

LUNCH Program will remain closed to August.



ATTENTION RESIDENTS

The Maintenance Staff would like to remind you to please dispose of trash appropriately. All boxes need to be flattened and not put in the trash rooms with the glass.

DO NOT SHARE FURNITURE OR TAKE ANY FROM DUMPSTER AREA OUTSIDE.

We are trying to contain the spread of critters in the buildings so taking things from the dumpster area can result an infestation of your apartment. Staff will wrap and remove affected furniture appropriately.

Please do your part to stop the spread.

PEST-TROL TREATMENT

Floors 2-5

Stanton - Wednesday July 9
Gifford - Wednesday July 23

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.



Stanton Tower Fire Alarm Testing Tuesday, July 29th at 8AM

Please be aware the alarms will be sounding throughout the morning.

ATTENTION GIFFORD RESIDENTS INSPECTIONS JULY 21-25

The Maintenance Staff will be 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. Remember if you find bed bugs in your apartment you are responsible to report them to the office immediately.

If you have bed bugs you are not allowed in the community rooms or at Stanton Tower.



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 of 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.

How to Be a Good Neighbor in an Apartment Complex: 9 Tried and True Tips

Living in an apartment complex is a unique type of predicament. You’re surrounded by people at all times, and you often share the same spaces and utilities. To function, such a living arrangement demands a special type of care and commitment. In the sections that follow, we’ll cover everything you can and should do to be a good and reliable neighbor to all around you.

- 1. Keep the Noise Down** - First and foremost, you will have to learn to be quieter while going about your everyday tasks. That includes walking softly, keeping music at a low or moderate volume, to watch the volume of your voice and making a conscious effort to keep your voice lower is a must. You should leave all loud tasks — like vacuuming, drilling, — for active hours during the day, complete them between 8 AM and 8 PM so that you disturb as few of the other tenants as possible. Finally, if you’re an avid TV or movie lover, subtitles should be your new best friend. You can keep the volume of your device low while still having a great watching experience.
 - 2. Keep Common Areas Clean** - In apartment complexes, you have to share a few common areas with other people. These include the hallways, stairways, and, in certain cases, laundry or storage rooms. Whatever these areas are, it’s important to keep them tidy at all times. When sharing a laundry room, use it carefully. Don’t leave your laundry or other supplies scattered around the room, and wipe down the washer and dryer after you’re done with them.
 - 3. Treat Your Neighbors the Way You Want to Be Treated** - Be kind and respectful to your neighbors. A good policy is to treat them the way you want to be treated, to ensure everyone feels heard and respected. Offering to help your neighbors when they’re carrying groceries or doing anything strenuous, being nice and talk to them when you cross paths, just a smile and a few nice words or just be cordial when someone comes to you with an issue they’re having. Your neighbor might knock on your door to complain about you making noise. It’s important to keep your cool and hear them out. An apology and promise that you’ll be more considerate in the future should be enough to clear the air. All in all, being nice can open many doors and save you from embarrassment and unnecessary conflicts. So, do your best to treat others with kindness, and you’ll be golden.
 - 4. Follow Parking Etiquette** - Have a parking lot with designated spots for each apartment. You should only park in the spot reserved for your apartment. You should also instruct your guests to abide by these rules as well, especially if they’re staying over.
 - 5. Make Sure Your Pets Are Well Behaved** - In case you have any pets — especially those you have to walk every day — you have to ensure they’re trained and well-behaved. That includes teaching them to be quiet during the night, not to make too much noise while playing, and so on. If your pet is a dog, you should also pick up after it while you walk. That refers both to their poop while you’re outside and any hair or dirt that might fall off while inside. That way, you’ll keep all shared spaces clean and ensure your neighbors have nothing to complain about.
 - 6. Take Part in Community Events** - Apartment complexes has tenant meetings once a month. The meetings are organized so that tenants can express all concerns and plan activities. In addition, you’ll show your neighbors that you care about your community. They will know that you care.
 - 7. Learn to Compromise** - No matter how nice and cordial you and your neighbors are, you won’t be able to solve all problems in a way that makes everyone happy. As long as you’re open to making concessions, your neighbors will be willing to do the same, and everyone will be happy.
 - 8. Understand Boundaries and Privacy** - For most people, a home is a sanctuary and a place where they can relax and be themselves. Sound does carry so you should try and tune things out as much as you can. You’d probably want others to do the same for you, so it shouldn’t be too difficult a task. Also, make sure you respect the boundaries that your neighbors set. Their space is still their own, so they should feel fully comfortable in it. The same goes for you, naturally.
 - 9. Communicate, Communicate, Communicate** - Every problem, no matter how big or small, can be resolved through honest communication. Be open to talking with your neighbors. Be polite, kind and direct, don’t beat around the bush. Don’t mistake directness for rudeness. You can always send your neighbor a letter giving you more time find a respectful way to do it.
- To Sum Up** While living in an apartment complex does have its downsides, learning how to be a good neighbor solves most of them. Some of the habits you could form are being quieter, tidier, and picking up after yourself or your pets. Learning to communicate and compromise with your neighbors will help to find a common language and a harmonious community in no time.

