

Important
Announcements

ANNOUNCEMENT, NOTICES, AND POLICY REMINDERS

IMPORTANT NOTICE

With the warm weather and windows open sound travels very easy when residents are trying to sleep.

Watch your language when you are in the dining room or other common areas such as lobbies, community rooms, smoke shacks, outside of windows and courtyard.

Some people find it offensive and disturbing. You may be given notice for disturbing the peaceful environment of our tenants. If this continues those responsible for being disruptive will receive a 14/30 lease violation which could lead to eviction.



Commodities

July 13, 2023

1:00 Stanton & 1:30 Gifford

See Service Coordinator if you would like to see if you are eligible for this supplemental food box.

GIFFORD TOWER AIR CONDITIONERS



If your air conditioner filter needs to be cleaned - turn off your air conditioner and take out the filter.

Wash the filter in hot soapy water (use Dawn dish soap) and let it air dry or dry with a towel.

The air conditioner will work better and last longer. Let the office know if you have any questions about this.

ATTENTION GIFFORD RESIDENTS INSPECTIONS JULY 10-14

The Maintenance Staff will continue doing bed bug checks in every apartment. You have to let them in to check. If you are not home when they come they will leave a "we were in your apartment" note. These checks will be done weekly. If Bed Bugs are detected on a ongoing basis until eradicated. Remember if you find bed bugs in your apartment you are still responsible to report them to the office.

If you have bed bugs you are not allowed at Stanton Tower. If you are signed up for meals in the dining room they will be delivered to you.



PEST TROL TREATMENT

Schedule for July

Wednesday July 12 - Stanton Floors 6-9

Wednesday July 26 - Gifford Floors 6-9

Please be ready for them.

Medicare and Medicaid Assistance

Lily Carbonell Walker with Essential Care will be here July 13 at 1:00 in Stanton

You may have gotten some mail about mcna-dental and are concerned. Please come and hear about the changes coming.

LUNCH PROGRAM REMINDERS



Lunch Time

The monthly Menu is included in this newsletter. If you would like to sign up of meals, a check off calendar is available in the office or Stanton community room. Meals can be purchased by buying a **10 meal punch card in the office for \$64.40.**

These do not expire and can be carried over to the next month. Special Cards may be

purchased for guest. You must give **48 hour notice** for all meal request or changes to Sharon, the RSSC, at the Stanton office.



If something comes up please call no later then 9am the day of, if you do not cancel or show up for you meals your meal will be saved, you must pick it up, and you will be charged for that meal. If you know you are not going to be here for a meal ... do not sign up!! This will reduce the last minute cancellations. Please be thoughtful of the people operating the

Residents in the Spotlight for July

Lucas Ballou

Try as you may it is hard to find Luke on most days. Your best chance is at during the Arts & Crafts time when he is working on a beautiful Diamond Art picture.

Luke does not sit still. Volunteering his time at the Arts Gallery and Uniquely Yours center as they move to a new location or working part-time at our neighborhood HyVee. keeps him on the move. He prefers it that way.

Cheri Christensen

Serving as President of our Social Club keeps her on the move. Cheri is always there for you when you need something.

Cheri helps out with the meals program as well. You may not see her hanging around as she loves to go out with her friends and family too. Thanks for all you do for the Towers.

Happiness is not in our circumstance, but in ourselves. It is not something we see, like a rainbow, or feel, like the heat of a fire. Happiness is something we are.

