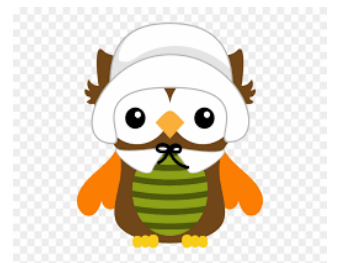




Fremont Housing
Agency

TWO TOWER TALK NOVEMBER 2021



Rita Grigg
Executive Director
Darci Blakely
Housing Program
Manager

Seasonal Affective Disorder (SAD)



Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons — SAD begins and ends at about the same times every year. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody. Less often, SAD causes depression in the spring or early summer.

Treatment for SAD may include light therapy (phototherapy), medications and psychotherapy.

Don't brush off that yearly feeling as simply a case of the "winter blues" or a seasonal funk that you have to tough out on your own. Take steps to keep your mood and motivation steady throughout the year.

Mayo Clinic

Rent is due
Monday
November 1, 2021
Your payment must
be in the drop box by
3:00 on Friday,
November 5, 2021 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!
NO CASH!!!!!!



**DAYLIGHT SAVINGS TIME ENDS
ON SUNDAY, NOVEMBER 7, 2021**

**DO NOT FORGET TO SET YOUR
CLOCKS BACK ONE HOUR!!!!**



Offices and dining room will be closed:

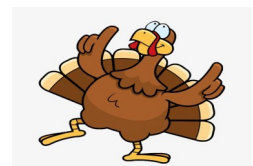


November 11-Veterans Day

**November 25
and 26-
Thanksgiving**



**No Meals
will served on those
days**



For after hour
Maintenance
emergencies only!
contact:

Ed: 402 720-1264
Rita: 402 720-9643



Pestrol November Schedule

Wednesday November 10



Starting at 12:00 pm

Gifford Floors 10-12

Stanton Floors 10-11



ATTENTION STANTON TOWER RESIDENTS!!!

Let's get our apartments ready

The annual Stanton Tower inspections will be held in NOVEMBER 15-NOVEMBER 19 for all Stanton apartments.



ALL STANTON apartments will be done. There will not be scheduled days or times. You do not have to be there. If you are not home when the inspection is completed they will leave a note on your door that they were there.

PET POLICY-

C. RESTRICTION ON VISITING ANIMALS



- 1. No visitor animals are allowed.**
- 2. Residents are not allowed to "Pet Sit" for non-resident pets for any length of time.**

Do not leave food, clothes, shoes, things you are trying to get rid of, etc. in the community rooms. They will be thrown away!!



STANTON TOWER ELEVATORS



Both elevators are working but not quite finished. The inside of the elevators will be done soon. A reminder for those who have large wheel chairs, motorized wheel chairs, and scooters to please use the large elevators.

SCHEDULING CONTRACTOR APPOINTMENTS

When scheduling appointments with contractors such as Spectrum, phone companies, etc. to set up cable and/or phones, please schedule these appointments during office hours.

Appointments must be scheduled between 9:00 am-12:00 pm or 12:30 pm-3:00 pm.



COMMODITY DELIVERY

NOVEMBER 16, 2021

We will make an announcement when the commodities are ready to pick up.

As we advised at the last distribution, if you are not on the list you will not get a box. NENCAP will be taking names off the list if boxes are not being picked up! Be sure to sign the pick up slip when you get your box. If someone is picking the box up for you they will sign YOUR name.



Social Security and SSI benefit award letters will be coming in the next few months. When

you receive the benefit letter take it to the office to be copied for your file. Stanton residents take to Amanda, Gifford residents take to Tammy.



Federal Benefits and Social Security

Gifford and Stanton Residents!!!



Thank you so much for everything!!! Cards, well wishes and everything else now and over the past nine years.

I will miss all of you. Words cannot express how grateful I am to have known all of you and I do miss you already!!!

Kathy Casper

THANK YOU

SNACK VENDING MACHINES



Please pay attention to the coins that you put in the vending machines. Someone has been putting foreign coins or sliver dollars in the machines and the machines do not recognize the coins. The coins get stuck and jam up the machines. People are losing money in the machines because the machines appear to be working but you are unable to get your money back. The vending people are the only ones who can reimburse you for money lost in the machines.



