

## Origins of Father's Day



The campaign to celebrate the nation's fathers did not meet with the same enthusiasm—perhaps because, as one florist explained, “fathers haven't the same sentimental appeal that mothers have.”

On July 5, 1908, a West Virginia church sponsored the nation's first event explicitly in honor of fathers, a Sunday sermon in memory of the 362 men who had died in the previous December's explosions at the Fairmont Coal Company mines in Monongah, but it was a one-time commemora-

tion and not an annual holiday.

The next year, a Spokane, Washington, woman named Sonora Smart Dodd, one of six children raised by a widower, tried to establish an official equivalent to Mother's Day for male parents. She went to local churches, the YMCA, shopkeepers and government officials to drum up support for her idea, and she was successful: Washington State celebrated the nation's first statewide Father's Day on June 19, 1910.

Slowly, the holiday spread. In 1916, President Wilson honored the day by using telegraph signals to unfurl a flag in Spokane when he pressed a button in Washington, D.C. In 1924, President Calvin Coolidge urged state governments to observe Father's Day.

Today, the day honoring fathers is celebrated in the United States on the third Sunday of June: Father's Day 2023 occurs on June 18.

In other countries—especially in Europe and Latin America—fathers are honored on St. Joseph's Day, a traditional Catholic holiday that falls on March 19.

### Health Benefits of Physical Activity for Adults

**Immediate Benefits:** A single bout of moderate-to vigorous physical activity provides immediate benefits for your health.

1. **Sleep**– Improves sleep quality
2. **Less Anxiety**– Reduces feelings of anxiety
3. **Blood Pressure**– Reduces blood pressure

**Long-term Benefits :** Regular physical activity provides important health benefits for chronic disease prevention.

1. **Brain Health**– Reduces risks of developing dementia (including Alzheimer's disease) and reduces risk of depression
2. **Heart Health**– Lowers risk of heart disease, stroke, and type 2 diabetes
3. **Cancer Prevention**–Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach
4. **Healthy Weight**– Reduces risk of weight gain
5. **Bone Strength**– Improves bone health
6. **Balance and Coordination**– Reduces risks of falls

## Family Ties

Find and circle all of the words that are hidden in the grid. The remaining letters spell a special occasion for families.



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W E H P E N R E L A T I V E S F
S T E L P I R T R E H T A F R S
S B R O T H E R S A M R W E B R
K C M E S D E M P P E O L I O E
L I L O H L E A O T O A M D N T
O G N A C T R W S T T U E T D S
F E E N N E O I Y I H S S N D I
F G U N N C S R O L C E E E A S
S A N T E F E N B E W R R R U H
P I S I L O S S N F D E E A G U
R R W A L N L D T L L C N P H S
I R H I I B A O I O I A I P T B
N A L S F N I H G E R U H E E A
G M U D T E C S N Y Y N R T R N
E O A S Y N E G O R P T U S N D
C D I T N E R A P D N A R G O N
    
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ANCESTOR  
AUNT  
BOND  
BROTHERS  
CHILDREN  
CLAN  
COUSINS  
DAD  
DAUGHTER  
DESCENDANTS

FATHER  
FOLKS  
GENEALOGY  
GRANDPARENT  
HALF BROTHER  
HALF SISTER  
HUSBAND  
KIN  
MARRIAGE  
MOM

MOTHER  
NEICE  
NEPHEW  
NEWLYWED  
OFFSPRING  
PARENTS  
PROGENY  
RELATIONS  
RELATIVES  
SIBLING

SISTERS  
SON  
SPOUSE  
STEPPARENT  
TRIPLETS  
TWINS  
UNCLE  
WIFE

Don't forget to call in the answer to the Service Coordinator for you prize! 402 727-4848 x109

**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

**FIRE PANEL TESTING**

June 7th  
 Both Towers

**PEST-TROL SERVICES**

Floors 2 through 5 | Stanton Tower | June 14th  
 Floors 2 through 5 | Gifford Tower | June 28th

**BOOK MOBILE COMES**

The FIRST FRIDAY of every month  
 Gifford & Stanton Community Rooms

Essential Care June 22 at 1:00

Lilly Carbonell Walker

Get all your Medicare/Medicaid Questions Answered.  
 Applications, Benefits, Spend downs.



