



Fremont Housing  
Agency

**HAPPY  
NEW YEAR**

**TWO TOWER  
TALK  
JANUARY 2021**

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



**Offices will be closing  
December 31st at 1:30 pm**

**Offices and Kitchen  
will be closed  
January 1, 2021**

## **RENT DUE**

**Rent is due  
Friday January 1st**  
Your payment must be in  
the drop box by 3:00 pm  
on Tuesday,  
January 5, 2020

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

**PAY YOUR  
RENT**

**Kitchen is closed January 12th**  
**Offices and Kitchen will be  
closed January 18**  
**No meals will be served on  
January 1, 12 and 18**



## **WHAT YOU CAN PUT DOWN YOUR DRAIN**



1. Hand soap and water
2. Water and dish soap
3. Water

## **WHAT YOU CANNOT PUT DOWN YOUR DRAIN**

1. Grease
2. Cereal
3. Soup
4. Coffee Grounds

## **NO FOOD WHAT-SO-EVER!!!!**



The apartments do not have garbage disposals. Find an empty can to throw food, coffee grounds, etc. into and take it out to the trash. Do not put it down the chute. If the Maintenance Department receives a work order for a clogged drain and it is found to have food, coffee grounds, etc. clogging the drain you will be billed for the maintenance time to fix the drain and clean up.

**For after hour  
Maintenance  
emergencies  
contact:**

**Ed: 402 720-1264**

**Rita: 402 720-9643**



*Emergency  
Contact  
Information*

# READ PLEASE



## Pestrol January Schedule



**Wednesday January 13th**  
**Starting at 12:00 pm**  
**Gifford Floors 6-9**  
**Stanton Floors 6-9**



## 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!!**



**PLEASE PICK UP  
AFTER YOUR DOG**  
gg122853279 GoGraph.com

## PET LICENSE

Starting January 4th you can renew your pet license for 2021. Cost is \$10.00 for spayed or neutered pet and \$15.00 if they are not spayed or neutered. There will be a \$5.00 late fee if not licensed by February 1st. The

office will need a copy of this. You can get your pet license at the Municipal Building at 400 E. Military Avenue, second floor or at the Dodge County Humane Society at 787 S. Luther Road



**ALSO.....even though it is cold outside you still need to pick up your dog poo!!!!!!**

## STANTON TOWER ELEVATOR PROJECT



The Stanton Tower elevator project will begin on January 4, 2021. We are asking for your patience and cooperation as we begin the project. There will be only one elevator working. It will take longer to get up and down so allow extra time for work, appointments, etc. We have been waiting for this so please do not bother the workers.



## SOCIAL SECURITY, MEDICARE, AND COVID VACCINE SCAM ALERTS



If you read the envelope of your Social Security award letter there is a scam alert that you should pay attention to. Many residents have received scam calls pretending to be the government telling you that you are going to lose your social security. There are new scams telling you that you can pay to get the COVID vaccine. This is also a scam. The smartest thing to do is to not answer phone calls if you do not know the caller. If it is important they will leave a message. If it is a scam they will leave a fake number and if they say they are the Social Security office or Medicare the best thing to do is call the phone number for the Social Security office to see if they have called you. Scammers are very good at scaring people and getting their personal information. They especially like to target elderly people.

## **JANUARY SNAP BENEFITS**



SNAP recipients will be issued increased benefits on

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

## **FOOD PANTRY**



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

**So it appears we have a thief or thieves among us. Here are some things that we know of that have been taken: PLEASE STOP!!!!!!**



Two puzzles from the 9th floor and a plant. All you had to do was ask to borrow the puzzles-please return them to the 9th floor.

An entire box of masks that we kindly left for residents to take 1 mask—— not the whole box.

A FED X package from in front of a residents door.

Magnets from the Stanton Tower dry erase board in front of the elevator.

Meals from the residents doors



## **A REMINDER -CALL 911**

If a resident falls down staff and other residents should not help them up. If they have an injury that you are not aware of you could make things worse for them. You must call 911 and they will make sure the person is all right and help them up.

**DO NOT STAND AROUND TO SEE WHO THE  
AMBULANCE IS COMING FOR.  
IF THEY ARE ON YOUR FLOOR STAY IN YOUR  
APARTMENT, NOT IN THE SOLARIUM. DO NOT  
COME TO THE LOBBY TO SEE IF SOMEONE GOES  
TO THE HOSPITAL.**

This is nothing new. It has always been this way. When you try to get downstairs to see what is going on it ties up the elevators for the EMTs and causes confusion in the lobby.





MENTAL  
HEALTH  
FIRST AID

## SELF-CARE: Take Care of Your Mental Health During COVID-19

NATIONAL COUNCIL  
FOR BEHAVIORAL HEALTH

1

Look for opportunities to **laugh**.

2

Get enough **sleep**.

3

**Exercise** as appropriate.

4

Set healthy **boundaries**.

5

Be **kind** to yourself.

6

Stay **connected** to loved ones.



Do not stand in front of the elevators when waiting to get on them. Stand back and let the people on the elevator get off first.

