



Fremont Housing
Agency

Rita Grigg

Executive Director

Darci Blakely

Housing Program

Manager

**PAY YOUR
RENT**

Rent is due

Tuesday

June 1, 2021

Your payment must be
in the drop box by 3:00
pm on Friday,
June 4, 2021 or you will
be charged a \$30.00 late
fee. If rent is not in by
the 21st another \$20.00
late fee will be
applied!!

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



*Emergency
Contact
Information*

**For after hour
Maintenance
emergencies
contact:**

**Ed: 402 720-1264
Rita: 402 720-9643**

TWO TOWER TALK JUNE 2021



HYGIENE AND YOUR HEALTH

HYGIENE: The action, habit, or practice of keeping oneself clean, especially as a means of maintaining good health.

BENEFITS OF GOOD HYGIENE:

1. Better Over-All Health
2. Social Reasons
3. Psychological Reasons

**It is actually illegal in modern day
to have bad hygiene but even
though your hygiene impacts
everyone it is difficult to enforce.**



WHAT IF YOU STOPPED CARING ABOUT YOUR PERSONAL HYGIENE?

1. Inside human belly button contains 2,368 bacterial species.
2. Inside your mouth are 650 different types of bacteria
3. Sweat is odorless, the bacteria that live on your skin eat your sweat and they smell...you will notice body odor.

If you can smell yourself,



others have been able to for a while.

**During the last year we learned
how important it is for your health
and the health of others to wash
yours hands. Our personal
hygiene is just as important to
your health. The last year has
been difficult for most of us but
now it is time to take care of
YOU!!!!**

HERE'S THE NEWS

Pestrol June Schedule

Wednesday June 9th



Starting at 12:00 pm

Gifford Floors 2-5

Stanton Floors 2-5

SCHEDULING CONTRACTOR APPOINTMENTS



When scheduling appointments with contractors such as Spectrum, phone companies, etc. to set up cable and/or phones, please schedule these appointments during office hours.

Appointments must be scheduled between 9:00 am-12:00 pm or 12:30 pm-3:00 pm.

FREMONT HOUSING AUTHORITY BOARD MEETING

JUNE 23, 2021

11:30 AM

Gifford Tower Community Room



When in doubt?????

Ask your Housing Specialists-Amanda or Tammy.

If you would like answers or the truth about your housing ask someone who knows. Do not listen to friends or neighbors who might not have the correct answers.



Again we are asking you to please break down your boxes before you put them in the trash, no matter how big they are. Do not put boxes in the

trash if they are not broken down flat because nothing else will fit in the trash. Do not leave empty boxes around the trash cans PLEASE????



This is about the 3rd or 4th time this has been in the



DON'T TOUCH !

newsletter but here it is again:

DO NOT take things from the solariums

or lobbies or community rooms. These are the property of Fremont Housing!!! **DO NOT** take the FHA pictures off the walls and put your pictures up!!!! **DO NOT** touch the bulletin boards!!!

Inventory of the Fremont Housing Agency's property is taken once a year in the offices, common areas, and solariums.



The small elevator project at Stanton Tower has been completed. YEAH!!!

The cab interior of the small elevator will be updated later this summer once the large car is up and running.

There will still be wait times as we still have only one working elevator. However the small elevator is much faster!!

The Maintenance Staff has been finding chewed gum on the laundry room floor at Gifford



Tower. Please do not throw gum on the floors. We do have trash receptacles for these. You need to clean up your own messes.



CHANGES IN COMMODITY DELIVERY!!



We are no longer getting commodities from Omaha. We have spent a great deal of time helping NENCAP update the lists of residents who receive commodities.

On Tuesday, May 18th we had 6 boxes that were not picked up. We will not hold your boxes for you. If you are not here when they arrive someone can pick them up for you if they bring a note.

NENCAP will be picking up the left over commodities so they will no longer be available for anyone to take the leftovers.

If you miss two pick up dates your name will be taken off the list. FHA and NENCAP are spending time unloading and loading up the boxes so please if you no longer need commodities then let us know so we can take you off the list.

Fire Alarm Test

on Tuesday, June 8th
at Beginning at 8:00



THE FIRE ALARMS MAY OR MAY NOT GO OFF. DO NOT LEAVE YOUR APARTMENTS IF THEY DO GO OFF. WE WILL NOTIFY YOU IF THERE IS A REAL FIRE DURING TESTING.

What's GOING ON?



All activities are for all residents no matter what building you live. Meet other residents-get out and get active!! Have fun!!!

STANTON TOWER RESIDENT COUNCIL AND SOCIAL CLUB MEETING



WEDNESDAY, JUNE 2

2:30 PM

STANTON TOWER
COMMUNITY ROOM

ARTS AND CRAFTS GROUP

Mondays 2:00-4:00

Gifford Tower

This is just a little get together to bring your own project to work on and socialize a bit. You can do adult color books that are a good stress and anxiety reliever, puzzles, word search, knitting, etc.

A very calm and relaxing atmosphere.



UNITED HEALTH CARE

Lilly Walker

TUESDAY, JUNE 22, 2021

1:30 pm

STANTON TOWER COMMUNITY
ROOM

Lilly will answer questions about
Medicaid, Medicare, and your insurance.



Raffle!

It is not too late to purchase your raffle tickets for the lap Quilt and the Walmart \$100 gift card

You can probably find Lois D. selling tickets!!!