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

Fremont Transit.
(402) 459-2845

General Assistance
(402) 727-2731

Health & Human Services
(402) 727-3200

Fremont Family Coalition
Central Intake
(402) 721-4157

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
(402) 727-8977

**FAIR HOUS-
ING:**

**IT'S NOT AN
OPTION. IT'S
THE LAW.**



**EQUAL HOUSING
OPPORTUNITY**

FOURTH of JULY



**The July 4th Picnic will
be held on Friday, July
4, 2023 at 12:00—2pm**



**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. Free to residents. \$5 Guest
Salads will be provided so just bring you and
own place setting to eat on.**

**Keene Memorial Library Book Mobile—Friday
July 11 at 9:30 At Stanton Community Room
10:30 at Gifford Community Room.**



Commodities July 9, 1:00 Stanton & 1:30 Gifford



**Funding for this program has been cut back so new
applicants are placed on waitlist. Don't forget to pick
up your food box. Let RSSC know before of conflicts.**

**July Birthdays
& Medicare / Medicaid**

**HAPPY
BIRTHDAY**

Lily Carbonell Walker with Essential Care

will be here Tuesday July 8 at 1:00 in Stanton

Come and celebrate and get your Insurance questions answered.



ANGELS CARE HOME HEALTH

Blood Pressure Clinic

Thursday, July 31 at 1:00 pm

Stanton Tower Community Room

Immanuel Pathways

Presentation of Services available

Tuesday, July 22 at 2:00



**Dwayne Bennett
Executive Director
Riley O'Neill
Housing Program Manager**

RENT DUE

Rent is due on Tuesday July 1

Checks or Money Orders Only! NO

CASH! Rent is due and payable on the
first day (1st) of each month. **Tenants
who have failed to make full payment
by 3:00 p.m. on the fifth (5th) day of
the month, are considered delinquent
and will be assessed a late fee.** If the
5th falls on Saturday, the rent is due by
3 p.m. on the Housing Agency's work
day prior to the 5th. If the 5th falls on
Sunday, the rent is due at 9:00 a.m. on
the Housing Agency's next work day.

Late payment charges will be applied as
follows:

- \$30 will be assessed on the 6th of
each month for payments made
after the 5th of each month.
- An additional \$20 will be assessed
on the 21st of each month for pay-
ments not made prior to 3:00 p.m.
on the 20th of the month.
The Agency does not accept partial
payments of rent.

**Please place in Drop Box in the hall
next to the office.**

"LETS TALK..." JULY 2025



**Fremont Housing Agency Board Meeting will at
11:30 a.m. in the Gifford Community Room on
Wednesday July, 23, 2025**

"Board meetings are open for attendance, but not for public comment or interaction
during the meeting. Attendees are there to observe only. The agenda outlines the
topics that will be addressed, and anything additional must be submitted to FHA staff
ahead of time to be added."

Concerns and request should be made to the appropriate Housing Specialist and
documented. Please see your lease for the correct policy for filing complaints.

IMPORTANT NOTICE

* Please do not risk your housing by
having unreported guests or those that
are banned and barred.

- When given a 14/30 day notice you are not being evicted but
being notified that you have 14 days to correct the problem or
be out in 30 days.
- When calling the office, Please leave a message and we will get
back to you as soon as we become available.

Housekeeping Matters:

Please keep your apartment clean for your benefit
and your neighbors. Do not leave crumbs as food
sources for bugs. Please vacuum regularly.



BE KIND , Everyone is suffering with
you as the summer heats up.

Take care and stay hydrated.



