

May is...

Skin Cancer Awareness Month

www.NationalDayCalendar.com



Skin Cancer Awareness Month encourages us to learn preventative skin care habits and seek screenings for early intervention

Skin cancer is the most common cancer in the United States, and it's also one of the most preventable. Wearing sun protection either in the form of clothing or broad-spectrum, water-resistant sunscreen and seeking shade when outdoors is the first line of defense. Knowing your moles is another line of defense and how to spot a change in your skin helps in early detection. Most skin cancers are highly treatable.

How to observe Skin Cancer Awareness Month

Prepare for outdoor activities and summer skin exposure. Carry sun protection everywhere you go – for you and the family. Re-apply sun-block throughout the day, even on cloudy days. When possible, wear long-sleeves and spend time in the shade. Know your risk. Have those moles checked and get a baseline on file with your dermatologists. For more information visit [skincancer.org](https://www.skincancer.org) and use #SkinCancerAwarenessMonth to share on social media.

<https://nationaldaycalendar.com/skin-cancer-awareness-month-may/>

5 Factors affecting UV exposure

1. **The time of day:** 10 am to 4 pm is when UV rays are strongest
2. **Distance from equator:** The closer you are to the equator, the stronger the UV rays are
3. **Elevation:** Higher elevation means more exposure
4. **Reflection off surfaces:** Sand, snow, and water may reflect sunlight, increasing exposure
5. **Length of time:** The longer your skin is exposed, the greater your risk

A LITTLE BIT ABOUT NUTRITION

Brown University School for Public Health completed a study on how daily healthy meals impact a person's overall health, resulting in improvements in categories related to both health and quality of life.

Some aspects of improvement are: Improved mental health, specifically decreases in depression and anxiety; Improved physical health; Reduced likelihood of falls; Reduced feelings of isolation and loneliness; Less worry about being able to remain living at home; Increased feelings of safety; A higher likelihood of eating healthy.

FHA is proud to be able to serve a Noon Meal to our participating residents. Bringing the combination of both nutrition and social interaction is what our Meal program can provide.

We invite you to refer another resident not already on the meal program. If this results in the referring resident staying on the meal program for at least one month, FHA will reward you with a GIFT CARD.

Don't miss out on placing a REFERRAL for the FHA Meal Program

MAY DAY

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

ANCIENT	BASKET	BELTANE	BLOOM	BLOSSOM
BUDS	BUTTERFLY	CELEBRATE	CHILDREN	COLORS
FERTILITY	FESTIVAL	FLOWERS	FUN	LAUGHTER
MAY DAY	MAY QUEEN	MAYDAY	MAYPOLE	OUTSIDE
PARADE	PURITANS	RAINBOW	RAINDROPS	RIBBONS
ROMANS	SINGING	SPRING	SUNSHINE	TRADITION

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

COMMODITIES Tuesday May 10th
Mark your calendars for the 2nd Tuesday every other month
Please watch for NENCAP to deliver—usually after 12:30 PM

POT LUCK DINNER
Stanton Community Room
Saturday the 14th from 5:00 PM to 6:30 PM



MERRY MAKERS MUSIC
with Joe Taylor on Wednesday,
May 18th 2:00 PM-3:00 PM
Stanton Tower Community Room

GOOD NEIGHBOR BEHAVIORAL HEALTH
Rachael Behavioral Health Case Manager
Tuesday May 17th
11:00 AM
Gifford Community Room



Feet 4 Keeps Toe Nail Clinic
Thursday-May 19th
12:00 PM-4:00 PM
Call ahead for an appointment Sara Bourek 402 719-9770



PEST-TROL SERVICES
Floors 10 through 11 | Stanton Tower | May 11th
Floors 10 through 11 | Gifford Tower | May 25th



Fremont Housing
Agency

Rita Grigg
Executive Director
Stephanie Gardeman
Housing Program
Manager

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



**For after hour
Maintenance
emergencies
contact:**

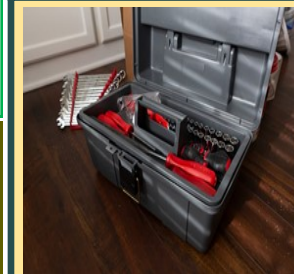
Ed: 402 720-1264

Rita: 402 720-9643



TWO TOWER TALK

MAY 2022



Our Maintenance staff is happy to perform any repairs that are deemed necessary to items the management company provides in your unit. It is your responsibility to call the office at 402-727-4848 to report when service is required. The office staff will complete a Work Order for the Maintenance staff. Once you have notified us of your routine maintenance, the work order will be completed **within *14 days**. *This is the industry standard.*

If it is an **emergency**, it will be abated **within 24 hours**. (*If parts need to be ordered, completion times will be affected). If you are not home at the time Maintenance staff will let themselves into the unit in order to correct the reported problem and leave a notice that they have been in the unit.

