



Fremont Housing
Agency

MARCH 2020

TWO TOWER TALK



Rita Grigg
Executive Director
Darci Blakely
Housing Program
Manager

RENT DUE

**Rent is due on
SUNDAY,
MARCH 1, 2020**

**Your payment must be
in the drop box by
3:00 pm on Thursday,
March 5, 2020 or late
fees will be applied.**

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



**HELP
EMERGENCY**

**For after hour
Maintenance
emergencies
contact:**

Ed: 402 720-1264

Rita: 402 720-9643

What does it mean to "P.A.U.S.E."?



Practice Patience

Patience does not come naturally for most; we want what we want, and we want it yesterday. Waiting a few moments to react and remaining patient

throughout an encounter can prevent a lifetime of regret.

Adjust our Attitude

A shift in perspective or change in attitude makes a world of difference in how we approach a situation. Instead of fists up, let's open up and be willing to extend the olive branch now and again. We cannot control what happens to us, but we can control our response.

Understand the Situation

Have you ever inserted yourself into situations without knowing all the facts? Before pouncing on a perceived injustice, we must examine all the angles, evaluate the facts, and sift out opinions and assumptions from the truth of the matter. Doing so diffuses potentially explosive speech that causes unnecessary offenses.

Step Outside

Going outdoors works wonders; it immediately lifts my mood. Fresh air is like a balm that soothes my tumultuous temper. Perhaps stepping outdoors is not always an option, but try to remove yourself from the situation. A physical step back often provides mental clarity and emotional stability.

Explain Calmly

Unfortunately, during conflict, rational thought frequently succumbs to negative emotion, making it difficult to form an appropriate response.

Running through these five steps, even if it's only one, can help us dial back our emotions and adjust our attitude before we say something we'll regret.



DAYLIGHT SAVINGS TIME BEGINS

SUNDAY, MARCH 8, 2020

**SET YOUR CLOCKS AHEAD ONE
HOUR**



Happy St Patrick's Day!



Pestrol March 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.

Wednesday March 11th
Starting at 12:00 pm and it will take
all afternoon
Gifford Floors 2,3,4,5
Stanton Floors 2,3,4,5

RESIDENT STIPEND OPPORTUNITY



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The Fremont Housing Agency dining room is looking for someone to be a server in the dining room on Monday and Tuesday and fill in when needed. The Resident will be paid with a stipend. The stipend will not increase your rent and is not taxed. This is a chance to serve your neighbors and earn a little extra income. The resident must be polite, respectful, and punctual. We will be taking names through the end of April. Rita will contact interested residents.

Leave your name, address, and phone number at the Gifford Office if you are interested in the stipend.



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STANTON TOWER COMMUNITY ROOM



Courtesy Matters! If the community room is in use or being set up for an activity-NO MATTER WHAT- do

not go through the community room unless you are a part of the activity or there for the guest speaker. Do not go in or out the back door, go around and use the other doors.

Do not walk through to see what is going on-look at your calendar or the flyers.

OVERNIGHT GUESTS



It is and has always been our policy that prior to spending the night a guest must be registered at the office. The overnight guest form must be filled out and approved through the office.

Residents are responsible for the actions of guests when visiting or on the grounds of the facility. Let's be respectful of one another!



Commodities will be delivered on Friday-March 13, 2020



Some Changes:

The Gifford Commodities will be delivered to the

community room. You can wait in the community room for them but not in the lobby. LuAnn and Lori will be handing them out. Any leftovers will be in the community room for residents to take if you do not get commodities. Please share!!!!

At Stanton Deanna H., Cheri C., Kathy, and Malainie will be handing them out. Earl P. will have residents sign in. The leftovers will be put out on the following Monday due to Bingo. Please share!!!!

Staff will not deliver or take your commodities to your apartment!!

If you have someone pick up your commodities for you we will need a signed note from you giving them permission.



