



Fremont Housing
Agency

TWO TOWER TALK

JUNE 2020



Rita Grigg
Executive Director
Darci Blakely
Housing Program
Manager

RENT DUE

Rent is due
MONDAY
JUNE 1, 2020

Your payment must be in
the drop box by 3:00 pm
on Friday,
June 5, 2020.

REMEMBER!!!

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



For after hour
Maintenance
emergencies
contact:

Ed: 402 720-1264

Rita: 402 720-9643



Emergency
Contact
Information

Gov. Ricketts: New Directed Health Measures

Changes to the State's DHMs. Phase 2 will take effect on June 1, 2020.
For more detailed information go to governor.nebraska.gov

Statewide, starting June 1, worship services, daycares, restaurants all stay the same. People traveling to Nebraska internationally will have to quarantine for 14 days with the exception of military or health care workers.

Also, statewide, tennis, golf, rodeo, and volleyball will be allowed to have the same guidelines as baseball and softball. Practice for youth and adult players can start on June 1 and games can start on June 18. Football, wrestling, soccer, and basketball that are high contact sports are still prohibited.

o Gatherings

§ Gatherings will be limited to the greater of 25 persons (excluding staff) or 25% of rated occupancy (not to exceed 3,000).



o Bars and restaurants

§ Restaurants remain open for dine-in, and bars can reopen. Bars and restaurants are limited to 50% of the rated occupancy, with a maximum of six persons per table.

o Gyms

§ Will be limited to the greater of 25 people (excluding staff) or 50% of rated occupancy.

o Salons, barber shops, massage therapy services, and tattoo parlors

§ Will be limited to the greater of 25 people (excluding staff) or 50% of rated occupancy.

§ Both workers and patrons are still required in the DHM to wear masks at all times.

o Wedding and funeral reception venues

§ Will be limited to the greater of 25 people (excluding staff) or 50% of rated occupancy.

§ Self-serve buffets and salad bars are prohibited.

§ No dances or other social events that require guests to gather outside of their respective tables are permitted.



o Other group size and physical distancing limitations apply to the gatherings and venues above. For full details of the "Phase II" DHMs go to governor.nebraska.gov

A reminder that applies to everyone, that all have to continue to follow the six feet of social distancing.

Important **INFORMATION**



Commodities Some Short Term Changes:

Due to COVID-19 we will have to look at Commodity Deliveries month to month.

Hopefully this change will be for the next couple of months only. They will be delivered Friday, June 12th.

While we appreciate the offers of assistance from residents, staff will continue to distribute the Commodities.

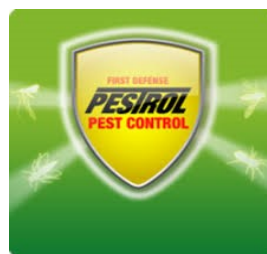
Staff appreciates your patience as we try to make sure that all of your needs are met.

**WITH THAT BEING SAID:
DO NOT LEAVE YOUR
UNWANTED COMMODITIES IN
THE HALLWAYS,
SOLARIUMS, LOBBIES, ETC.
YOU CAN WAIT UNTIL
MONDAY AND THEN LEAVE
THEM IN THE COMMUNITY
ROOM.**

DO NOT sign up for commodities if you do not want them. We have way too much left over food while other people in Nebraska have no food and food pantries are struggling to get food to everyone who really needs food.

Pestrol June Schedule

Pestrol will be doing four floors once a month on the second Wednesday of the month. This means that your apartments will continue to be sprayed quarterly. We thank Corey for all his hard work!



Wednesday June 10th

**Starting at 12:00 pm
and it will take all
afternoon**

Gifford Floors 2, 3, 4, 5

Stanton Floors 2, 3, 4, 5



Fire Alarm Testing will be done on June 9th beginning at 8:00 am. When the alarms go off do not come downstairs. Stay in your apartments. Thank you for your cooperation.

RENT CHECK/MONEY ORDERS



Before putting your rent check or money order in the drop box make sure that everything is filled out completely. Double check: did you sign your name? did you fill in a dollar amount and write it out as well? Did you make it out to Fremont Housing Authority?

ATTENTION GIFFORD RESIDENTS



Beginning Monday, June 1st you can take your own air conditioner cover off. Take your cover off and put it in the hallway. The Maintenance Department will come and pick them up in the hallways. Thank you for your help!

SNAP BENEFIT UPDATE



The Department of Health and Human Services (DHHS) will be issuing emergency supplemental allotments to Supplemental

Nutrition Assistance Program (SNAP) recipients who receive benefits for the month of May on June 6th. The increased benefits will be loaded directly on your SNAP card if you are a SNAP recipient. The benefit is based on a maximum allotment scale. If you already receive the maximum amount then you will not receive additional benefits

Household Size	Maximum Allotment
1	\$194
2	\$355
3	\$509

DHHS is hoping this will be renewed for additional months. If Congress continues to give states the ability to extend SNAP benefits DHHS will work to make sure that it happens in Nebraska.