FHA is delighted to announce that this year will be our 15th year Anniversary of managing Smoke Free Properties. Smoke Free policies help protect your health & also reduce the risk of fire.

PLEASE TAKE NOTICE

You are in violation of both your rental agreement and the Federal Housing and Urban Development requirements, should you be found using drugs on or off property. Violating the Federal Housing law is a 3 day notice of eviction.

Annual Inspections Gifford Towers
Week of May 9th

"Don't wait to be ready Stay Ready"

David Goggins



May 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Ham Slice Scalloped Potatoes Cookie <input type="checkbox"/>	2 Chicken Parmesan Veggie Delight Dinner Roll Apricot Fluff <input type="checkbox"/>	3 Fish Sandwich Cole Slaw Chips Black Forest Cake <input type="checkbox"/>	4 Turkey Rueben Potato Salad Chips Cookie <input type="checkbox"/>	5 Nacho Supreme Refried Beans Snicker Doodle Cookie <input type="checkbox"/>	6 Shepherds Pie Lettuce Salad Chocolate Pudding <input type="checkbox"/>	7 Shepherds Pie Dinner Roll Apricot Fluff <input type="checkbox"/>
8 Turkey Club Chips Chocolate Pudding <input type="checkbox"/>	9 Tuna & Noodle Casserole Bread & Butter Pudding <input type="checkbox"/>	10 Chicken Tenders Tater Tots Cottage Cheese Confetti Cake <input type="checkbox"/>	11 Spaghetti Garlic Bread Mixed Vegetables Peanut Butter Cookie <input type="checkbox"/>	12 Ham Slice Macaroni & Cheese Peas Bread Pudding <input type="checkbox"/>	13 Cheeseburger Soup Crackers Apple Pie <input type="checkbox"/>	14 Cheeseburger Soup Pickle Spear Fruit <input type="checkbox"/>
15 Spaghetti Green Beans Cookie <input type="checkbox"/>	16 French Toast Bacon Fruit <input type="checkbox"/>	17 Barbeque Pork Sandwich Fries Baked Beans Mandarin Fluff <input type="checkbox"/>	18 Meat Loaf Baked Potato Green Beans Peaches <input type="checkbox"/>	19 Chicken Fritters Hashbrowns O'Brien Jell-O Salad <input type="checkbox"/>	20 Hot Dog French Fries Pickle Chocolate Cake <input type="checkbox"/>	21 Chili Dog Chips Pickle Chocolate Cake <input type="checkbox"/>
22 Meat Loaf Baked Potato Carrots Peaches <input type="checkbox"/>	23 Cheese Kielbasa Bake Biscuits Pears <input type="checkbox"/>	24 Hamburger Potato Salad Pickle Peaches <input type="checkbox"/>	25 Roast Turkey Mashed Potatoes/Gravy Corn Pumpkin Bar <input type="checkbox"/>	26 Ham Salad Sandwich 3 Bean Salad Brownie <input type="checkbox"/>	27 Runza Casserole Green Beans Pineapple Upside- Down Cake <input type="checkbox"/>	28 Hamburger French Fries Pickle Brownie <input type="checkbox"/>
29 Ham Salad Sandwich 3 Bean Salad Pumpkin Bar <input type="checkbox"/>	30 KITCHEN AND DINING ROOM CLOSED	31 Fish Sandwich Cole Slaw Chips Black Forest Cake <input type="checkbox"/>				



May 2022 Activities

social club

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 2:00-Stanton Tower Resident Council and Social Club Meeting PESTROL Floors 10-11 Stanton	5	6 2-4 Bingo Stanton Tower Keene Memorial Book Mobile	7 2-3 Coffee Stanton Tower
8 	9 2-4 Art and Crafts Gifford Tower Annual Inspections Gifford Tower	10 Annual Inspections Gifford Tower	11 Annual Inspections Gifford Tower	12 Annual Inspections Gifford Tower	13 2-4 Bingo Stanton Tower Annual Inspections Gifford Tower	14 Social Club Pot Luck dinner 5-6:30 Stanton Tower
15	16 2-4 Art and Crafts Gifford Tower	17 11:00 AM Good Neighbor Behavioral Health Gifford Tower Community Room	18 2-3 Joe Taylor Merry Makers	19 12-4 Feet For Keeps 2nd floor Stanton 1:30-2:30 Trivia Stanton	20 2-4-Bingo Stanton Tower	21 2-3 Coffee & Rolls Stanton Tower
22	23 2-4 Art and Crafts Gifford Tower	24	25 FHA Board Mtg PESTROL Floors 10-11 Gifford	26	27 2-4 Bingo Stanton Tower	28 2-3 Coffee Stanton Tower
29	30 2-4 Art and Crafts Gifford Tower	31				