July 2025 Activities Social Club

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10-11-RSSC at Gifford Tower 12:30 Exercise	2 2:00– Resident Council and Social Club Meeting	3 1:30-2:30-Trivia	4 Fourth of July Barbeque 12-2pm Office Closed	5 2-3 Coffee at Stanton Tower
6	7 2-4-Art and Crafts at Gifford Tower	8 10-11-RSSC at Gifford Tower 12:30 Exercise 1:00 July Birthdays Staton Community	9 1pm Commodities 2-4-Art and Crafts at Stanton Tower Pest-Trol Stanton FLs 2-5	10 JC Fremont Days begin with concert in the Park	11 Keene Bookmobile 9:30 Stanton 10:30-Gifford 2-4 pm-Bingo at Stanton Tower	12 2-3 Coffee at Stanton Tower
13 JC Fremont Parade down-town.	14 2-4-Art and Crafts at Gifford Tower	15 10:30-11:30 RSSC at Gifford Tower 12:30 Exercise	16 2-4-Art and Crafts at Stanton Tower	17 1:30-2:30-Trivia	18 2-4 pm-Bingo at Stanton Tower	19 2-3 Coffee and Rolls at Stanton Tower
20 Gifford Quarterly Bed Bug Inspection	21 2-4-Art and Crafts at Gifford Tower	22 10-11-RSSC at Gifford Tower 12:30 Exercise	23 2-4-Art & Crafts at Stanton Tower Pest-Trol Gifford FLs 2-5	24 1:00-Angels Care Blood Pressure Clinic	25 2-4 pm-Sandwich Bingo at Stanton Tower	26 2-3 Coffee at Stanton Tower
27	28 2-4-Art and Crafts at Gifford Tower	29 10-11-RSSC at Gifford Tower 12:30 Exercise	30 2-4-Art and Crafts at Stanton Tower			



FUN WORLD
FACTS

4th of July Facts At-a-Glance

Date: July 4th

Also Known As: Independence Day, Fourth of July

Commemorates: Adoption of the Declaration of Independence (1776)

National Holiday Since: 1870 (federal holiday)

Typical Celebrations: Fireworks, parades, barbecues, patriotic displays

Colors: Red, white, and blue

The foundation of 4th of July celebrations lies in one of history’s most important documents. The Declaration of Independence didn’t just announce America’s break from Britain—it established principles that would influence democratic movements worldwide.

1. **The Declaration of Independence was actually approved on July 2nd, 1776.** The Continental Congress voted for independence two days before the famous date, leading John Adams to predict that July 2nd would be celebrated with parades and festivities.



2. **Only two people signed the Declaration on July 4th, 1776.** Despite popular belief, most delegates didn’t sign until August 2nd, 1776, when the official parchment copy was ready.

3. **The Liberty Bell didn’t ring on July 4th, 1776.** The famous story of the Liberty Bell ringing to announce independence is a myth—the bell was actually cracked and couldn’t ring at that time.

4. **Benjamin Franklin wanted the turkey as America’s national bird.** While debating national symbols, Franklin argued that the bald eagle was a “bird of bad moral character” and preferred the turkey as more respectable.

5. **The first 4th of July celebration happened in 1777 in Philadelphia.** The city marked the first anniversary with a thirteen-gun salute, festivities, and fireworks, establishing traditions that continue today.

6. **Thomas Jefferson and John Adams both died on July 4th, 1826.** Remarkably, both founding fathers passed away on the exact 50th anniversary of the Declaration’s adoption, just hours apart.

7. **Calvin Coolidge was born on July 4th, 1872.** The 30th President of the United States shares his birthday with the nation, making him the only president born on Independence Day.

8. **The first public reading of the Declaration happened in Philadelphia.** Colonel John Nixon read the document aloud in Independence Square on July 8th, 1776, to a crowd of colonists.

9. **Americans purchase over 200 million pounds of fireworks annually for July 4th.** The tradition of fireworks dates back to the first anniversary celebration, inspired by John Adams’ vision of “illuminations” marking the holiday.



10. **The largest firework display happens in New York City.** Macy’s 4th of July Fireworks typically launches over 75,000 shells and attracts more than 3 million spectators along the East River.

11. **“The Star-Spangled Banner” was written during the War of 1812, not the Revolution.** Francis Scott Key penned the national anthem in 1814 after witnessing the British bombardment of Fort McHenry.

12. **The Pledge of Allegiance wasn’t written until 1892.** Francis Bellamy created the pledge for the 400th anniversary of Columbus’s arrival in America, and it became associated with patriotic holidays like Independence Day.

