



Fremont Housing
Agency

TWO TOWER TALK JANUARY 2020



Rita Grigg
Executive Director

RENT DUE

Rent is due on
WEDNESDAY,
JANUARY 1, 2020

Your payment must be
in the drop box by
3:00 pm on Friday,
January 3, 2020 or late
fees will be applied.

REMEMBER!!!

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



OFFICE AND KITCHEN
CLOSED

Wednesday, January 1st and
Monday, January 20th
No meals will be served



WHAT IS YOUR NEW YEAR'S RESOLUTION???

A New Year's resolution is a decision to do or not do something to accomplish a personal goal or break a habit. It comes at a time when people look back at the past year and make an effort to improve themselves as the new year begins.

Here is a list of the top ten New Year's Resolutions for 2020

1. Exercise More
2. Eat Healthier
3. Be More Organized
4. Start a New Hobby
5. Make the Most of Your Down Time
6. Save More Money
7. Quit Smoking-See below for help
8. Spend More Time With Family and Friends
9. Travel More
10. Read More



For after hour
Maintenance
emergencies
contact:

Ed: 402 720-1264

Rita: 402 720-9643

HELP
EMERGENCY



Methodist Fremont Health would like
to help you with your New Year's
Resolution!!!

TOBACCO CESSATION PROGRAM

Tuesdays, January 7, 14, 21, 28-6:30 pm-7:30 pm

To register call 402 727-3882



Terminix Schedule for January

Tuesday, January 14 beginning at 10:00 am
Floors 5 and 6

Tuesday, January 28 beginning at 10:00 am
Floors 7 and 8

Please be ready for them.



SOCIAL SECURITY AWARD LETTERS

You soon will get your 2020 Social Security award letters. There will be an increase for 2020.

Be sure to bring your letter to the office so Amanda and Mary can make copies for your files. Thank you to everyone who has already done so!!!!



JANUARY BED BUG CHECKS AT GIFFORD



Maintenance will be doing bed bug checks at Gifford in the month of January.

The bed bug checks will be done January 7, January 8, January 9, January 10.

You do not have to be home. They will leave a note that they were there.

NOTES FROM THE LUNCH ROOM

Jan wanted you to remember a few things:



You cannot cancel your lunch and then show up for the meal. If you have canceled you cannot show up to eat.

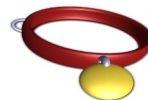
If you are sick please do not come down for lunch. You can have someone pick up your meal for you.

Lunch is served at 11:30!!!! If you are late your meal will be boxed and you will have to take it to your apartment to eat. The dining room has to be cleaned up before the kitchen staff leave.

When doing your dishes remember not to use too much dish soap.



DOG AND CAT LICENSE



It is time for all dogs and cats to get a new license. Bring the current license to the Stanton or Gifford Offices by January 31, 2020. The license are good from January to December-not from the time that you get the license. Bring proof of vaccination records and the license receipt to the office.

You can get the license on the second floor of the City Hall at 400 E. Military Ave. or at the Dodge County Humane Society at 787 S. Luther Rd.



Registering Dogs + Cats

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.

Please do not take things out of other people's mailboxes of off their doors!!!!



Cold and Flu Season



Many residents have been ill recently with colds, flu, and viruses. If you are ill try to avoid the common areas until you feel better so you do not spread the illness.

**Get plenty of rest
Drink lots of fluids
Call in sick if you work or have plans out in the public**



Changes in RSVP CAR-GO

You will now have to call on Mondays between 8:00 am and 2:00 pm to get rides for the following week. They will call you back after 3:00 pm on the Monday that you called for the ride to confirm the ride.

Call 402 561-2224



Commodities will be delivered on Friday-January 17, 2020

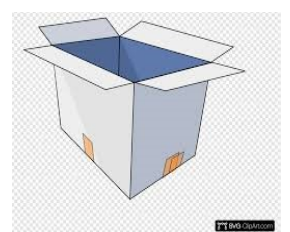
Some reminders:

**If you signed up for
Commodities come and pick them up. We have too many leftovers!!!**

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.