Just a reminder that you are not allowed to leave things for other residents to take in the solariums, laundry room, entry ways, community room, etc. No clothes, no food, books, DVDs, etc.. The only food left should be the commodities that are left over.

PET POLICY REMINDER



The pet policy says that dogs have to go outside to use the restroom. Dogs must go outside. **This means no puppy pads.**



It is against your lease to borrow, ask for money, cigarettes, food, etc. from other residents. Residents sign a lease that states "Tenant agrees to conduct himself in a manner that will not disturb his neighbor's peaceful enjoyment of the accommodations....."

Phishing



Since many of you have smart phones that get emails you should be aware of the phishing scam. The emails often come with the name of someone you know or a business that you deal with.

Phishing is the fraudulent attempt to obtain sensitive information such as usernames, passwords and credit card details by disguising oneself as a trustworthy entity in an electronic communication. [Wikipedia](#)

**RESIDENT
PARKING ONLY**

Remember that you are not allowed to park in the assigned numbered parking spaces. Please tell your visitors, family, and care givers where they can park.

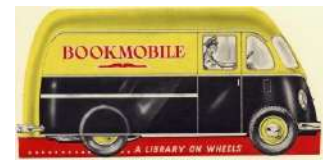
REMINDER FOR THE WEIGHT MANAGEMENT SUPPORT GROUP WITH BETH



The group will be meeting at 9:30 AM on Mondays in the Stanton Tower second floor solarium.

What's Happening

The library bookmobile will be here **FRIDAY, March 6th**
9:30-10:30 Gifford Tower
10:30-11:30 Stanton Tower



MOVIES

All movies will be shown at Gifford every Friday at 3:00 pm. Stanton residents are welcome to come and watch the movies at Gifford.

March 6-**Paddington Bear I**



March 13-**Paddington Bear II**



March 20-**A Dennis the Menace Christmas**

March 27-**Look Who's Talking Now**



National Potato Chip Day

Date When Celebrated : Always March 14

National Potato Chip Day celebrates the ever popular potato chip. Potato Chips are America's #1 snack food. But, its not just a snack food. Its the potato of choice for many lunchtime and dinner meals. Regular (or plain) potato chips are by far the most popular. Other popular flavors are barbecue, sour cream & onion, oil & vinegar, and ranch.



Everything You Do is Right Day



March 16th

Everything You Do is Right Day

Date When Celebrated : This holiday is always March 16

Everything You Do is Right Day just might be a perfect day. Life is filled with ups and downs. Some days are good days. Some days are bad days. Most often, there's both good and bad in any given day. You take life's ups and downs with a grain of salt. Every once in a while, a day comes along where everything you do goes well.....the perfect day!

I'm sure you're ecstatic that today has finally arrived. To get to this great day, you had to get past yesterday. Yesterday was *Everything you Think is Wrong Day*. Sure, there is more than subtle differences in interpretation and meaning of the two days. But, you get the picture. Today is going to be your day... a good, errr make that great day!



Craft and Bake Sale and Food

The Gatherers will be having another Craft, Bake Sale, and Food Fundraiser on Sunday, April 5th.

Proceeds will be used for gifts for the 2020 Elder Tree, Angel Tree, and children at Head Start. Maybe a new tree for the Stanton Tower Community Room.

STANTON SOCIAL CLUB WAYNE MILLER

Polka Music
EVERYONE is
invited!!!

Thursday
March 5th
2:00 PM

Stanton Tower Community
Room



STANTON TOWER RESIDENT COUNCIL AND SOCIAL CLUB MEETING



WEDNESDAY
MARCH 4TH AT 2:30 PM
STANTON TOWER
COMMUNITY ROOM

All residents are members and encouraged to attend the meetings



BILLY TROY SINGS AND ENTERTAINS

****FREE****

EVERYONE is
welcome!!!

Stanton Tower
Community
Room

Wednesday
March 18
2:00 PM

Refreshments will be serviced!!





