



Fremont Housing Agency

NOVEMBER 2020 TWO TOWER TALK



Rita Grigg
Executive Director
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Housing Program Manager

ATTENTION STANTON RESIDENTS!!!!!!!

RENT DUE

Rent is due
Sunday November 1st
Your payment must be in the drop box by 3:00 pm on Thursday, November 5, 2020 or you will be charged late fees.

REMEMBER!!!
Checks or Money Orders Only!



ALL Stanton Residents will have their annual housekeeping inspection the week of November 16 to November 20. You do not have to be at home during the inspection. Please do not call the office and ask when Amanda will be in your apartment as there are no scheduled times.

You have received a Housekeeping Standards list please review the list so you know what Amanda will be looking for.



BE READY!!!!!!

For after hour Maintenance emergencies contact:

Ed: 402 720-1264

Rita: 402 720-9643



The Offices, Kitchen, and Dining Room will be closed on Wednesday, November 11th for Veteran's Day!

No meals will be served.



**SUNDAY NOVEMBER 1, 2020
DAYLIGHT SAVINGS TIME ENDS**

Pestrol November Schedule



Wednesday November 11th

**Starting at 12:00 pm
Gifford Floors 10, 11, 12
Stanton Floors 10, 11**

Big Changes to Commodities



Commodities will be delivered Tuesday November 17th

Beginning November 17th Commodities will be coming from NENCAP instead of out of Omaha.

Commodities will be delivered every other month.

ALL commodities will be packaged and we will no longer receive bulk items.

Staff will continue to deliver Gifford Tower commodities to their apartments.

Stanton Tower will be called to the community room floor by floor. Social Distance please!!!!



MONDAY, NOVEMBER 9

**GIFFORD TOWER
COMMUNITY ROOM**

Sign up at the Gifford or Stanton Offices. This session is not open to the public. Lunch will be provided!!!!

BE SURE TO RINSE EMPTY CANS AND BOTTLES

Please rinse your empty glass bottles before putting them in the trash containers by the trash chutes. Unrinsed bottles are attracting unwanted friends.



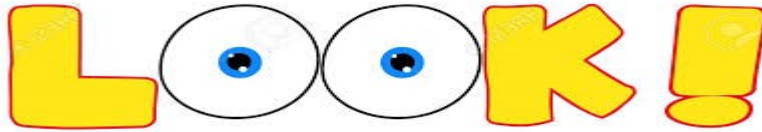
LAUNDRY ROOM COURTESY



You must shake your laundry out before washing it and make sure that there is no feces left in your laundry. When your clothes are done in the washing machine check the washers, clean them out, and leave the door open.

Please do not remove laundry from the washers and dryers if the cycles are not yet finished. But if you leave your laundry in the washers and dryers when they are done the laundry can be taken out so someone else can use the washers and dryers. We do recommend that you stay with your laundry.





*“We appreciate each of you and are thankful for the opportunity to serve you!
We are sad to report that we will not be having a
Resident Holiday meal at the Towers for 2020 due
to the COVID Pandemic.*



BE ON THE LOOKOUT IN NOVEMBER
*for a special delivery to your apartment door
from Fremont Housing.”*

NO SMOKING POLICY REMINDER **AGAIN!!!!!!!**

The Fremont Housing Agency has **“SMOKE FREE PROPERTY”**. With the winter months coming up it is tempting to smoke in your apartment. **YOU MUST GO OUTSIDE!!!!** This is against the policy so here is a reminder for residents in violation of the **NO SMOKING POLICY!**

- Fined \$200 for the 1st reported smoking violation in the unit resulting from complaints filed with the office, inspections or discovered upon entry into the apartment by any housing staff, contractors, guests, or other persons entering the unit.
- Fined \$300 for the 2nd reported smoking violation.
- Evicted from public housing for the 3rd reported violation



Now that the colder weather is here we would like to remind you to use the front or back doors, not the community room doors to go out or come in during the lunch hours. That would be 11:00 am to 1:30 pm. The residents do not wear their coats while eating and it gets cold pretty quickly.



Some tips to protect your self from scams:

• Never give out personal information to someone you don't know without verifying their legitimacy.



- Remember that the government will never ask for personal information, like your Social Security number or Medicare number, over the phone or internet.
- Do not pay money in order to claim a prize.
- Delete emails from senders you don't recognize.
- Remember that scammers often disguise real phone numbers using fake caller IDs.
- Don't make quick decisions out of fear.
- **Report all suspected scams.**

INFORMATION ABOUT OPEN ENROLLMENT

2021 ANNUAL ENROLLMENT PERIOD DATES

Dates and deadlines you need to know



OCT. 15, 2020

ANNUAL ENROLLMENT PERIOD BEGINS

This is the first day you can enroll for 2021 health coverage.