The drawing will be held on Wednesday, July 7th at the Resident Council and Social Club Meeting.

GOOD LUCK!!!!!!



JUNE MOVIES AT GIFFORD TOWER



Movies will be shown on
Wednesdays at 3:00 pm in
the Gifford Tower
Community Room

June 2-Instant Family

June 9-The Longest Ride



June 16-The Holiday

June 23-Neighbors

June 30-Storm Riders



A HUGE thank you to Malainie for getting the meals to the Stanton residents when the elevator was down on Friday, May 21st. Malainie went up to the 11th floor and back down for more meals to make sure that everyone who was not able to get down had a hot meal. You might have even seen her running down the hall!!

TRIVIA
THURSDAY,
JUNE 17
1:30-2:30

Stanton Tower Community Room



Respect means that you accept somebody for who they are, even when they're different from you or you don't agree with them. **Respect** in your relationships builds feelings of trust, safety, and well-being. **Respect** doesn't have to come naturally – it is something you learn.

How to treat others with dignity and respect



k10614807 fotosearch.com ©

1. **Acknowledge each person's basic dignity.**
2. **Have empathy for every person's life situation.**
3. **Listen to and encourage each other's opinions and input.**
4. **Validate other people's contributions.**
5. **Avoid gossip, teasing and other disrespectful behavior.**

Do not bother people when they are ill and want to be left alone. If they want help they will ask for it.

Please respect the privacy and property of other residents. When residents are moving in or out do not ask for any of their property. Do not take others property without asking.

BACKYARD FUN

Word Search Puzzle



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



BADMINTON

BARBECUE

BASEBALL

CATCH

DOGS

FRISBEE

GARDEN

ICE CREAM

LAWN DARTS

LEMONADE

PLAYHOUSE

RELAX

SANDBOX

SEESAW

SHADE TREE

SLIDE

SPRINKLERS

SUNSHINE

SWIMMING POOL

SWING SET

TIRE SWING

TRAMPOLINE


TREEHOUSE

WATERMELON



June 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
SUBJECT TO CHANGE		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 Chocolate Cupcake Delight	4 Polish Mac and Cheese Casserole Carrots Bread and Butter Lime Jell-O	5 Chicken Alfredo Skillet Dinner Roll Mixed Fruit Strawberry Cake
6 Polish Mac and Cheese Peas Pears Lettuce Salad Pudding	7 Sloppy Joe's French Fries Surprise Cake	8 Pork Chops Baked Potato Broccoli Pears	9 Hamburger On a Bun Pasta Salad Chocolate Pudding	10 Creamy Potato Soup Hot Cheese Sand- wich Pistachio Dessert	11 Roast Turkey with Dressing and Gravy Corn Brownie	12 Cheese Burger Cucumber Salad Peaches
13 Sloppy Joe's Onion Rings Brownie	14 Deli Beef Sandwich Macaroni Salad Jell-O	15 Fish Plank Coleslaw French Fries Apple Crisp	16 Spaghetti with Meat Sauce Green Beans Garlic Bread Pudding	17 Stuffed Green Peppers Refried Beans Bread and Butter Strawberry Fluff	18 Pork Roast Mashed Potatoes With Gravy Corn Jell-O Poke Cake	19 Spaghetti With Meat Sauce Garlic Sticks Mixed Vegetables Orange Jell-O
20 Beef Sandwich Pickle Coleslaw Pudding	21 Chili Dog Fritos Confetti Cake	22 Liver & Onions Mashed Potatoes Corn Peach Crisp	23 Ham Scalloped Potatoes Green Beans Cherry Bar	24 Mac And Cheese Hamburger Casserole Mixed Vegetables Cookie	25 Chicken Breast Sweet Potatoes Beets Grapes	26 Mac and Cheese Hamburger Casserole Mixed Vegetables Cookie
27 Chili Dog Pickle Chips Red Jell-O	28 Fried Chicken Mashed Potatoes Cook's Choice Veggie Fruit	29 Beef Tips Over Noodles Peas Jell-O Carrot Salad	30 Barbeque Ribs Mashed Potatoes Sauerkraut Strawberry Cake	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.		

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**
888-210-1093

Senior Center
(402) 727-2815

Uniquely Yours
(402) 727-8977



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

DEPARTMENT OF HEALTH AND HUMAN SERVICES SCAM ALERT



If you receive an automated phone
call from DHHS hang up
immediately and call DHHS.

DHHS does **NOT** send automated phone calls.

HUMANA FARMERS MARKET



Brad from Humana will bring fresh
produce and you will be able to choose
what you want

JUNE 3, 2021

2:30 pm-Stanton Tower Community Room

HEALTH AT HOME CONSULTANTS



THURSDAY, JUNE 23

**1:30-STANTON TOWER
COMMUNITY ROOM**



Foot Care Nurse Visit
June 21st 11:00-3:00

Cost:\$20 per visit

2nd floor solarium in Stanton Tower

Must Call ahead for appointment

Sara 402 719-9770

ANGELS CARE HOME HEALTH CLASSROOM

Thursday, June 24-1:30-2:30
Stanton Tower Community Room



**The Stanton Tower Social Club presents
Merry Makers Music With Joyce Torchia**

WEDNESDAY, JUNE 16

3:30 PM TO 4:30

**STANTON TOWER
COMMUNITY ROOM**