John B. Sheerin





July 2023



Mon	Tue	Wed	Thu	Fri	Sat
2 Hot Dog on a Bun French Fries Orange Supreme Dessert	4 KITCHEN AND DINING ROOM CLOSED	5 Sloppy Joes Onion Rings Rice Krispy Bars	6 Pork Loin Oven Fried Potatoes 3 Bean Salad Applesauce	7 Oven Baked Chicken Macaroni Salad Baked Beans Chocolate Chip Cookie	1 Tuna Noodle Casserole Green Beans Apricots
3 Hot Beef Sandwich Potatoes with Gravy Peas Peaches	11 Crispy Chicken Salad Carrots Orange Jell-O	12 Pulled Pork Sandwich Red Potatoes Coleslaw	13 Creamy Chicken Ritz Casserole Carrots & Peas Angel Food Cake	14 Goulash Garlic Stick Green Beans Jell-O Delight	8 Yum Yums Chips Pickle Cookie
9 Roast Beef Mashed Potatoes Green Beans	17 KITCHEN AND DINING ROOM CLOSED	19 Creamed Chicken Over Biscuits Peas Peanut Butter Frosted Brownies	20 Scrambled Eggs Sausage Biscuits & Gravy Fruit	21 Hamburger Green Bean Tater Tot Casserole Bread and Butter Cherry Fluff	15 Pulled Pork Sandwich Chips Pears
16 Creamy Chicken Ritz Casserole Green Beans Chocolate Pudding	24 Hot Ham Sandwich Vegetable Pasta Salad Fresh Fruit	26 Lasagna Green Beans Garlic Stick Cupcake Delight	27 Chef Salad with CROUTONS Snickers Salad	28 Grilled Cheese Sandwich Tomato Soup Pickle Poke Cake	22 Hamburger Green Bean Bean Tater Tot Casserole Bread and Butter Cherry Fluff
23 Beef Sandwich Chips Jell-O Salad	25 3 Plate Salad Pineapple Cake	29 Hot Ham Sandwich Vegetable Pasta Salad Fresh Fruit	30 Beef Roast Potatoes and Gravy Mixed Vegetables Red Velvet Cake	29 Hot Ham Sandwich Vegetable Pasta Salad Vanilla Pudding	

If you are interested in the Food Service Program, please feel free to contact Resident Support Services at 727-4848 ext.109 or stop down at the office during regular business hours.



"LETS TALK..." JULY 2023



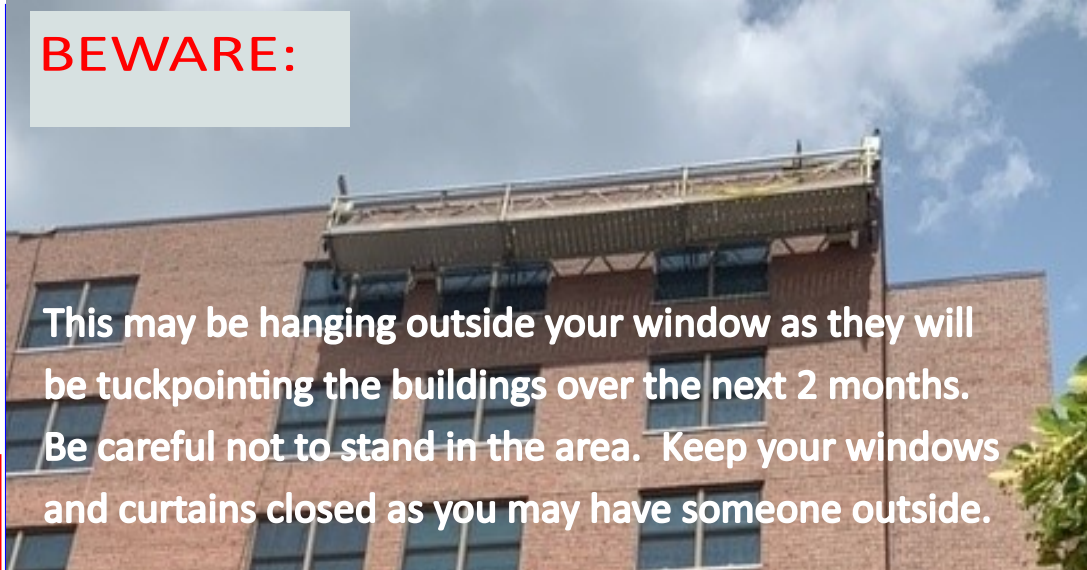
Rita Grigg
Executive Director
Riley O'Neill
Deputy Director

RENT DUE
Rent is due on Saturday
July 1, 2023.
Your payment must be in the drop box by 3:00 pm on Wednesday, July 5, or late fees will be applied.



happy 4TH OF JULY
The Stanton Tower Offices, Gifford Tower Office, and the Lunch Room will be closed on Tuesday, July 4, 2023 holiday and the Lunch room on Monday July 17.