**FHA monthly Board Meeting**  
**Wednesday, June 28th**  
**11:30 a.m.**  
**Gifford Community Room**  
**OPEN MEETING**

**Arts & Crafts**

2:00 PM to 4:00 PM

Every Monday Gifford Tower Community Room  
 Every Wednesday Stanton Tower Community Room

**Exercise is so Important for your health.**  
 Join us for an hour on Tuesdays in Stanton  
 Community room 2:00.

Go for a walk every day to get some fresh air and sunshine for your mental health. Join us on Thursdays for our walk around the block at 10am or 1pm.



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



**Rita Grigg**  
**Executive Director**  
 Riley O'Neill  
*Housing Program Manager*

**RENT DUE**

Rent is due  
**Thursday, June 1st**  
 To avoid a late fee,  
 your payment must be  
 in the drop box by  
**3:00 pm on Monday,**  
**June 5th**  
**Checks or Money**  
**Orders Only!**



**For after hour**  
**Maintenance**  
**emergencies**  
**contact:**

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



**“Let’s Talk...”**

**June 2023**



**Resident Appreciation - June 12 at 12:00**

BBQ on the Green in between the buildings  
 Meals well not be served at Stanton

**Dress Code:** Remember when you leave you apartment, you are in the public and proper attire is required. Shirt, pants and shoes. No sleepwear.



**Designated Areas:**

- Smoking is allowed at least 25 feet from any buildings. Please use the Smoke Shacks during inclement weather.
- Dogs should be taken to the area behind Gifford and not in the front door areas. The grass is being affected.

**Community Room Activities** are open to all unless the room has been reserved for private events through the office. Please be a good neighbor and make sure to include all guest politely.

Mail It is important to check your mail daily. Check with office if you are expecting a box. The postal service will return mail to sender if not picked up in a timely manner.



Maintenance Request:

- \*Please stay on the sidewalks when walking between the buildings. We are noticing some pathways developing in the grass.
  - \*All trash in chute please, not halls or next to chute in the glass box.
  - \*Please breakdown your boxes.
- Thanks:



# June 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
See the office about getting a meal ticket						
4	5	6	7	8	9	10
Polish Mac & Cheese Peas -- Pears Lettuce Salad Pudding	Sloppy Joe's French Fries Surprise Cake	Pork Chops Baked Potato Mixed Vegetables Pears	Hamburger On a Bun Pasta Salad Chocolate Pudding	Creamy Potato Soup Hot Cheese Sandwich Pistachio Dessert	Roast Turkey with Dressing and Gravy Corn Brownie	Cheese Burger Cucumber Salad Peaches
11	12	13	14	15	16	17
Sloppy Joe's Chips Pickle Brownie	<b>11:30 BBQ On the Green</b> Kitchen and Dining Room Closed	Fish Plank Coleslaw French Fries Apple Crisp	Spaghetti with Meat Sauce Green Beans Garlic Bread Pudding	Stuffed Green Peppers Refried Beans Bread and Butter Fudge Brownie	Pork Roast Mashed Potatoes With Gravy Corn Jell-O Poke Cake	Spaghetti With Meat Sauce Garlic Sticks Mixed Vegetables Orange Jell-O
18	19	20	21	22	23	24
Ham Sandwich Pickle Coleslaw Pudding	<b>KITCHEN &amp; DINING ROOM CLOSED</b>	Chicken Fried Steak Mashed Potatoes Corn Peach Crisp	Ham Scalloped Potatoes Green Beans Cherry Bar	Mac And Cheese Hamburger Casserole Mixed Vegetables Cookie	Chicken Breast Sweet Potatoes Beets Grapes	Mac and Cheese Hamburger Casserole Mixed Vegetables Cookie
25	26	27	28	29	30	* Subject to change without notice*
Chili Dog Pickle Chips Chocolate Pudding	Fried Chicken Mashed Potatoes Cook's Choice Veg- gie Fruit	Beef Tips Over Noodles Peas Chocolate Pudding	Barbeque Ribs Mashed Potatoes Sauerkraut Strawberry Cake	Swiss Steak Mashed Potatoes Green Beans Strawberry Whip Des- sert	Chicken Alfredo Skillet Dinner Roll Cook's Choice Fruit	