CORONAVIRUS SCAMS

Be aware of the following scams:

- Contact your own doctor if you have symptoms of COVID 19 or need tested. If you receive a phone call about testing someone is probably phishing for information.
- Never give out your Medicare number, bank or credit card numbers.
- Be suspicious of robo calls offering free COVID testing supplies, or treatments.
- Follow instructions of the State for actions to take during COVID 19
- Best practice-do not answer your phone if you do not recognize the number



WHEELCHAIRS AND ELEVATORS



All wheelchair residents should use the big elevators only. If you are in the elevator with a wheel chair or walker use common courtesy and let other people on. There is no reason to be rude to other residents.

2ND NOTICE-OVERNIGHT GUESTS!!



There have been many cars in the parking lot that have been here overnight. That means we have guests staying overnight or all weekend without approval!!

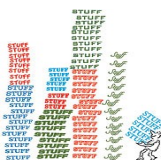
ALL OVERNIGHT GUESTS including grand children, friends, relatives, etc. must fill out the overnight form and be approved by the office to stay. There are forms left outside of each office **Again, these must be filled out and approved before your guests stay!!!!**

LAUNDRY ROOM

Be sure to stay with your laundry or it may disappear. The Fremont Housing Agency is not responsible for lost or stolen items.



GIVE AWAY ITEMS AND FOOD



Do not leave items that you no longer want in the laundry rooms, solariums, community rooms, lobbies, by the front and back doors!!!

If you have commodities that you do not want wait until Monday to bring them to the community room. **DO NOT** leave them in the hallways and in front of the elevators.

SMOKE SHACKS

Please try to social distance in the smoke shacks. If you do not smoke please leave the smoke shacks open for residents who do smoke.

SMOKE SHACK



REMEMBER-We are a smoke free building. Smoking is not allowed on the premises. You will be fined if you are caught smoking in your apartment!

Helping others,
encouraging others,
are often acts of kindness
that have more meaning
that you may realize.

Catherine Pulsifer

www.wow4u.com

testnebraska.com



Nebraska is still asking
people to take an
assessment at
testnebraska.com
to be screened for a
FREE COVID 19 test

This can be done on a computer or
on your smart phone. It only takes a
few minutes.

Happy Birthday
To Everyone
Born in June!

NATIONAL DONUT DAY-JUNE 5TH

Date When Celebrated : Always the first Friday in June



National Donut Day

National Doughnut Day honors the Salvation Army "Lassies" of WWI. It is also used as a fund raiser for needy causes of the Salvation Army. The original Salvation Army Doughnut was first served by Salvation Army in 1917. During WWI, Salvation Army "lassies" were sent to the front

lines of Europe. These brave volunteers made home cooked foods, and provided a morale boost to the troops. Often, the doughnuts were cooked in oil inside the of the metal helmet of an American soldier. The American infantrymen were commonly called doughboys. Salvation Army lassies were the only women outside of military personnel allowed to visit the front lines. Lt. Colonel Helen Purviance is considered the Salvation Army's "first doughnut girl".

Staff at Fremont Housing
will not be meeting face to
face with residents at this
time. We will let you know
when this changes. You
can contact us by phone
and we will be happy to
help you and to hear from
you! We miss seeing all of
you but we want to keep
everyone safe.



We will continue to deliver
your meals until further
notice.

Best Friend Day

Date When Celebrated : This holiday is always held on June 8

Best Friend Day (BFF Day) is a time to enjoy
and appreciate your good old buddy, your pal.
It's a day to honor and cherish the relationship.

If you're lucky, you have a best friend. If you
are real lucky, you have a number of best
friends. Best friends are very, very special
people. You spend countless hours with your best friend going to events
and activities, or just hanging out. You share secrets, hopes, dreams,
aspirations, and disappointments with your best friend.

Some folks say you can only have one best friend. This author disagrees.
You can have a couple at the same time, or several over time. Friends
come and go for a variety of reasons, even BFFs are sometimes not
forever. It's the result of many things, including moving, changing
schools or jobs, and more. We hope that you are lucky enough to have a
number of best friends over the years.



If you are doing your
renewal for the meal
program please request
delivered meals at this time.
We can change them back to
congregate when the dining
room opens up again. The Res-
ident Support Services
Coordinator can help you with
this as well as help you with
your renewals for Economic
Assistance and Medicaid.
Call: 402 727-4848 ext. 109
Kathy Casper, RSSC

The Eastern Nebraska Office on Aging (ENOA) puts out a newspaper once a month called New Horizons. They had an article that I thought I would share parts of during this difficult time.

