

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
888-210-1093

Senior Center
(402) 727-2815

Uniquely Yours
(402) 727-8977



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

Fremont Housing Agency
Resident Advisory Board
Meeting FOR Annual Agency
Plan and CFP on Thursday
May 11 9am Stanton
Community Room



ANGELS CARE HOME HEALTH
Blood Pressure Clinic
Thursday, May 11-10:00
Stanton Tower Community Room

TRIVIA
THURSDAY, MAY 18
1:30-2:30
Stanton Tower Community Room

May is Mental Health Month
Try some healthy tips:
Get comfortable, read a book.
Surround yourself with loved ones.
Play music, stop and smell the roses.
Try to get 15 minutes of Sunlight each day.
Keep is dark and cool for a good nights sleep.
Give yourself a break, take a 10 minute walk each day.



LET'S TALK
MAY 2023



Rita Grigg
Executive Director
Riley O'Neill
Housing Program Manager



**Welcome Riley O'Neill,
Housing Program Manager**

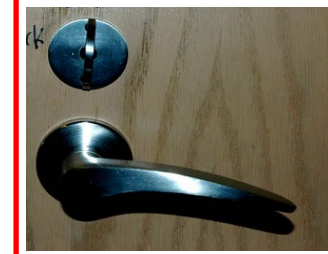
A little about me – I am 23 years old. I will be working as the Housing Program Manager here at Fremont Housing Agency. I will oversee Fremont Northside I&II. Some hobbies of mine include drawing and cooking, I love experimenting with new recipes – and I just illustrated a published children's book. I graduated from Midland University back in 2021 and now I live in Blair with my two dogs named Joey and Caesar.

**Rent is due
Monday
May 1, 2023**
**Your payment must
be in the drop box
by 3:00 pm on
Friday, May 5, 2023**

**or you will be
charged a \$30.00
late fee. If rent is
not in by the 21st
another \$20.00 late
fee will be applied!!**

**Checks or Money
Orders Only!**

Please remember to keep your doors locked for your safety.



Thank you JODEEN
Jodeen has been the good neighbor of the month. Even though she lives in Stanton, she has gone to Gifford to take care of her friends cat while she was away and delivered meals to those that were ill. Jody always has a smile and a helpful hand.



Thank You

**For after hour
Maintenance
emergencies
contact:**
Ed: 402 720-1264
Rita: 402 720-9643



**The offices, kitchen, and
dining room will be
closed on Monday May
29th for Memorial Day.**

Be safe.





Pestrol May Schedule



Wednesday May 24th

Starting at 12:00 pm

Gifford Floors 10-12

Stanton Floors 10-11

ATTENTION GIFFORD RESIDENTS

The Annual Inspection for Gifford Tower residents will be done during the week of May 8th.

You are not able to schedule a time for your apartment to be inspected but you do not have to be home when your inspection occurs. Contact Tammy with any questions.

Money Smart—What to look out for with Scammers Call.

Scammers techniques to watch out for:

- 1 They will establish camaraderie. Make you feel they are just like you so you will trust them
2. They will play on your aversion to loss . Sweepstakes , must act fast, send in..
3. They will flatter you. Giving you a sense of connection and trust.
4. They will make you feel anxious. Account compromised, act fast, need your password... Call bank direct.
5. They will create instant terror. Grandchild is in jail . Send money don't tell.
- 6 They seduce you. Establish a loving relationship then need money.
7. They will intimidate you. Police , coming to arrest you. Pay fine now.



Stay rational when they try to rattle you, Hang up and call the source direct. Do not call the number they give you to verify.

Get out of the situation immediately. Simple tell them you don't do this over the phone..

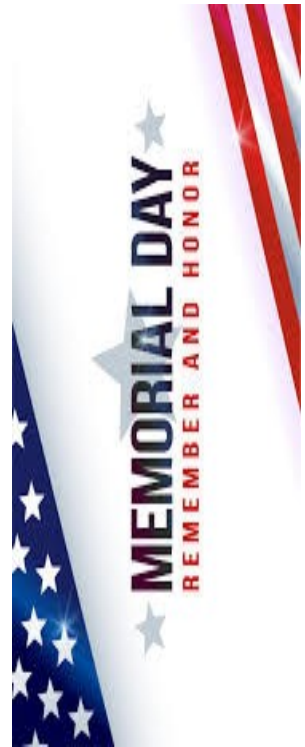
Remove yourself, observe it from someone else's view. Be Objective.

Never make impulse decisions, think it over at least 24 hours.

Get advice from someone you trust and respect. Just talking it through will help bring some rational to it.

Be Safe. Always report . Do not be ashamed they are counting on that.

MONEY LOST TO SCAMMERS			
	JAN - APR 2016	2015	2014
INTERNET LOVE SCAM	\$S7.5M 190 CASES	\$S12M 383 CASES	\$S8.8M 198 CASES
CHINA OFFICIALS IMPERSONATION SCAM	\$S4M 50 CASES	-	-
ONLINE PURCHASE SCAM	\$S532,000 600 CASES	\$S1.34M 1,887 CASES	\$S1.5M 1,450 CASES



May 2023

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





Mother's Day

Find and circle all of the Mother's Day related terms that are hidden in the grid. The remaining letters spell a Victor Hugo quotation.

