



Fremont Housing Agency

# TWO TOWER TALK MAY 2020



**Rita Grigg**  
*Executive Director*  
**Darci Blakely**  
*Housing Program Manager*

## RENT DUE

Rent continues to be due **FRIDAY, MAY 1, 2020**

Your payment must be in the drop box by 3:00 pm on Tuesday,

May 5, 2020.

**REMEMBER!!!**

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



**For after hour Maintenance emergencies contact:**

**Ed: 402 720-1264**

**Rita: 402 720-9643**

**HELP EMERGENCY**

## WHAT ARE “DIRECTED HEALTH MEASURES”?



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In Fremont, reservations will no longer be accepted for city ballfields which will not be maintained during this time. The Friendship Center, Keene Memorial Library, and public restrooms in all city parks will remain closed. The delivery of all other city and utility services remains unchanged at this time.

These measures are to help minimize the spread of COVID-19 and are in place until further notice. **It is imperative that all residents and businesses comply with these mandates and protect the most vulnerable residents, the release stated.**

### The directives include:

- Gatherings are hereby prohibited. Gatherings are defined as any event or convening that brings together more than ten patrons, customers, or other invitees, excluding staff, in a single room or single space at the same time, including but not limited to, schools, daycare facilities, gyms, salons, fitness center, etc.
- Food and beverage services in restaurants, bars, tavern, private clubs and dine in establishments are limited to carryout, delivery and curbside pickup only. Dine-in service is now prohibited.
- Lines for carryout and drive-thru in the above-mentioned places must have space to allow people to maintain social distancing guidelines of six feet away from other people.
- Daycares (including in-home facilities), gymnasiums, salons, fitness centers, libraries, arenas, event centers, meeting halls, and any other confined indoor or outdoor space must not have more than 10 patrons or customers in a single room or space at one time.
- The 10-person restriction does not include staff.

Residents that test positive for COVID-19 or have two or more symptoms (fever greater than 100.4, cough, sore throat, shortness of breath, etc.) or an individual who resides with someone who has tested positive or are showing symptoms **must home-quarantine for a period of no less than 14 days.**

These measures are to help minimize the spread of COVID-19 and are in place through May 6, 2020. It is imperative that all residents and businesses comply with these mandates and protect the most vulnerable residents, the release stated.

# What's up?

## WHAT IS SOCIAL DISTANCING?? IT'S EASY!!!!



To stop the spread of coronavirus, health and government officials recommend avoiding large gatherings over 10 people and maintaining

a distance of 6 feet from other people. This reduces the chance of contact with those knowingly or unknowingly carrying the infection.



## LOOSENING RESTRICTIONS

We will let everyone know when restrictions are loosened. We will be following the CDC, Governor Ricketts, and the government recommendations for beginning Phase 1 of the Three Phase Plan that the federal government has put together. Remember May 4th will not be a full lifting of restrictions. If you follow the guidelines things will be back to normal sooner than later.



## Pestrol May 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 May 13th**  
**Starting at 12:00 pm and it will take all afternoon**  
**Gifford Floors 9, 10, 11, 12,**  
**Stanton Floors 9, 10, 11**



Just a reminder that we are not meeting with residents face to face until the Directed Health Measure is over. You can call us and we will do our best to help you over the phone or give you resources so you can take care of issues that you might have.

The computer in the Resident Support Services office is not accessible at this time.

Thank you all for following the CDC and State guidelines.

## OVERNIGHT GUESTS

### A policy reminder:

The overnight guest form must be **completed for approval before the**



**guest arrives.** Overnight guests forms should be filled out and give to the Housing Specialist for approval Do not wait until staff leaves and slip it under the office door.

## 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. We will notify you when we have a date for delivery.

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.

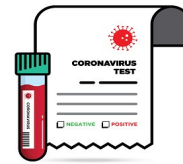


Check out our new website!!!  
Tell us what you think:

[www.fremonthousing.org](http://www.fremonthousing.org)

Also check us out on Facebook:  
Fremont Housing Agency

## testnebraska.com



To be screened for a FREE COVID 19 test take an assessment at [testnebraska.com](http://testnebraska.com).

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

## CLOSED FOR MEMORIAL DAY



The Offices and the Dining Room will be closed

**MAY 25, 2020**

**MEMORIAL DAY!!**



With Honor & Gratitude  
**We Remember**

**No meals will be served!!!**

We understand that some residents are bored and need to find something to do. Let's worry about ourselves right now and stop looking for reasons to report things to the office.



