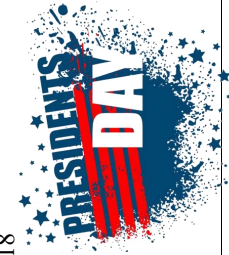






All Fremont Housing offices are open 9 to 12 and 12:30 to 3:00. We appreciate you setting up appointments for paperwork and contacting your housing specialist to fill out work orders.

We are here to serve you so please be aware of these times to take care of office needs. We don't want you to miss needed packages.



# February 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Bingo 2-4 SCR Feet for Keeps 9-4 Stanton 2nd Floor Solarium Book Mobile 9:30 GCR 10:30 SCR Ground Hog Day 	3 Coffee 2-3 pm SCR 
4	5 Art Club 2-4:00 pm SCR 	6 RSSC at Gifford Conf, Rm 10-11	7 <i>Social Club Meeting</i> 2:00 SCR	8	9 Bingo 2-4 SCR 	10 Coffee 2-3 pm SCR 
11 	12 Art Club 2-4:00 pm SCR Gifford Recheck starts 	13 RSSC at Gifford Conf, Rm 10-11 Birthday Celebrations 1:00 with Lilly from Essential Care SCR	14 Valentines Day Social 2-4:00pm SCR PEST-TROL Stanton Tower Floors 10-11	15 <b>1:30-2:30-Trivia</b>	16 Birthday Bingo 2-4 SCR 	17 Coffee and Rolls 2-3 pm SCR 
18 	19 Art Club 2-4:00 pm SCR Offices closed No Meals served Presidents Day	20 RSSC at Gifford Conf, Rm 10-11 Gifford Community Room Closed til 22nd	21 Art Club 2-4:00 SCR Gifford Community Room Closed til 22nd 	22 Game Day 2:00 SCR Gifford Community I Closed 	23 Sandwich Bingo 2-4 SCR 	24 Coffee 2-3 pm SCR 
25	26 Art Club 2-4:00 pm SCR 	27 RSSC at Gifford Conf, Rm 10-11	28 Art Club 2-4:00 SCR PEST-TROL Gifford Tower Floors 10-12 	29	SCR—Stanton Community Room GCR—Gifford Community Room	



# February 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
4 Vegetable Beef Soup with Crackers Dinner Roll Red Velvet Cake	5 Chicken Tenders French Fries Pasta Salad	6 Homemade Ham and Bean Soup Corn Bread Brownie	7 Hamburger Pizza Lettuce Salad Jell-O Fruit	8 Irish Beef Stew Bread and Butter Cherry Crisp	9 Fried Chicken Mashed Potatoes Peas Coconut Bar	10 Turkey Sandwich Chips Pickle Brownie
11 Beef Stew Bread and Butter Apple Crisp	12 Cheesy Chicken Parmesan Garlic Bread Lettuce Salad Black Forest Cake	13 Chicken Salad Macaroni Salad Three Bean Salad Bread Stick Jell-O Fruit Salad	14 Meat Loaf Scalloped Potato Pea Salad Confetti Cake <b>Valentines Day</b>	15 Goulash Peas & Carrots Cheesecake	16 Tuna Noodle Casserole Beets Peaches	17 Goulash Bread Stick Chocolate Pudding
18 Meat Loaf Baked Potato Pea Salad Cherry Cobbler	19 <b>KITCHEN AND DINING ROOM CLOSED NO MEALS WILL BE SERVED Presidents Day</b>	20 Shepherd's Pie Jell-O Salad Dinner Rolls	21 Ham Loaf Scalloped Potatoes Lettuce Salad Strawberry Cake	22 Burrito Refried Beans Tortilla Chips & Salsa Jell-o Poke Cake	23 Waffles with Whipped Topping and Strawberries Sausage	24 Shepherd's Pie Bread and Butter Butterscotch Pudding
25 Burrito Refried Beans Fruit Cocktail	26 Spaghetti with Sauce Green Beans Cooks Choice Cake	27 Homemade Vegetable Beef Soup Corn Muffin Pears	28 Ham Slice Scalloped Potatoes Mixed Vegetables Bread and Butter	29 Chili With Crackers 1/2 Cheese Sandwich Peaches	<b>* Subject to change with- out notice*</b>	

# Community Stuff

## Come celebrate Birthdays with Lilly from Essential Care.

Come and join the fun on the second Tuesday of each month as we take a walk down memory lane with our residents who are celebrating each month.

This month, we will be getting together in The Stanton Community Room on February 13 at 1:00 pm. You may get any of your Medicare or Medicaid questions answered as well.

"I've learned that people will forget what you *said*, people will forget what you *did*, but people will never forget how you made them *feel*."

Maya Angelou



## Happy Valentines

Valentines day Social

February 14 at 2:00 to 4:00 pm  
in the Stanton Community Room.

## Be Kind to our Maintenance Staff

Please remember to bag all garbage going down the trash chute. No liquids or food not in bagged should not go down the chute as this is unsanitary. Glass and Kitty litter should never go down the chute. Please take these and broken down oversized boxes outside to put directly in the trash cans.

## Gifford Community Room Closing

**CLOSED**

Gifford Community room will remain closed 24 hours for various reasons.

We are currently working at getting the bug problem under control and the Community room will stay closed until the problem resolved.

Please see the information given to you at move in about keeping your apartment clean and how to treat bug problems in your apartment.

Do not go to anyone's apartment that has bugs and do not go to any common areas if you do have bugs so that we can keep the problem areas confined as we treat them.

If you need help please contact Service Coordinator at 402-727-4848 Ext 109

# INFORMATION

## YOU

## NEED TO



## KNOW

### Phone Numbers Community Agencies

Adult Protective Services/Child Protective Services 800-652-1999  
Affordable Connectivity Program 877-384-2575  
Commodities—NENCAP 402-385-6300  
DHHS Economic Assistance Phone Number 402-595-1258  
DHHS Medicaid 402-595-1178  
Dodge County General Assistance 402-727-2731  
Dodge County Veterans Association 402-727-2719  
Eastern Office On Aging 402-721-7770  
Fremont Friendship Center 402-727-2815  
Home and Community Based Service (HCBS) Waiver 877-667-6266  
Keene Memorial Library 402-727-2694  
Meals On Wheels 402-721-8262  
LifeHouse 402-721-3125  
Salvation Army 402-721-0930  
Uniquely Yours Stability Support 402-727-8977

### Reminders

Please provide the office with your 2024 Social Security Award Letters  
Be mindful of the calendar of events when you are using the Stanton Tower Community Room as a walk way.  
Help yourself to clothing/coat in the Gifford Community Room  
Donations are from Uniquely Yours Stability Support.

**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 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.