A friendly reminder to be sure your drink cups, glasses, etc. have lids on them to prevent spills.

We are finding many spills on the carpets that could be prevented if your beverage had a lid on it.



VETERANS DAY
NOV. 11
HONORING ALL WHO SERVED



ARTS AND CRAFTS EVERY MONDAY



2:00 PM-4:00 PM

GIFFORD TOWER
COMMUNITY ROOM

Bring your own projects to work on.

NOVEMBER MOVIES AT GIFFORD TOWER

Wednesdays at 3:00 pm

Gifford Tower Community Room

November 3-King Kong

November 10-Delta Force

November 17-Invasion USA

November 24-Missing In Action



You can bring your own snacks and nonalcohol beverages



Balance Class with traveling Physical Therapist Dr. Dillon will end in November. You can still attend the final sessions if you have not tried them out already. Help prevent falls.

Here is the remaining schedule:

Tuesday-November 2nd-2:45 PM

Tuesday-November 9th-2:45 PM



THURSDAY
NOVEMBER
18, 2021

1:30 -2:30 pm

STANTON TOWER
COMMUNITY ROOM

Don't associate yourself
with toxic people. It's
better to be alone and love
yourself than surrounded by
people that make you hate
yourself.

Robin Williams

www.idlehearts.com



QUILT SILENT AUCTION

You have all probably seen the quilt made and donated by Lois in the Stanton Community Room. A box will be put out to make your secret bid on the quilt. At the end of the auction the highest bidder will win the quilt. Bidding starts at \$65.00. Highest bid over \$65.00 wins the quilt.

Good Luck!!!!!!!

STANTON TOWER RESIDENT COUNCIL AND SOCIAL CLUB MEETING

TUESDAY

NOVEMBER 3 2:30 PM

STANTON TOWER COMMUNITY ROOM

All Stanton residents are members



© CanStockPhoto.com



THE STANTON TOWER SOCIAL CLUB WOULD LIKE TO INVITE EVERYONE TO A POTLUCK DINNER!!!

SATURDAY, NOVEMBER 6, 2021

5:00 PM-7:00 PM

STANTON TOWER COMMUNITY ROOM

BRING A SIDE DISH OR PAY \$4.00

Bring your own place setting and silverware.

The Library Bookmobile



FRIDAY, NOVEMBER 5, 2021

9:30– 10:30 at Gifford Tower

10:30-11:30 at Stanton Tower

Remember to call if there is a certain book that you want and they will bring it to you. Come and check out new books!



Thanksgiving Word Search

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

AUTUMN
FAMILY
FEAST
FOOTBALL

GOBBLE
INDIAN
PILGRIM
STUFFING

THANKFUL
THANKSGIVING
THURSDAY
TURKEY



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

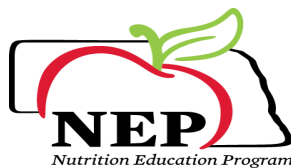
**Northeastern Nebraska
Community Action
Partnership-NENCAP**
(402) 721-0619

**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.**



EXCITING NEWS!!!!!!

The **Nebraska Extension Office** will be coming back beginning **Tuesday, November 2nd at 1:30 PM.** **Ryan and Beth** will be presenting **“The Dish-Real Talk About Food”** They will provide short lessons and life tips to equip you to plan meals, save money, and shop and eat healthier. Beth and Ryan are excited to come back and share recipes, samples, and new topics with our residents.



All classes will be in the Stanton Tower Community Room. The schedule for the six week class:

Tuesday, November 2nd at 1:30 pm

Thursday November 4th at 1:30 pm

Tuesday November 9th at 1:30 pm

Tuesday November 16th at 1:30 pm

Tuesday November 23rd at 1:30 pm

Tuesday November 30th at 1:30 pm



UnitedHealthcare®

**MONDAY
NOVEMBER 8, 2021**

1:00 PM

STANTON TOWER COMMUNITY

**Lilly Walker will be here to talk
about Medicare open enrollment,
Medicare scams, and answer
questions about your Medicare and
Medicaid plans, and Medicare scams.**



**MEDICARE OPEN ENROLLMENT IS OCTOBER 15 TO
DECEMBER 7**