Something To Do in Fremont

May 1st

Sons of the Pioneers
Performing at the Fremont Middle School at 7:00 PM. Event brought to you by Fremont Midland Entertainment Series.
For more information, call (402) 941-6061 or visit: <http://concertassociation.net/fremontne/>



May 4th

Opera House Luncheon
Lunch & entertainment featuring classical music by the trio of Chunyang Wang, Anne Sorensen-Wang and David Mayfield \$15 per person, reservations are required RSVP by May 2nd - call (402)720-2332



May 4th

Dinner with others in your community
The Eagles Club invites you to join them for a delicious Pork Tenderloin Dinner on Saturday from 5:30 PM - 7:00 PM



May 5th

The Art Garden Spring Art and Gift Boutique
Enjoy refreshments and snacks while you shop for handmade crafts by our artisans. 5:00 PM - 7:00 PM at 145 E 6th Street in Fremont
All proceeds go to the clients we serve at the Autism Center of Nebraska.



May 11th

American Red Cross CPR Training
The Fremont Family YMCA will be offering CPR & AED First Aid Training on May 11th in the Tennis Instructional Room.
Register online at <https://omaha.heartcertcpr.com>



**May 20th 9am-7pm
and
May 21st 9am-4pm**

2nd Annual Spring Plant Sale
This event is for animal enthusiasts, plant lovers, artists, and crafters of all ages! 5\$ per adult, 2.50\$ per child (10-15), 9 and under free
The Old Poor Farm, 1777 County Road 23, Nickerson



May 22nd

Crocodile Rockin' ~ Elton John Tribute with Jim Witter
Performing at Fremont High School at 7:00 PM
Ready Steady Go! for this rollicking romp through the wonders of Elton John and Bernie Taupin's incredible music-making of the world's most beloved icons with his voice, his piano virtuosity, the unmatched catalog of hit songs. No matter your age, Jim Witter's Crocodile Rock will shake your cage, rock your evening, get your body grooving and your jaw a flappin! Don't miss this opportunity to revel in the world of Elton John!
Individual ticket price is \$20 and may be purchased at the box office before the show.

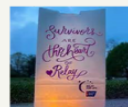


June 4th

Relay for Life of Dodge County
At Relay For Life you'll find community members taking turns walking around a track lined with luminaria bags. You'll have the opportunity to cheer for local survivors (or participate as a survivor) in our first lap of the day. As it gets dark, we will light the luminaria bags surrounding the track in a memorable luminaria ceremony. There will be opportunities to fundraise & fight back!

Food will be available for purchase throughout the entire event. Midland University at Anderson Complex, 900 N Clarkson Street. Upon arrival, follow the direction signs and drive slowly to a parking spot.

website: <https://secure.acsevents.org/site>



Time to Celebrate!

shutterstock.com - 1412294132



We would like to announce our winner, Deb Harvey, for the Rename the FHA Newsletter contest. The new name will be "Let's Talk"

With her suggestion, Deb wrote "Our format is all about communication and what better way to draw people in to reading & Communicating with each other."

Thank you so much to all who participated in the contest. FHA loved seeing the amazing idea's that everyone provided. It was a really tough decision and we look forward to more resident engagement in the future.



STAY IN THE KNOW

The FHA Newsletter is delivered monthly and serves as your notice for many actions taken by the Fremont Housing Agency, including but not limited to: bed bug and roach inspections, annual inspections, activities, guest speakers, and much much more.

It's important that you know what must be done and how you should do it, so please take some time to read the monthly newsletter

You may also read the newsletter on our website at <https://fremonhousing.org/>

**Please join us for a Public Meeting discussion of
2022 Capital Funds (CFP) Annual & 5 Year Statements, and One Year Agency Plan**

Wednesday, May 25th at 10:30 a.m.

Gifford Tower Community Room

ALL TENANTS ARE ENCOURAGED TO ATTEND

Board meeting will follow

FHA monthly Board Meeting

Wednesday, May 25th 11:30 a.m.

Gifford Community Room

ALL TENANTS ARE ENCOURAGED TO ATTEND