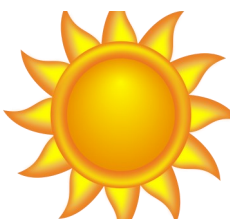
Housekeeping Matters:
You can make a difference where you live just by vacuuming weekly, you will assist in keeping the bugs out of the building by removing their food source. You and your neighbors truly Matter.



BEWARE:

This may be hanging outside your window as they will be tuckpointing the buildings over the next 2 months. Be careful not to stand in the area. Keep your windows and curtains closed as you may have someone outside.

Waiting on Parts.
It may be until the end of July before parts are here to fix the AC in the Gifford hallways. Please be patient and bear with us.



As the summer heats up remember to **BE KIND**....to Staff, your Neighbor, the strangers at the store or those least like you.





What Is Dehydration?

Dehydration happens when you've lost too much water in your body without replacing it, preventing your body to perform its normal functions. Mild dehydration can easily be treated but if it reaches extreme levels, it can be life-threatening and will require immediate medical attention

I'm thirsty

How to Prevent Dehydration

Since dehydration can be a life-threatening condition, it is important that you replenish your body with water immediately after you've lost so much.

Water plays such an immense role in your bodily functions, making it an essential part of your everyday life. Always bring a bottle of water with you in extreme heat and during exercise or any physical activity, especially when the temperature's too hot. to replace the liquids that they've lost.



According to the Mayo Clinic heart attacks can be triggered by dehydration.

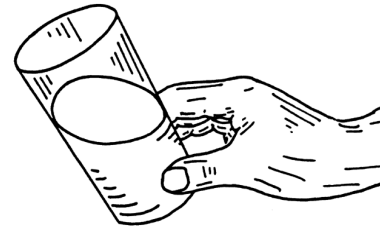
From a cardiac specialist on the correct time to drink water:

2 glasses of water after waking up-helps activate internal organs

1 glass of water 30 minutes before a meal-helps digestion

1 glass of water before taking a bath-helps lower blood pressure

1 glass of water before going to bed-avoids stroke or heart attack



In serious cases delirium or unconsciousness

SIT AND BE FIT EXERCISE CLASS

1:00 PM TO 1:30 PM

Tuesdays

Stanton Community Room

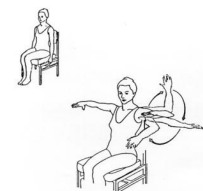


Spending a few minutes on Sit and Be Fit Exercises will help improve your flexibility, blood flow, and state of mind.

The class is using a Sit and Be Fit video.

If you do not use it.....you lose it!!!

Come and try it out. You will feel better if you do!



Pizza Party

Saturday - July 8th at Noon



Please sign up in the Lobby so we can have enough pizza and salad.

4th Of July Word Search

Find and circle all of the words that are hidden in the grid. The remaining letters spell an Abraham Lincoln quotation.

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

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BALD EAGLE
BALLOONS
BARBECUE
BASEBALL
BEN FRANKLIN
BETSY ROSS
CAKE
CARNIVAL
CELEBRATION
COLONIES

CONCERTS
DECORATIONS
DEMOCRACY
FIREWORKS
FLAG
FLOATS
FREEDOM
GREAT BRITAIN
HAMBURGERS
HISTORY

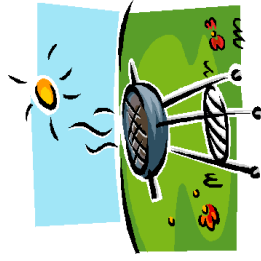
HOLIDAY
HOT DOGS
INDEPENDENCE
JOHN ADAMS
LIBERTY
NATIONAL AN-
THEM
NATIONHOOD
PARADE
PARTY