DO NOT leave empty food boxes, gift boxes, or boxes of any kind in front of the maintenance doors or in the trash chute areas. You need to break down these boxes and take them to the outside trash!!!!!!

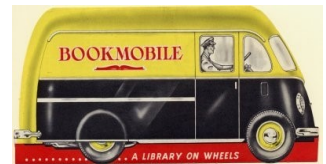




Thank you to Gifford Resident Lorie G. for cleaning the Gifford Community room on Thanksgiving after it was used by an outside party.

The library bookmobile will be here on

FRIDAY, JANUARY 10th



THE LINKS

January 27th-Performance 2:00 PM

Everyone welcome

*****Free*****



Their guitar and keyboard styles offer a unique and special blend to their vocals and harmonizing talents. Not only can you see these girls entertaining in the senior market you can catch them in the evening venues around the Omaha area. The LINKS DUO performs a variety of music with lots of excitement and interaction with their audiences and takes great pride in customizing their show for your entertainment needs.
The Stanton Social Club

I Have a Dream-Martin Luther King Jr. Day-January 20, 2020



"I Have a Dream" is a public speech that was delivered by American civil rights activist Martin Luther King Jr. during the March on Washington for Jobs and Freedom on August 28, 1963, in which he called for civil and economic rights and an end to racism in the United States. Delivered to over 250,000 civil rights supporters from the steps of the Lincoln Memorial in Washington, D.C., the speech was a defining moment of the civil rights movement and among the most iconic speeches in American history.

Beginning with a reference to the Emancipation Proclamation, which freed millions of slaves in 1863, King said "one hundred years later, the Negro still is not free".

Toward the end of the speech, King departed from his prepared text for a partly improvised peroration on the theme "I have a dream", prompted by Mahalia Jackson's cry: "Tell them about the dream, Martin!" In this part of the speech, which most excited the listeners and has now become its most famous, King described his dreams of freedom and equality arising from a land of slavery and hatred. Jon Meacham writes that, "With a single phrase, Martin Luther King Jr. joined Jefferson and Lincoln in the ranks of men who've shaped modern America. The speech was ranked the top American speech of the 20th century in a 1999 poll of scholars of public address.

"Wikipedia"



FRIENDLY LAUNDRY ROOM REMINDER



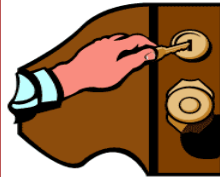
Just a courtesy reminder that when you are using the laundry remember other residents have laundry too.

Please use only two washers at a time!!



Please do not take flyers off the bulletin boards unless the activity is over. Do not put flyers over other flyers that are on the boards. There are some flyers that we are required to have on the bulletin boards on every floor like fire and tornado, emergency numbers, no smoking, etc.

NEW MONTH.
new beginning.
NEW MINDSET.
new focus.
NEW START.
new intentions.
NEW RESULTS.



For your own safety we recommend that you keep your doors locked.

WHY SCAMMERS TARGET SENIORS

Source: Federal Bureau of Investigation

According to the FBI, a few reasons that older Americans are targeted:



- Senior citizens are most likely to have a “nest egg”, to own their home and/or to have excellent credit.
- Older Americans are less likely to report a fraud because they don’t know who to report it to, are too ashamed of having been scammed or don’t know they been scammed.
- Senior citizens are more interested in and susceptible to products promising increased cognitive function, virility, physical conditioning, anti-cancer properties and so on.

STOP WINTER FALLS WALK LIKE A PENGUIN

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



Ref No: SC029112

© 2015 SafetyImages.com - All Rights Reserved

SCAM



ALERT

Even though the holiday season is over it does not mean the scammers have stopped. They know that Social Security raises are coming. Please be aware!!

