



Observed each year on June 1st, National Pen Pal Day is a way to let your pen pals know how much they mean to you. The day is the perfect time to send special letters and gifts to your pen pals.

A pen pal is someone with whom you correspond by writing letters, sharing personal events and many times have never even met. There are many benefits to having pen pals, too.

- Pen pals offer us a broader view of the world.
- We improve our writing skills.
- Writing letters also give us a break from technology.
- If your pen pal speaks another language, your correspondence expands each other’s language.
- Having a pen pal promotes delayed gratification. Once we write a letter, we have to wait to hear back from our pen pal.

Generations of letter writers have enjoyed having pen pals in their life. Some have been famous and others have created life-long friendships that began in childhood.

“National Pen Pal Day” <https://nationaldaycalendar.com/> @National Day Calendar 2013-2022

Be sure to stay in touch with your Pen Pal’s

By writing to Pen Pal’s you can make new friends and broaden your horizons. Regular communication can with your Pen Pal can have a positive impact on your emotional health and wellbeing.

Pen Pals

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

Relaxed
England
Celebration
Hobby

America
Optimistic
Together
Companion

Devon
Ecstatic
Reading
Friend

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.**

BOOK MOBILE COMES
The **FIRST FRIDAY** of every month
Gifford & Stanton Community Rooms

Arts & Crafts
Every Monday from 2:00 PM to 4:00 PM
Gifford Tower Community Room

FIRE PANEL TESTING
June 7th
Both Towers



Sherrie Allsup
June 14th 2:00 PM-4:00 PM
Midland University Dining Hall in the
Private Dining Room

Sherrie is a lecturer, educator, and advocate on the topics of sexual assault, sexual abuse, and victims' rights. Her advocacy shines a light on the dark epidemic of sexual abuse and assault.

GOOD NEIGHBOR BEHAVIORAL HEALTH
Rachael Behavioral Health Case Manager
Tuesday June 21st
11:00 AM
 **Gifford Community Room**

PEST-TROL SERVICES
Floors 2 through 5 | Stanton Tower | June 8th
Floors 2 through 5 | Gifford Tower | June 22nd

Eastern Nebraska Office On Aging (ENOA)
Wednesday June 29th
1:30 PM-2:30 PM
Stanton Tower Community Room



Fremont Housing
Agency

Rita Grigg
Executive Director

RENT DUE

Rent is due
Wednesday, June 1st
To avoid a late fee,
your payment must be
in the drop box by
9:00 am on Monday,
June 6th
**Checks or Money
Orders Only!**



**For after hour
Maintenance
emergencies
contact:**

Ed: 402 720-1264

Rita: 402 720-9643



“Let’s Talk...”

June 2022

**COURAGE
STARTS WITH YOU**

Sherrie Allsup is a survivor of long-term childhood sexual abuse and assault. As a result of her experiences, she battles complex PTSD daily. Sherrie has learned over the years how to manage this trauma and grow from it. As she embarks on this new, fresh chapter, she strives to share insight and experience in assisting other victims in their transition to becoming survivors.

Sherrie is a lecturer, educator, and advocate on the topics of sexual assault, sexual abuse, and victims' rights. Her advocacy shines a light on the dark epidemic of sexual abuse and assault.



**SHERRIE
ALLSUP**

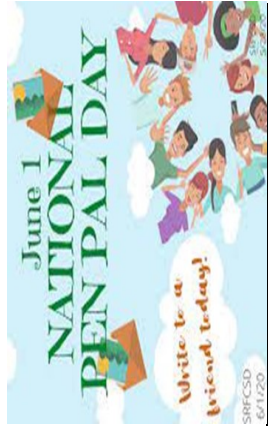
TUESDAY, JUNE 14TH

2-4PM

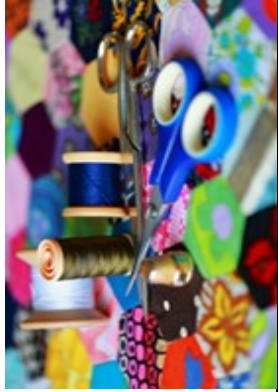
**MIDLAND DINING HALL-
PRIVATE DINING ROOM**