## June 2023 Activities

Social Club



Sun	Mon	Tue	Wed	Thu	Fri	Sat
4	5	6	7	8	9	10
	2-4 Art and Crafts Gifford Tower	Fire Panel Testing Both Towers 10-11 RSSC at Gifford 2-3 Exercise Stanton	2:00-Stanton Tower Resident Council and Social Club Meeting Art and Crafts	10am Blood Pres- sure clinic and Fall Prevention Angelcare Home Health	2-4 Bingo Stanton Tower 9:30 Keene Memorial Book Mobile	2-3 Coffee Stanton Tower
11	12	13	14	15	16	17
	11:30 BBQ on the Green 2-4 Art and Crafts Gifford Tower	10-11 RSSC at Gifford 2-3 Exercise Stanton	<b>PESTROL</b> Floors 2-5 Stanton 2-4 Art and Crafts Rentwise at Somerspoint	1:30-2:30 Trivia Stanton <b>Rentwise at Somerspoint</b>	2-4-Bingo Stanton Tower	2-3 Coffee & Rolls Stanton Tower
18	19	20	21	22	23	24
	Office Closed <b>Happy Juneteenth</b>	10-11 RSSC at Gifford 2-3 Exercise Stanton	2-4 Art and Crafts	1:00 Essential Care by Lilly 2:00 Games Windows Closed	2-4 Bingo Stanton Tower	2-3 Coffee Stanton Tower
25	26	27	28	29	30	
	2-4 Art and Crafts Gifford Tower	10-11 RSSC at Gifford 2-3 Exercise Stanton	FHA Board Mtg PESTROL Floors 2-5 Gifford 2-4 Art and Crafts	Walking Club 10am & 1:00 Every Thursday		

# Something Fun & Exciting to do in Fremont

## CONCERT IN THE PARK

<b>June 1st</b> High Heel 	<b>June 8th</b> The Brits 	<b>June 15th</b> Que Oso Equipo Culiacan 	<b>June 22nd</b> Logan Samford 	<b>June 29th</b> Whiskey River 	<b>July 13th</b> The Silver Moon Band 
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Hosted by: 

JOHN C. FREMONT CITY PARK      7 - 9 PM      FREE ADMISSION

## RELAY FOR LIFE OF Dodge County

SATURDAY, JUNE 3, 2023  
4:00 PM - 10 PM

MIDLAND UNIVERSITY  
900 N CLARKSON ST  
Fremont NE

FOLLOW EVENT  
STEPHANIE STEPHENSON  
[stephanie.stephenson@cancer.org](mailto:stephanie.stephenson@cancer.org)



**North Bend Old Settlers Days** is the annual town celebration dating back to 1889 when it was a gathering of the area's original settlers and their families. Since then, the Old Settlers Picnic has evolved into three days of festivities, car shows, rides, reunions and fun. Old Settlers is organized by the North Bend Area Chamber of Commerce on June 23 from 8 am —June 25 to 5 pm



Resident of the Month Pam Mendlik

Pam participates in ENOAs Senior Companion program. It sounds like both Pam and the Senior get so much out the time they spend together, shopping, playing games, coloring and exercising.

Pam always has a smile and ready to help those in need.

Thank Pam the next time you see her for keeping our Bulletin Boards updated with the latest flyers and delivering our newsletter

Where is the  
“On the Green”  
you ask???

Hope to see everyone who  
signed up at the BBQ!



## WHO TO NOTIFY IN CASE OF EMERGENCY

Gifford & Stanton Towers

### LOCKOUTS (Gifford & Stanton):

During the week day you may contact the office at 402-727-4848.

**After working hours of 4:30 PM and on the weekends, you will need to contact the Fremont Lock Shop 402-317-1983. There is a charge for each lockout service.**



FHA monthly Board Meeting  
Wednesday, June 21st 11:30 a.m.  
Gifford Community Room  
**OPEN MEETING**