DEC. 7, 2020

ANNUAL ENROLLMENT PERIOD ENDS

This is the last day you can enroll for 2021 health coverage.



JAN. 1, 2021

FIRST DATE COVERAGE CAN START

Even if you enroll in December 2020, your new Medicare plan won't go into effect until Jan. 1, 2021.

It's your chance to review your coverage to see if you can save money next year. Plan premiums have dropped an average of 34% over the last 3 years, and in some states up to 60%. So you may be able find a less expensive plan that meets your needs.

Do you need food?

The RSSC Kathy Casper has a food pantry in her office with the extra commodities. If you **NEED**



food call the RSSC 402 727-4848 ext. 109 and schedule a time to pick up food that you need. This includes everyone-no matter your age, income or building!! Remember that we will no longer receive food in bulk so this may be it for extra food.



REMEMBER TO VOTE ON NOVEMBER 3RD IN THE GIFFORD TOWER COMMUNITY ROOM!!!!



STANTON TOWER RESIDENT COUNCIL AND SOCIAL CLUB MEETING

**Wednesday
November 4, 2020 2:30 pm.
Elections will be held for next years officers!**



© Can Stock Photo



Loosen Up Lighten Up Day

Loosen Up Lighten Up Day is a special day celebrated on celebrated on *November 14* of every year. **Loosen Up Lighten Up Day** is a day to remind us, we just have to let go and enjoy the confusion which the life brings us with a smile. Loosen Up Lighten Up Day is also called as LuLu Day and it is a day to spend some time to enjoy with your family members.

History of Loosen Up, Lighten Up Day

The exact origin and the founder of Loosen Up Lighten Up Day are still unknown. Loosen up and lighten up are idiomatic terms that encourage us to relax and be carefree. Nowadays, people are filled with a lot of stress, tension and it seems like they are on 24/7 work without any rest. Even with new technologies and inventions, people are busier than ever before. Hence *Loosen Up Lighten Up day* is a perfect day to forget all the chaos and to **spend some time with family members.**



History of Veterans Day

World War I – known at the time as “The Great War” - officially ended when the Treaty of Versailles was signed on June 28, 1919, in the Palace of Versailles outside the town of Versailles, France. However, fighting ceased seven months earlier when an armistice, or temporary cessation of hostilities, between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. For

that reason, November 11, 1918, is generally regarded as the end of “the war to end all wars.”

In November 1919, President Wilson proclaimed November 11 as the first commemoration of Armistice Day with the following words: "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country’s service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations..."

Office of Public and Intergovernmental Affairs

Kindness and support counters frustration and stress during the pandemic

As the COVID-19 pandemic continues, it’s natural to feel frustration, stress and anxiety. Let’s counter it with a remedy of positivity to one another. Nebraskans can get through this together with kindness and support.



“These times call for each of us to take a moment to ensure that we communicate and treat each other with respect,” Sheri Dawson, director of the Division of Behavioral Health at DHHS. “One way that stress presents is through communication. When we are stressed, we may become easily frustrated or angry. Emotion may then impact your communication skills. A person in a heightened sense of stress can have trouble expressing things in an appropriate way. Working to stay calm or taking a deep breath before you respond is important. When a person is feeling stressed, it’s easy for them to misunderstand another person’s interactions or what they are trying to communicate which can easily escalate. Checking for understanding on what a person said before reacting is the best approach.” DHHS News Release-October 9, 2020

SEASONAL DEPRESSION

How can you beat holiday depression?



Exercise

A daily 30-minute walk may help prevent depression—so take a brisk stroll down a snowy path!



Enjoy the Sunlight

As little as 15 to 30 minutes of sunlight, best in the early morning, will go a long way toward alleviating the winter blahs.



Get Enough Sleep

A lack of sleep can take a toll on your mood—so aim for seven to nine hours of sleep each night.



Moderate Alcohol Consumption

Two glasses of wine are plenty for the holiday party—one if you’ve already had the eggnog.



Adjust Expectations

Don’t let visions of perfection spoil everything. Learn that most things can be good enough—gifts, food, company, etc.