Remember to respect everyone and respect their privacy!!

## MEAL PROGRAM

You must be in your apartment to get your meal. Meal Program Staff will deliver the meals to your apartment. Do not wait by the elevator, in the solarium, in the halls, etc. for your meals. We will deliver them to your door.



# CLEAN *happy*



## *Weekly Housekeeping Schedule*

### *Monday*

#### BEDROOM DAY

- change sheets
- dust & polish furniture
- clean mirrors
- clean fan
- sweep/vacuum floor
- declutter 10 minutes

### *Tuesday*

#### BATHROOM DAY

- clean shower & toilet
- clean sink, counter & faucet
- clean mirror
- sweep & mop floor
- restock toiletries
- change towels

### *Wednesday*

#### KITCHEN DAY

- clean out refrigerator
- clean counters
- clean table & chairs
- sweep & mop floor
- take out trash

### *Thursday*

#### LIVING ROOM DAY

- dust & polish furniture
- clean tv
- freshen fabric (example: Febreze)
- sweep/vacuum floor
- declutter 10 minutes

### *Friday*

#### ALTERNATE

- week 1: clean all appliances
- week 2: kitchen cabinets
- week 3: windows & blinds
- week 4: walls & base boards

### *Saturday*

#### OUTSIDE

- clean out car
- clean entry into apartment

**CHOOSE SAME DAY EVERY WEEK** – do LAUNDRY  
**DAILY** - make BEDS – do DISHES – STRAIGHTEN UP  
take SMELLY trash/litter to dumpster





# Mother's Day Word Search



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



MOTHER  
 GRANDMA  
 FLOWERS  
 ADOPTION  
 WISE

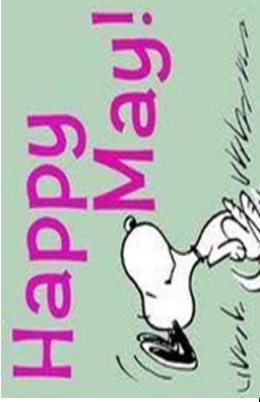


CHILD  
 LOVE  
 PRESENTS  
 PERFUME  
 LESSONS



PARENT  
 FAMILY  
 BIRTH  
 KISS  
 COOKING





# May 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 Turkey Club Chips Chocolate Pudding	4 Soft Shell Taco Chips and Salsa Fruit	5 Chicken Tenders Tater Tots Cottage Cheese Confetti Cake	6 Spaghetti Garlic Bread Mixed Vegetables Peanut Butter Cook-	7 Ham Slice Macaroni And Cheese Peas	1 Turkey Club Tomato Cucumber Salad Chips Chocolate Pudding	2 Ham & Bean Soup Bread & Butter Fruit Cocktail
10 Spaghetti Green Beans Cookie	11 French Toast Bacon Fruit	12 Barbeque Pork Sandwich Fries Baked Beans Mandarin Fluff	13 Meat Loaf Baked Potato Green Beans Peaches	14 Chicken Frit- ters Jell-O Salad Apple Pie	8 Cheeseburger Soup Crackers Frog Eye Fruit Sal-	9 Cheeseburger Soup Pickle Spear Fruit
17 Meat Loaf Baked Potato Carrots Peaches	18 Cheese Kielbasa Bake Biscuits Pears	19 Chef Salad With Toppings Deviled Eggs Tapioca	20 Roast Turkey Mashed Potatoes And Gravy Corn Pumpkin Bar	21 Tuna Salad Sandwich 3 Bean Salad Cook's Choice Dessert	15 Hot Dog French Fries Pickle Chocolate Cake	16 Chili Dog Pickle Chocolate Cake
24 Roast Turkey Mashed Potatoes And Gravy Corn Fruit	<b>25 Memorial Day</b> <b>KITCHEN</b> <b>CLOSED</b>	26 Ham Salad Sandwich Chips Ice Cream Bar	27 Shepard's Pie Cole Slaw Cook's Choice Fruit	28 KITCHEN CLOSED	22 Runza Casserole Green Beans Pineapple Upside Down Cake	23 Tuna Salad Sandwich 3 Bean Salad Pumpkin Bar
31 Shepherds Pie Dinner Roll Apricot Fluff					29 KITCHEN CLOSED	30 Ham Salad Sandwich Chips Pickle Jell-O Salad



**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



**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*

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

