



## National First Responders Day

[www.NationalDayCalendar.com](http://www.NationalDayCalendar.com)

October 28th sets aside National First Responders Day to honor the men and women who act quickly when an emergency is at hand.

First responders dedicate their lives to save lives. They are firefighters, police, emergency medical technicians (EMT), paramedics, and 911 operators. In an emergency, they're the first on the scene. These dedicated professionals answer the call when a crisis arises, often putting their own lives on the line.

Serving as a national day of gratitude, we pay tribute to their endless hours and around the clock service provided to their communities. As one of the most dangerous jobs in the country, the day also pays tribute to the fallen first responders. According to the CDC, 97 firefighters and 155 police officers die each year in the line of duty. Additionally, their rate of occupational injury is higher than the national average. Often, the very people saving lives are our neighbors, friends and family members. And their families know the price they pay for their dedication to the job.

### HOW TO OBSERVE #NationalFirstRespondersDay

The day provides you with an opportunity to recognize a first responder in your life. You might be surprised at how many you know. If their service is voluntary, you may only know about their day job. Be supportive of their family. Support programs that improve services to first responders. Connect with a first responder who came to your rescue and thank them. Let them know you appreciate their dedication and sacrifice.

### NATIONAL FIRST RESPONDERS DAY HISTORY

In 2019, the United States Senate passed a resolution designating October 28th as National First Responders Day to honor the men and women putting their lives on the line. Additionally, many states have proclaimed October 28th as National First Responders Day and others recognize the observance on different dates throughout the year.

<https://nationaldaycalendar.com/national-first-responders-day-october-28/>



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

AMUSEMENT	APPLES	AUTUMN
BATS	BLACK	BOO
CANDY	CAT	COSTUMES
DRACULA	EERIE	EXCITEMENT
FRANKENSTEIN	FRIGHTEN	GAMES
GHOSTS	GOBLIN	HALLOWEEN
HARVEST	HAYRIDE	MASK
MONSTER	MUMMY	NIGHT
OCTOBER	ORANGE	PARTY
PRANK	PUMPKINS	SAFE
SCARE	SHADOWS	SKELETON
SPIDER	SPOOKY	TRICKORTREAT
WITCH		



**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) 385-6300

**Eastern Nebraska Office on  
Aging-ENOA**  
(402) 721-7770  
**Senior Center**  
(402) 727-2815  
Rural Transportation  
(888) 210-1093

**Uniquely Yours**  
(402) 727-8977

**Fremont Lock Shop**  
(402) 317-1983

**Everything Medicare & Life Insurance**  
**Monday | October 3rd | 10:30 AM—11:30 AM**  
**Gifford Tower Community Room**

**The Links with MERRY MAKERS**  
**Tuesday | October 4th | 2:00 PM—3:00 PM**  
**Gifford Tower Community Room**

**Book Mobile—Keene Memorial Library**  
**Friday October 7th**  
**Gifford Tower | 9:30 AM—10:30 AM**  
**Stanton Tower | 10:30 AM-11:30 AM**

**Feet 4 Keeps Foot Care Clinic**  
**Tuesday October 11th | 11:00 AM—4:00 PM**  
**2nd Floor Solarium Stanton**

**PEST-TROL SERVICES**  
**Floors 6 through 9 | Stanton Tower | October 12th**  
**Floors 6 through 9 | Gifford Tower | October 26th**

**Scheduled Office Closure in October**  
**Stanton, Gifford & Section 8 | Thursday October 20th | All Day**

**MIDLAND ART CLUB PAINT PARTY**  
**The Midland Art Club, Blank Space, will be here on**  
**Saturday, October 22nd Noon-2:00 PM at the Gifford**  
**Community room to have a PAINT PARTY with you.**  
  
**The 8 x 10 canvas', paints, and brushes will be supplied. If**  
**you want a table top easel, we ask that you provide it. There**  
**will be a limit of 20 people. Don't miss this exciting event**  
**with a very talented group of Art Students!**



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



**Fremont Housing  
Agency**

**Rita Grigg**  
**Executive Director**

**Danielle Lierman**  
**Housing Program**  
**Manager**

**RENT DUE**

**Rent is due**  
**Saturday, October 1st.**  
**To avoid a late fee,**  
**your payment must be**  
**in the drop box by**  
**3:00 pm on**  
**Wednesday,**  
**October 5th.**



**For after hour**  
**Maintenance**  
**emergencies**  
**contact:**

**Ed: 402 720-1264**

**Rita: 402 720-9643**



**“Let’s Talk...”**  
**October 2022**



Your Guide  
To Being A Successful Renter

**Nebraska RentWise**  
**October 18<sup>th</sup> & 19th**

**GIFFORD COMMUNITY ROOM**  
**Both Days: 8:30 AM to 12:30 PM**

**Last day to sign up is October 7th.**

**Training is Free to Residents**

**Six Modules**

**Module 1:** Communication: Learn how to build positive relationships with Landlords and Neighbors.



**Module 2:** Managing Your Money: Step-by-Step process on how to manage and plan for housing costs.

**Module 3:** Find a Place to Call Home: Learn to conduct successful searches for rental units and build positive rental history.

**Module 4:** Getting Through the Rental Process: Learn your Rights & Responsibilities as a renter & the importance of understanding your Lease.

**Module 5:** Taking Care of Your Home: Be encouraged to take Pride in your Home & set a positive example by taking care of your rental unit.