Stanton & Gifford Social Club Meeting

Wednesday, July 2nd at 2:00 pm All activities in Stanton Community Room.



Every Friday at 2:00 pm

Specials: Birthday Bingo July 11

Sandwich Bingo July 25



Trivia

Sponsored by True North Home Care

Thursdays July 3rd and 17th at 1:30

Arts & Crafts

from 2:00 pm to 4:00 pm

Monday Gifford Tower Community Room

Wednesday Stanton Tower Community Room



EXERCISE CLASS

12:30 PM TO 1:00 PM Tuesdays

Stanton Community Room

Spending a few minutes doing Exercises will help improve your flexibility, blood flow, and state of mind. If you do not use it.....you lose it!!!

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

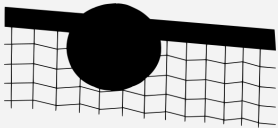


Game time

Weekdays at 10:00 am

Meet at the Stanton Library in the Community Room

Bring your favorite game or activity to share and add to the fun.





Welcome new officers elected in June to complete terms

President Carol Nodean Secretary Mary Maas

VP Rosetta Appleby Treasurer Eileen Tant

Sergeant of Arms Brandon Braithewaite

USA State Capitals

Find and circle all of the state capitals. The remaining letters spell a quote by Theodore Roosevelt.

A T S E G U O R N O T A B S T P A U L H I S

U C O A U N T R R E Y E E S S A H A L L A T

G W I I L L L E C N N L S A L E M M N O O T

U Y B N E T V D S O A N H A G O O O O T D P

S D T D L O L I L N L O E O A C E N T N F A

T E O I D N L A S E N U K Y L R A T S E N T

A S N A C O A I K O I L M I E A Y G E M L L

O M X N P N N S L E A F T B I H T O L A O A

F O I A A G O U H H C T G B U R C M R R C N

U I N P S I L S O V L I M N E S T E A C N T

O N E O B U P M R E I U T N I L I R H A I A

A E O L V O A M R A L L T Y E R G Y C S L I

M S H I J C I O Y O C O L N U R P I E R R E

N O P S I U C S C L N L A E U D E S S S W E

K M N T T K N A E K O N E B R I C H M O N D

C S Y T O I J E F F E R S O N C I T Y T A G

R A N N P O O D A L P I C L R E V N E D A C

A N O I E E E F E U R N F R A N K F O R T O

M T T T K R L H A R O L L N O S I D A M O F

S A S S A U S I A C T O P R O V I D E N C E

I F O U L I V H E H G I E L A R Y N A B L A

B E B A D R O F T R A H J A C K S O N E I N

ALBANY (New York)

ANNAPOLIS (Maryland)

ATLANTA (Georgia)

AUGUSTA (Maine)

AUSTIN (Texas)

BATON ROUGE (Louisiana)

BISMARCK (North Dakota)

BOISE (Idaho)

BOSTON (Massachusetts)

CARSON CITY (Nevada)

CHARLESTON (West Virginia)

CHEYENNE (Wyoming)

COLUMBIA (South Carolina)

COLUMBUS (Ohio)

CONCORD (New Hampshire)

DENVER (Colorado)

DES MOINES (Iowa)

DOVER (Delaware)

FRANKFORT (Kentucky)

HARRISBURG (Pennsylvania)

HARTFORD (Connecticut)

HELENA (Montana)

HONOLULU (Hawaii)

INDIANAPOLIS (Indiana)

JACKSON (Mississippi)

JEFFERSON CITY (Missouri)

JUNEAU (Alaska)

LANSING (Michigan)

LINCOLN (Nebraska)

LITTLE ROCK (Arkansas)

MADISON (Wisconsin)

MONTGOMERY (Alabama)

MONTPELIER (Vermont)

NASHVILLE (Tennessee)

OKLAHOMA CITY (Oklahoma)

OLYMPIA (Washington)

PHOENIX (Arizona)

PIERRE (South Dakota)

PROVIDENCE (Rhode Island)

RALEIGH (North Carolina)

RICHMOND (Virginia)

SACRAMENTO (California)

SALEM (Oregon)

SALT LAKE CITY (Utah)

SANTA FE (New Mexico)

SPRINGFIELD (Illinois)

ST. PAUL (Minnesota)

TALLAHASSEE (Florida)

TOPEKA (Kansas)

TRENTON (New Jersey)

Email or call with the answer to RSSC@fremonthousing.org or 402 727 4848 ex 109