This has been in the newsletter many many times. Back up!!!!

## A NEW YEAR

- \* Renewed Hope
- \* New Opportunities
- \* New Adventures
- \* New Ways to Give and Love.

May this be  
your best year ever!

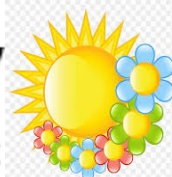
# Thanks



*We would like to thank all the residents for the Christmas cards and goodies this holiday season. We hope that you all had a wonderful Christmas!*

*The Staff at Fremont Housing*

I'm too busy  
working on my  
own grass to  
notice if yours  
is greener.





The Stanton Tower Social Club raised enough money again this year to provide the children at HeadStart goodie bags. Cheri C and Suzanne H. shopped for the bags and the goodies and delivered them. Marilyn S. knitted stocking hats for the children. Shown in the pictures filling the bags are Eileen T., Cheri C., Lois D., and Suzanne H. The Stanton Social Club is AMAZING!! Thank you for helping the children at HeadStart have a merrier Christmas!!!!



**Fun!! Fun!! Fun!!**

**The Winners of the wheel chair, walker, cane contest!**

**FIRST PLACE: Carol N.**

**SECOND PLACE: Rosetta A.**

**THIRD PLACE: Albert A.**



# Martin Luther King, Jr.

## Word Search

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

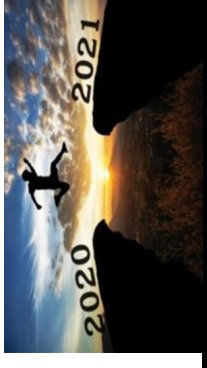
AMERICAN  
 CIVIL RIGHTS  
 COLOR  
 EQUALITY  
 FREEDOM  
 HERO  
 HOPE  
 I HAVE A DREAM  
 JUSTICE

LEADER  
 LIBERTY  
 NOBEL PRIZE  
 PEACE  
 PREACHER  
 RACISM  
 SEGREGATION  
 SPEECH  
 STRUGGLE





# January 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Bi-Weekly menus for participants are still necessary and available at the Gifford &amp; 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>						
3 Chili Dog Macaroni and Cheese Snicker Apple Salad	4 Spaghetti Breadstick Lettuce Salad Strawberry Cake	5 Turkey Rueben Sandwich Penne Pasta Salad Peaches	6 Roast Pork Mashed Potatoes and Gravy Beets Applesauce	7 Chicken Breast Rice Pilaf with Vegetables Rice Crispy Bar	8 Tuna Noodle Casserole Green Beans Brownie	9 Spaghetti Garlic Bread Pears
10 BBQ Pork Sandwich Chips Pickle Brownie	11 Ham Macaroni Casserole Broccoli Mandarin Oranges	12 Beef Noodle Soup Muffin Mixed Fruit	13 Cold Turkey Sandwich Potato Salad Cranberry Sauce	14 Swedish Meatballs Mashed Potatoes Cook's Choice- Vegetable Cookie	15 <b>KITCHEN AND DINING ROOM CLOSED</b>	16 Ham Macaroni Casserole Broccoli Apple Sauce
17 Cold Turkey Sandwich Chips Pickle Cookie	18 <b>KITCHEN AND DINING ROOM CLOSED</b> MLK Day	19 Hamburger French Fries 3 Bean Salad Peanut Butter Frosted Brownie	20 Pork Chop Sweet Potatoes Corn Frosted Lemon Cake	21 Homemade Pepperoni Pizza Lettuce Salad Root Beer	22 Grilled Ham and Cheese Sandwich Pea Salad Apricots	23 Hamburger French Fries 3 Bean Salad Peanut Butter Frosted Brownie
24 Pork Chop Sweet Potatoes Corn Bread and Butter	25 Chicken Fried Steak Mashed Potatoes and Gravy Carrots Dinner Roll	26 Beef Tips and Gravy Over Noodles Green Beans Apple Cake	27 Turkey Pot Pie Jell-O Salad Pumpkin Dessert	28 Broccoli Cheese Soup and Crackers 1/2 Meat Sandwich Peach Crisp	29 BLT Sandwich With Cheese Cottage Cheese Peaches	30 Beef Tips and Gravy Over Noodles Cooks Choice Vegetable Apple Cake
31 Turkey Pot Pie Jell-O Salad Pumpkin Dessert						<p><b>*SUBJECT TO CHANGE*</b></p>

**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.**



## Feet 4 Keeps Toe Nail Clinic

**Friday-January 8, 2021**

**12:30 PM-3:30 PM**

**Sara Bourek 402 719-9770**

**Stanton Tower  
2nd Floor Solarium**



### Commodities

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

As a reminder we do not deliver the commodities to your door but you can have someone pick them up for you if you let us know.



**ALL commodities will be packaged. We 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.

## TRIVIA!!!!

### THURSDAY

**January 28th  
1:30-2:30 pm**

**Stanton Tower  
Community Room**

**Only 22 residents allowed  
masks required**



24myfashiony.com