ST. PATRICK'S DAY

Word Search



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



Rainbow
Pot of Gold
Irish Blessing
Shamrocks
Leprechaun
Saint Patrick
Lucky
Clover
March
Corned Beef
Erin Go Bragh
Green



March 2020

National
Nutrition
Month



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Hamburger Chips Pickle Cooks Choice Dessert	2 Ham Loaf Scalloped Potatoes Pickled Beets Oatmeal Raisin Cookie	3 Fish Plank Tater Tots Coleslaw Fruit	4 Chili With Crackers 1/2 Cheese Sandwich Peaches	5 Meatballs Mashed Potatoes Pea Salad Peanut Butter Brownie	6 Barbecue Chicken Pasta Salad Vanilla Pudding With Cherry	7 Chili Bread and Butter Cookie
8 Ham Loaf Scalloped Potatoes Cooks Choice Vegetable Pudding	9 Salisbury Steak Mashed Potatoes Mixed Veggies Pears	10 Brats Fried Potatoes and Cabbage Frog Eye Salad	11 Deli Roast Beef Sandwich Chips Lettuce Salad Peaches	12 Ham Salad Sandwich Potato Salad Lemon Cake	13 KITCHEN AND DINING ROOM CLOSED	14 Deli Roast Beef Sandwich Chips Pickle Peaches
15 Salisbury Steak Mashed Potatoes Mixed Veggies Mandarin Oranges	16 French Toast Stix Sausage Patties Mixed Fruit	17 Corned Beef Deli Sandwich Sauerkraut Lime Jell-O With Cottage Cheese with Pineapple	18 Pork Loin Au Gratin Potatoes Carrots Cookie	19 Chicken Strips French Fries Cole Slaw Pears	20 Hamburger Tater Tot Casserole Green Beans Apricot Sauce Over White Cake	21 Hamburger Tater Tot Casserole Green Beans Pudding
22 Pork Loin Au Gratin Potatoes Carrots Cookie	23 Liver and Onions Fried Potatoes Peas/Carrots Fruit Crisp	24 Barbeque Ribs Mashed Potatoes Green Beans Cook's Choice Fruit	25 Roast Beef With Carrots, Potatoes, And Onions Bun With Butter Black Forest Cake	26 Baked Burritos With Toppings Refried Beans Snickerdoodle Cookie	27 Tuna and Noodle Casserole Bread and Butter Carrot Cake With Cream Cheese Frosting	28 Burrito Refried Beans Black Forest Cake
29 Tuna and Noodle Casserole Bread and Butter Carrot Cake With Cream Cheese Frosting	30 Hot Ham and Cheese Sandwich French Fries Pudding	31 Meatballs Mashed Potatoes Pea Salad Peanut Butter Brownie	*SUBJECT TO CHANGE*	Bi-Weekly menus for participants are still necessary and available at the Grifford & 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**
(402) 721-7770
Senior Center
(402) 727-2815
RSVP Car-Go
(402) 561-2224

Uniquely Yours
(402) 727-8977

TRIVIA

Thursday, March 26th

1:30 to 2:30 pm

Stanton Tower Community Room

**Test Your Knowledge!! Have Fun!!!!!!
Win prizes!!!!!!!**



ANGELS CARE HOME HEALTH

CHRONIC CONDITIONS

THURSDAY, MARCH 19, 2020

**2:00 PM—STANTON TOWER
COMMUNITY ROOM**



**PHYSMED WILL BE
HOSTING A WELLNESS
CLINIC**



On-site Wellness Clinic

Wednesday, March 25th

1:00 PM-Stanton Tower Community Room

**Nurses and Therapists will be here to do vitals,
assess gait and steadiness for fall prevention, and
med reviews if needed**

STANTON TOWER SOCIAL CLUB

FUNDRAISER BREAKFAST POTLUCK

Saturday, March 7th at 5:00 PM



**Cost for the
fundraiser is
\$4.00 per person**

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