June 2022






Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Chicken Alfredo Skillet Dinner Roll Cook' Choice Fruit	2 Bacon Lettuce Tomato Sandwich Chips Ice Cream	3 Polish Mac and Cheese Casserole Carrots Bread and Butter Lime Jell-O	4 Chicken Alfredo Skillet Dinner Roll Mixed Fruit Strawberry Cake
5 Polish Mac and Cheese Peas Pears Lettuce Salad	6 Sloppy Joe's French Fries Surprise Cake	7 Pork Chops Baked Potato Broccoli Pears	8 Hamburger On a Bun Pasta Salad Chocolate Pudding	9 Creamy Potato Soup Hot Cheese Sandwich Pistachio Dessert	10 Roast Turkey with Dressing and Gravy Corn Brownie Iced Tea	11 Cheese Burger Cucumber Salad Peaches
12 Sloppy Joe's Onion Rings Brownie	13 Deli Beef Sandwich Macaroni Salad Jell-O	14 Fish Plank Coleslaw French Fries Apple Crisp	15 Spaghetti with Meat Sauce Green Beans Garlic Bread Pudding	16 Stuffed Green Peppers Refried Beans Bread and Butter Fudge Brownie	17 Pork Roast Mashed Potatoes With Gravy Corn Jell-O Poke Cake	18 Spaghetti With Meat Sauce Garlic Sticks Mixed Vegetables Orange Jell-O
19 Beef Sandwich Pickle Coleslaw Pudding	20 KITCHEN AND DINING ROOM CLOSED	21 Liver & Onions Mashed Potatoes Corn Peach Crisp	22 Ham Scalloped Potatoes Green Beans Cherry Bar	23 Mac And Cheese Hamburger Casserole Mixed Vegetables Cookie	24 Chicken Breast Sweet Potatoes Beets Grapes	25 Mac and Cheese Hamburger Casserole Mixed Vegetables Cookie
26 Chili Dog Pickle Chips Chocolate Pudding	27 Fried Chicken Mashed Potatoes Cook's Choice Veggie Fruit	28 Beef Tips Ov0er Noodles Peas Tapioca Pudding	29 Barbeque Ribs Mashed Potatoes Sauerkraut Strawberry Cake	30 Swiss Steak Mashed Potatoes Green Beans Strawberry Whip Dessert	 *SUBJECT TO CHANGE*	



June 2022 Activities

social club



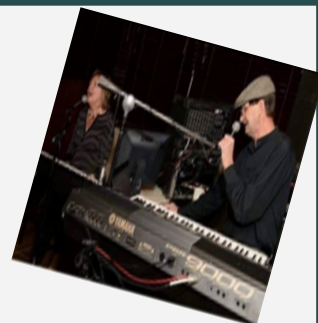
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 2:00-Stanton Tower Resident Council and Social Club Meeting		3 2-4 Bingo Stanton Tower Keene Memorial Book Mobile	4 2-3 Coffee Stanton Tower
5	6 2-4 Art and Crafts Gifford Tower	7 Fire Panel Testing Both Towers	8 PESTROL Floors 2-5 Stanton	9	10 2-4 Bingo Stanton Tower	11
12	13 2-4 Art and Crafts Gifford Tower	14 Sherrie Allsup MIDLAND DINING HALL-PRIVATE DINING ROOM	15	16 1:30-2:30 Trivia Stanton	17 2-4-Bingo Stanton Tower	18 2-3 Coffee & Rolls Stanton Tower
19	20 2-4 Art and Crafts Gifford Tower	21 Good Neighbor Behavioral Health Gifford Tower Community Room	22 FHA Board Mtg PESTROL Floors 2-5 Gifford	23	24 2-4 Bingo Stanton Tower	25 2-3 Coffee Stanton Tower
26	27 2-4 Art and Crafts Gifford Tower	28	29 1:30 PM ENOA Stanton Tower Community Room	30		

Something Fun & Exciting to do in Fremont

Class II Band

June 17th Fremont Eagles Club 7p-10p

Class II Band plays oldies, country & a lot of one-hit-wonders. Polkas, old standards...All very danceable!



Karaoke with Curtis

Saturday June 25th 7p-11p

Come and belt out some tunes at the Fremont Eagles Club with Curtis Morris!



THE FREMONT OPERA HOUSE PRESENTS

The Odd Couple

BY NEIL SIMON
DIRECTED BY: DYLAN LAUFER

MALE VERSION • JUNE 24TH - 25TH AT 7PM
JUNE 26TH AT 2PM

ADMISSION: \$20

PRODUCTION AT THE FREMONT
OPERA HOUSE: 541 N BROAD ST.
FREMONT, NE 68025

FEATURING

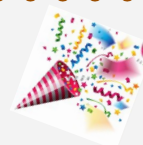
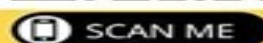
NOAH LOUX
GEOFFERY SEMRAD
ANDREW GARRISON
JACQUELINE OPHEIM

JEFF TALKINGTON
CHRISTOPHER JACKSON
DOYLE SCHWANINGER
LEXI WEBB

PURCHASE TICKETS VIA ANY OF YOUR PREFERRED METHODS



PURCHASE TICKETS VIA THE QR CODE
VISIT: [HTTPS://TINYURL.COM/2P9CWV9P](https://tinyurl.com/2p9cWV9P)
PHONE: 402-297-3299



Time to Celebrate!

shutterstock.com - 1412294132



We would like to thank Lori Goodenough for heading up the Relay for Life “Give Back to the Community” craft with our residents! Your talent, suggestions and leadership is most appreciated!!!



Thank you to all of the residents who assist your neighbors in facilitating Commodities, giving rides to much needed Dr. appointments, grocery store trips, and other various needed destinations.

“

Words cannot describe how truly grateful we are to have such amazing people like you in this world, especially during these unprecedented times. You are all inspirational heroes, and we all thank you for your diligence. Best wishes!

”

MAY COMMODITIES

Those who were signed up for commodities and DID NOT pick up have been removed from the list and will no longer be able to pick up at the Towers



FHA monthly Board Meeting
Wednesday, June 22th 11:30 a.m.
Gifford Community Room
OPEN MEETING