Thanksgiving word search

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

word list

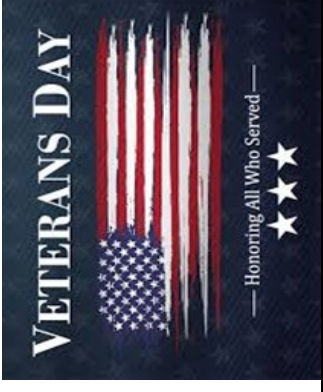
Harvest
Indians
Pilgrims
Thanksgiving
Pumpkin pie
November
Turkey
Family
Corn
Bounty

Ceremony
Worship
Tradition
Holiday
Gobble
Yams
Feast
Colony
Sail
Harvest





November 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Chili Mac Casserole Corn Chocolate Pudding	2 Swiss Steak Mashed Potatoes Carrots Rice Crispy Bar	3 Pork Loin Sweet Potatoes Bread/Butter Lime Jell-O with Pineapple	4 Ham Loaf Mashed Potatoes Cook's Choice Vegetables Carrot Cake	5 Chicken Tenderloins Seasoned Red Potatoes Green Beans Peaches	6 Fish Plank With Tartar Sauce Macaroni And Cheese Beets Oatmeal Raisin Cookie	7 Ham Loaf Mashed Potatoes Vegetables Black Forest Cake with Cherries
8 Chicken Tenders Sweet Potatoes Lime Jell-O	9 Tomato Soup Grilled Cheese Sandwich Three Bean Salad Deluxe Rice Crispy Bar	10 Taste Treat French Fries Chocolate Chip Cookie Root Beer	11 KITCHEN AND DINING ROOM CLOSED NO MEALS WILL BE SERVED	12 Three Salad Plate Pickle Fruit	13 Tuna Dill on a Bun French Fries Strawberry Cake	14 Taste Treat Chips Chocolate Pudding
15 Tomato Soup 1/2 Cheese Sandwich Pears	16 Baked Steak Mashed Potatoes Peas Applesauce Cake	17 Hamburger Pizza Spiced Apples German Chocolate Cake	18 Turkey with Dressing Mashed Potatoes & Gravy Green Bean Casserole	19 Turkey Broccoli Rice Bake 3 Bean Salad Grapes	20 Cheeseburger Casserole Carrots Butterscotch Pudding	21 Hamburger Pizza Breadstick Peaches
22 Deli Ham Sandwich Chips Pickle Pumpkin Whip	23 Chicken Strips French Fries Cole Slaw Cookie	24 Pork Chop Parsley Potatoes Green Beans Orange Cream Cake	25 Ham and Bean Soup Corn Bread Peaches	26 KITCHEN AND DINING ROOM CLOSED NO MEALS WILL BE SERVED	27 KITCHEN AND DINING ROOM CLOSED NO MEALS WILL BE SERVED	28 Chicken Strips French Fries Cole Slaw Cookie
29 Pastrami Sandwich Chips Pickle Pears	30 KITCHEN AND DINING ROOM CLOSED NO MEALS WILL BE SERVED	*SUBJECT TO CHANGE*		 <p>Bi-Weekly menus for participants are still necessary and available at the Grifford & Stanton Tower offices. If you are interested in the Food Service Program, please feel free to contact Resident Support Services at 727-4848 ext.109 or stop down at the office during regular business hours.</p>		

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.**



**Feet 4 Keeps
Toe Nail Clinic
Monday-November 2
12:30-3:30**



**Sara Bourek 402 719-9770
Stanton Tower 2nd Floor Solarium**



**CaptionCall and You-Find Out More
Guest Speaker Lisa Lewis
Monday, November 2nd**

1:30 PM-Stanton Tower Community Room

Do you ever feel like getting a phone call just means getting frustrated? Many people have trouble hearing on the telephone, even with hearing aids. At CaptionCall, we believe phone calls should be about talking to family. Catching up with friends. Managing appointments and day-to-day activities. And making the most of life. It's our mission to make that happen.

LINDSEY FROM KUBATS

Tuesday, November 10th

**1:30 PM-Stanton Tower
Community Room**

**Learn about home medical
equipment and how to get what you need**



TRIVIA!!!!

**THURSDAY-November 12th
1:30-2:30 pm**

Stanton Tower Community Room

**Only two to a table- Only 22 residents allowed
SOCIAL DISTANCE-6 Feet-Wear a mask if you please!**

“HEALTH AT HOME CONSULTANTS”



Wednesday, November 18

**1:30 PM-Stanton Tower
Community Room**

**Meet Nurse Practitioner Jessica and
learn about a new agency “Health at Home Consultants”**