New Year's Word Search

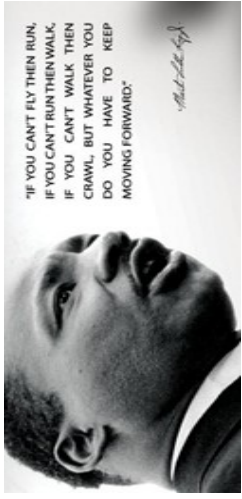
J A N U A R Y F R I E N A C E
F R I E N D S Y A S R I L A H
N E Y S E R T I E M O W B L C
B S I L Y F A E N E I Y A E O
N O C R N V N V E Y D L B N U
A L D C L O C K L T I E Y D N
R U V E W M I D N I G H T A T
V T O A S T W S N O L Y I R D
G I A N I N G S E V E U A R O
C O N F E T T I T M I N G S W
R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

BABY
BALL
CALENDAR
CELEBRATION
CLOCK
CONFETTI
COUNTDOWN
EVE

FAMILY
FRIENDS
HAPPY
JANUARY
MIDNIGHT
NEW YEAR
NOISEMAKER
PARTY

RESOLUTION
TOAST





January 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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.			KITCHEN AND DINING ROOM CLOSED New years Day	2 Turkey Noodle Casserole Green Beans Jell-O Poke Cake	3 Chili Dogs Macaroni and Cheese Snickers Apple Salad	4 Sloppy Joes Cooks Choice Fruit Chips Cookie
5 Turkey Noodle Casserole Peas Jell-O Poke Cake	6 Spaghetti Breadstick Lettuce Salad Strawberry Cake	7 Turkey Rueben Sandwich Penne Pasta Salad Peaches	8 Roast Pork Mashed Potatoes and Gravy Beets Applesauce	9 Lemon Pepper Chicken Breast Rice Pilaf With Vegetables Raisin Bar	10 Tuna Noodle Casserole Green Beans Brownie	11 Spaghetti Garlic Bread Pears
12 Lemon Pepper Chicken Breast Rice Pilaf With Vegetables Brownie	13 Ham Macaroni Casserole Broccoli Mandarin Oranges	14 Beef Noodle Soup Muffin Mixed Fruit	15 Cold Turkey Sandwich Potato Salad Cranberry Sauce	16 Swedish Meatballs Mashed Potatoes Cook's Choice-Vegetable Cookie	17 Polish Sausage Sauerkraut Bread and Butter Frosted Chocolate Cake	18 Ham Macaroni Casserole Broccoli Apple Sauce
19 Cold Turkey Sandwich Chips Pickle Cookie	20 KITCHEN AND DINING ROOM CLOSED MLK Day	21 Hamburger French Fries 3 Bean Salad Peanut Butter Frosted Brownie	22 Pork Chop Sweet Potatoes Corn Frosted Lemon Cake	23 Homemade Pepperoni Pizza Lettuce Salad Root Beer	24 Grilled Ham and Cheese Sandwich Pea Salad Apricots	25 Hamburger French Fries 3 Bean Salad Peanut Butter Frosted Brownie
26 Pork Chop Sweet Potatoes Corn Bread and Butter	27 Chicken Fried Steak Mashed Potatoes and Gravy Carrots Dinner Roll	28 Beef Tips and Gravy Over Noodles Green Beans Apple Cake	29 Turkey Pot Pie Jell-O Salad Pumpkin Dessert	30 Broccoli Cheese Soup and Crackers 1/2 Meat Sandwich Peach Crisp	31 BLT Sandwich With Cheese Cottage Cheese Peaches	*SUBJECT TO CHANGE*

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



*The Fremont Housing Staff would like to
thank all the residents for the Christmas
cards and Christmas goodies!!!!!!*

We appreciate all of you!!!

*Rita, Becky, Diane, Tina, Peggy, Mary, River, Ed, Terry,
Marty, Jeff, Malainie, Patty, Darci, Amanda, Jan, and Kathy*

**NUTRITION EDUCATION WITH
RYANN FROM THE NEBRASKA
EXTENSION OFFICE**

10:00 am to 11:00 am
January 17, 2020

10:00 am to 11:00 am
January 31, 2020

Both classes will be at Stanton Tower

**TRIVIA**

Thursday, January 23rd

1:30 to 2:30 pm

Stanton Tower Community Room

MOVIES

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

**NEBRASKA EXTENSION OFFICE WEIGHT
MANAGEMENT SUPPORT GROUP**

**The Support Group meets every
Monday morning at**

10:00 AM

Stanton Tower 2nd Floor Solarium



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