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

ACCEPTING
ADVICE
AMAZING
BEAUTIFUL
BELOVED
BLESSED
CARING
COMFORTING
CONSIDERATE
DEAR
DEVOTED
ENCOURAGING

FAMILY
FLOWERS
GENEROUS
GIVING
HELPFUL
HUGS
INSPIRING
JOY
KIND
LAUGHTER
LISTENER
LOVING

MENTOR
MOTHER
NICE
NURTURING
PRECIOUS
PROTECTIVE
PROUD
RESPECTFUL
SELFLESS
SHARING
SMILES

STRONG
SUPPORTIVE
TEACHING
TENDER
THOUGHTFUL
TOLERANT
TRUSTING
WARM
WATCHFUL
WISE
WONDERFUL



Call Service Coordinator with your answer, first in wins a prize.



Commodities

will be delivered at 1:00 on May 11th.

Contact Sharon west to see if you are eligible and to fill out an application if you would like to get on the list. You must be at least 60 years old and meet the income requirements.

NOTICE OF PUBLIC HEARING

Fremont Housing Authority Public Hearing of Annual Agency Plan & CFP on May 31 at 11AM in Gifford Tower Community Room

FHA BOARD MEETING

May 31, 2023 at 11:30 AM

Gifford Tower Community Room



APPRECIATE THE PEOPLE WHO ARE HERE TO SERVE YOU!!

Please respect and be kind to the staff who are here to serve you. We work hard to make your homes clean and safe.

The little things are very helpful to us. Clean out the washing machines and the dryer vents after you use them.

Pick up your trash, tie your trash bags before dropping in the chute, double bag if using grocery bags, clean up messes in the common areas as well as in and around the smoke shacks.

Please break down your boxes before you put them in the trash, - no matter how big they are. Do not put boxes in the trash if they are not broken down flat because nothing else will fit in the trash.



TRANSPORTATION

There are various types of transportation available depending on your needs.

ENOA's Rural Transportation will continue to run through the end of June.

The hospital has transportation available for appointments and your insurance may offer rides as well.



REMINDER THAT THE M-F OFFICE WINDOW HOURS ARE: 9:00 AM-12:00 PM AND 12:30 PM-3:00 PM



Your help is requested!

We are looking for your favorite recipe and meal ideas for the Fremont Housing Meals program.

Refer someone for the meals program, if they sign up you get a \$5 gift card for each person you refer.

Pick up the forms in the Stanton or Gifford office.

Return your recipes, ideas and referral to the menu drop box by the office.



Thank You

For reading the newsletter and keeping up to date on what is happening at the towers.

ARTS AND CRAFTS GROUP

2:00-4:00 on Mondays at Gifford Tower and Wednesdays at Stanton



This is just a little get together to bring your own project to

work on and socialize a bit. You can do adult color books that are a good stress and anxiety reliever, puzzles, word search, knitting, etc.

Lori G. who is a craft whiz will do demonstrations on anything that you are interested in. Just let her know and she will show you how to do it and what you need to do it.

Congratulation to the winners of the April Word Search. The answer was

“April Showers bring May flowers”

STANTON TOWER RESIDENT COUNCIL AND SOCIAL CLUB WEDNESDAY, MAY 3 at 2:00 PM



Essential Care May 11 at 2:00

Lilly Carbonell Walker will be here to assist with Medicare/ Medicaid questions.



MAY 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
14	15 2-4 Art & Crafts Gifford Tower	16 10-11 RSSC Gifford Tower 2-3 Exercise Stanton Tower	17 2-4 Art & Crafts Stanton Tower	18 10 & 1:00 Walking club 1:30-2:30 Trivia Stanton	19 2-4 Bingo Stanton Tower	20 2-3 Coffee & Rolls Stanton Tower Tower 6:30 Slate Music
21	22 2-4 Art & Crafts Gifford Tower	23 10-11 RSSC Gifford Tower 2-3 Exercise Stanton Tower	24 2-4 Art & Crafts Stanton PESTROL Gifford Floors 10-12	25 10 & 1:00 Walking club 2:00 Games Windows closed	26 2-4 Bingo Stanton Tower	27 2-3 Coffee Stanton Tower
28	29 Memorial Day remembrance Office and Kitchen closed	30 10-11 RSSC Gifford Tower 2-3 Exercise Stanton Tower	31 2-4 Art & Crafts Stanton Tower FHA Board Mtg			Would love to see everyone out walking every day at 10.
7	8 2 Arts & Crafts Gifford Tower	9 10-11 RSSC Gifford Tower 2-3 Exercise Stanton Tower	10 10--4 Feet For Keeps 2-4 Arts&Crafts Stanton Tower PESTROL Stanton Floors 10-11	11 9am Res. Adv. Board Mtg Stanton 10:00 Blood Pressure clinic 1:00 Commodities 2: Essential Care	12 2-4-Bingo Stanton Tower	13 Social Club Pot Luck Dinner 5-6:30 Stanton Tower
	1 2-4 Art & Crafts Gifford Tower	2 10-11 RSSC Gifford Tower 2-3 Exercise Stanton Tower	3 2:00 Resident Council & Social Club Meeting Stanton Tower Art & Crafts	4 Every Thursday 10 Walking club (leaving Stanton) 1:00 Walking Club (leaving Gifford)	5 9:30 Library Bookmobile 2-4 Bingo Stanton Tower	6 2-3 Coffee Stanton Tower