The article is titled “The Importance of maintaining equilibrium in your life during the coronavirus pandemic” by Nancy Hemesath.

The full article is in the New Horizons April 2020 edition.

I am really missing seeing most of the residents every day and sometimes I think I will forget everyone's names. I try to stay positive and remember that this will not last forever. I am going to share the strategies that Nancy Hemesath is using to handle the changes and see what she can do for herself and others to survive the challenges we are facing daily,

1. Begin every day with some quiet time.
2. Choose to experience some beauty in your day.
3. Have a project or goal to accomplish each day.



4. Reach out to others socially. Think of others who are alone or who may be most effected by COVID. Phone calls, emails, cards, letters, etc. Nancy said “As we care for others, we ‘re being cared for ourselves.
5. Laugh every day.
6. Take care of your physical needs. Go for walks. Avoid eating your way out of stress and mindless eating.



SIX RULES TO KEEP NEBRASKA HEALTHY

1. Stay home. No non-essential errands and no social gatherings. Respect the ten-person limit.
2. Socially distance your work. Work from home or use the six-foot rule as much as possible in the workplace.
3. Shop alone and only shop once a week. Do not take family with you.
4. Help kids follow social distancing. Play at home. No group sports. And no playgrounds.
5. Help seniors stay at home by shopping for them. Do not visit long-term care facilities.
6. Exercise daily at home or with an appropriately socially-distanced activity.

These six rules will unite Nebraskans in our shared goal of slowing the spread of the virus as we pass through its peak period.

Governor Pete Ricketts

Father's Day Word Search



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



DADDY
UNCLE
STRONG
GOLF
PROVIDE



FATHER
TEACH
BRAVE
FOOTBALL
PARENT



GRANDPA
RESPECT
NECKTIE
PROTECT
LOVE



womanofmanyroles.com



June 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Swiss Steak Mashed Potatoes Green Beans Strawberry Whip Dessert	2 Chicken Alfredo Skillet Dinner Roll Cook's Choice Fruit	3 Bacon Lettuce Tomato Sandwich Chips Coconut Custard Pie	4 Polish Mac and Cheese Casserole Carrots Bread and Butter Lime Jell-O	5 Barbeque Ribs Mashed Potatoes Sauerkraut Strawberry Cake	6 Bacon Lettuce Tomato Sandwich Three Bean Salad Strawberry Cake
7 Polish Mac and Cheese Casserole Peas Pudding	8 Sloppy Joe's French Fries Surprise Cake	9 Pork Chops Baked Potato Broccoli Pears	10 Hamburger On A Bun Pasta Salad Chocolate Pudding	11 Creamy Potato Soup Hot Ham and Cheese Sandwich Pistachio Dessert	12 Roast Turkey With Dressing and Gravy Corn Brownie	13 Cheese Burger Cucumber Salad Peaches
14 Sloppy Joe's Onion Rings Brownie	15 Deli Beef Sandwich Macaroni Salad Jell-O	16 Fish Plank Coleslaw French Fries Apple Crisp	17 Spaghetti With Meat Sauce Green Beans Garlic Bread Pudding	18 Stuffed Green Peppers Refried Beans Bread and Butter Strawberry Fluff	19 Pork Roast Mashed Potatoes With Gravy Corn Jell-O Poke Cake	20 Spaghetti With Meat Sauce Garlic Sticks Mixed Vegetables Orange Jell-O
21 Beef Sandwich Pickle Coleslaw Pudding	22 Chili Dog Fritos Confetti Cake	23 Liver & Onions Mashed Potatoes Corn Cookie	24 Pork Stir Fry And Veggies Fried Rice Cherry Bar	25 Mac And Cheese Hamburger Casserole Mixed Vegetables Cookie	26 Toasted Fried Egg Sandwich Sausage Patty Fresh Fruit	27 Mac And Cheese Hamburger Casserole Mixed Vegetables Cookie
28 Chili Dog Pickle Chips Red Jell-O	29 Fried Chicken Mashed Potatoes Cook's Choice Veggie Fruit	30 Beef Tips Over Noodles Peas Jell-O Carrot Salad	Bi-Weekly menus for participants are still necessary and available at the Gifford & Stanton Tower offices. If you are interested in the Food Service Program, please feel free to contact Resident Support Services at 727-4848 ext.112 or stop down at the office during regular business hours.			

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



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



**Music on the Lawn
Paul Siebert**

WHEN: June 11, 2020

TIME: 1:00 PM

**WHERE: Outside
between Stanton and
Gifford Towers**

This music event will be held outdoors.

Residents must bring their own chairs and sit six feet apart (practice social distancing).

No snacks or beverages will be served but you can bring your own snacks and nonalcoholic beverages.

WHEN: June 11, 2020

TIME: 1:00 PM

**WHERE: Outside between Stanton and Gifford
Towers**

Thank you Deanna B.!!!!!!