PATRIOTIC
PHILADELPHIA
PICNIC
RED WHITE BLUE
STARS AND
STRIPES
STREAMERS
THOMAS JEFFER-
SON
USA
WHITE HOUSE



July 2023 Activities

Social Club



Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 9 Bed Bug Inspections at Gifford From 10th to 14th	3 2-4 Art and Crafts at Gifford Tower	4 BBQ at Noon OFFICES AND DINING ROOM CLOSED	5 2:30- Stanton Tower Resident Council and Social	6 13 Essential Care 1:00 Stanton Commodities 1:30 Gifford	7 7 Feet 4keeps 9-4 2nd flr -Stanton 9:30 Bookmobile 2-4 pm-Bingo	8 1 Stanton Comm Rm closed 12-4 12-4 Pizza Party at Noon.
9 Bed Bug Inspections at Gifford From 10th to 14th	10 2-4-Art and Crafts at Gifford Tower	11 10-11-RSSC at Gifford Tower 2-3 Exercise at Stanton	12 Pestrol Floors 6-9 Stanton 2-4 Art and Crafts at Gifford Tower	13 Essential Care 1:00 Stanton Commodities 1:30 Gifford	14 2-4 pm-Bingo at Stanton Tower John C Fremont Days thru Sunday	15 2-3 Coffee and rolls at Stanton Tower
16 1:00 John C Fremont Days Parade	17 DINING ROOM CLOSED No meals	18 10-11-RSSC at Gifford Tower 2-3 Exercise at Stanton	19 2-4 Art and Crafts at Gifford Tower	20 1:30-2:30-Trivia	21 2-4 pm-Bingo at Stanton Tower	22
23	24 2-4-Art and Crafts at Gifford Tower	25 10-11-RSSC at Gifford Tower 2-3 Exercise at Stanton	26 Pestrol Floors 6-9 Gifford 11:30-FHA Board Meeting 2-4 Art and Crafts at Gifford Tower	27 Office Windows closed	28 2-4 pm-Bingo at Stanton Tower	29
30	31 2-4-Art and Crafts at Gifford Tower					

Fremont Housing Agency
 2510 N. Clarkson St.
 Fremont, NE 68025
 (402) 727-4848
 (402) 727-4751 - fax
 www.fremonthousing.org

IMPORTANT NUMBERS

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) 727-3200

Low Income Ministry
 (402) 727-6884

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

Uniquely Yours

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



FOURTH of JULY

The July 4th Picnic will be held on Tuesday, July 4, 2023 at 12:00 pm

Sign up Sheets are on the Bulletin Boards

Please sign up if you are coming so we have a count of how many hamburgers and hot dogs we will need.



Please bring a side dish to share



INDEPENDENCE DAY: JULY 4TH

This Fourth of July think about all the freedoms we have in America that are not available everywhere you may travel outside of the US.

- 1 The Right to Name Your Baby Whatever You Want
- 2 The Right to a Fair Trial
- 3 The Freedom to Marry Whomever You Want
- 4 The Freedom to Wear Whatever You Want
- 5 The Right to Be Counted As an Equal
- 6 The Right to an Education
- 7 The Freedom to Drive
- 8 Freedom to Show Off
- 9 Freedom of Religion
- 10 The Freedom to End a Relationship or Marriage
- 11 The Ability to Style Your Hair How You Want
- 12 The Freedom to Access Information
- 13 The Freedom Against Unlawful Searches
- 14 The Freedom Not to Enlist
- 15 The Freedom to Speak Your Own Language
- 16 The Freedom to Travel
- 17 The Right to Vote
- 18 The Ability to Chew Gum
- 19 The Freedom to Own Property
- 20 The Freedom to Start a Business
- 21 The Freedom to Fight Back