**Module 6:** When You Move Out: Prepare for the time you may leave your current rental unit as you continue to move up!

***Must complete all modules to earn Certificate of Completion***

**Hosted by Fremont Housing Agency, Lutheran Family Services  
& Care Corps' LifeHouse**

***This tenant education program helps renters obtain & keep rental housing and to be successful renters through education. Renters who complete this program earn a certificate of completion to show potential landlords and property managers that they want to be good tenants.***

***Sign up with your Housing Specialist***

Positive Character Traits

- kind

generous

enthusiastic

responsible

brave

honest

hard working

imaginative

intelligent

trustworthy

optimistic

unselfish

considerate

helpful

encouraging

polite

careful

ambitious

modest

reliable

clever
- reliable

energetic

upbeat

understanding

confident

observant

compassionate

insightful

witty

flexible

supportive

organized

determined

humorous

respectful

caring

empathetic

forgiving

persistent

sincere

accepting
- easygoing

creative

considerate

thoughtful

artistic

cooperative

cheerful

motivated

courageous

open-minded

patient

reasonable

outgoing

independent

articulate

dedicated

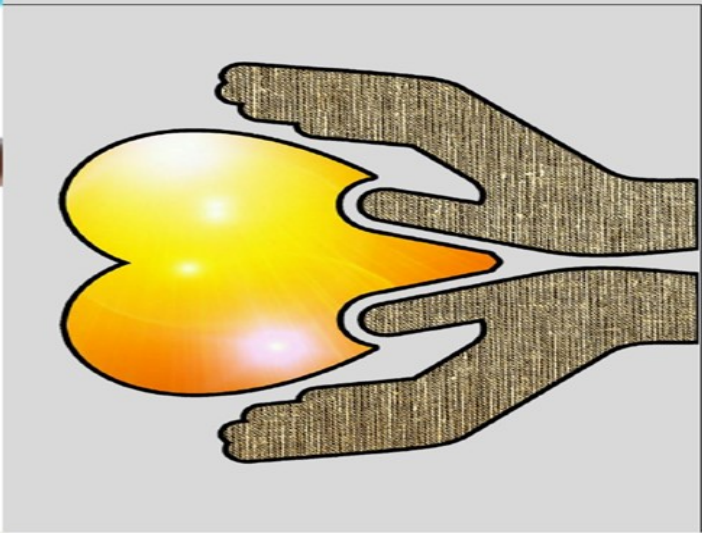
focused

generous

quiet

thorough

positive



Attitude: Is it really a State of Mind?

Which Attitude affects us more? Attitude towards...others or self?

How do you know if you have a good attitude?

*How many traits can you can identify for someone with a good attitude?*

Attitude: A State of Mind  
We all have one.....  
Which is your to-go-to attitude?



October 2022 Activities



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 2-3 Coffee Stanton 5th Floor Solarium
2	3 10:30-11:30 Everything Medicare & Life Insurance Gifford Community Rm 2-4 Art Club Gifford Community Room	4 2-3 The Links Merry Makers Gifford Community Rm	5	6	7 Book Mobile Gifford 930-1030 Stanton 1030-1130	8 2-3 Coffee Stanton 5th Floor Solarium
9	10 2-4 Art Club Gifford Community Room	11 11-4 Feet For Keeps Stanton 2nd Floor Solarium	12 PESTROL Floors 6-9 Stanton Tower	13	14	15 2-3 Coffee & Rolls Stanton 5th Floor Solarium
16	17 2-4 Art Club Gifford Community Room	18 830-1230 Rentwise Gifford Community Rm	19 830-1230 Rentwise Gifford Community Room	20	21	22 2-3 Coffee Stanton 5th Floor Solarium Noon-2 Paint Party with Midland Art Club Gifford Community Rm
23	24 2-4 Art Club Gifford Community Room	25	26 PESTROL Floors 6-9 Gifford Tower 11:30 AM FHA Board Mtg	27 2:00 Game Day Stanton 5th Floor Solarium	28	29 2-3 Coffee Stanton 5th Floor Solarium
30	31 2-4 Art Club Gifford					



# Community Entertainment

**Fremont's Saturday Morning Farmers Market**  
Open's 7:00 AM Each Day | Located at 1945 East Military Avenue  
*Farmers Market modus operandi (M.O.) - Eat Healthy Support Local*

**October Dates: 1st, 8th, 15th and 22nd**

## Nebraska Quilt Company

**330 N. Main Street, Fremont | 402-721-7752**

The largest Quilt Shop in Nebraska, with over 10,000 bolts of fabric, sell and service Bernette, Bernina, Brother, Handi Quilter, HQ Stitch, and Pfaf machines. Offering longarm services, classes, and fantastic retreats.

- ♦ **October 11th 10 AM – 5 PM:** Join the **Quilt Of Valor group** from Fremont Nebraska in making Honor Quilts for our Veterans. New members wanted! Just come ready to sew!
- ♦ **October 13th 10 AM – 5 PM: OPEN SEW THURSDAY** Join us in the Classroom studio every Thursday for sew day! Bring a project to work on and we will provide the space, irons, and cutting mats. Consider bringing fellow quilting friends and watch our community grow and friendships develop.

## Fraternal Order of Eagles 200 Events

**Saturday October 1st | 7 PM - 11 PM | DJ & Costume contest | UYSS**

**Live Bands held on the main floor on Fridays**

- ⇒ **10/7 Bakersfield**
- ⇒ **10/14 Down Memory Lane**
- ⇒ **10/21 Class II Jerry Stingley**
- ⇒ **10/28 Shadow Ridge**

- ♦ **Every Thursday is Hamburger & Taco night from 5:30 PM—7:00 PM**
- ♦ **Every Friday is Fish & Chicken night from 5:30 PM—7:30 PM**

**Saturday October 15th | 5:30 PM - 7:30 PM | Steak Dinner night | \$20**

**Saturday October 15th | 7 PM - 11 PM Live Band Blue House | Ball Room | \$10 Cover Charge**

**October 29th Halloween Party Live Band Taxi Driver \$5 cover charge 8 PM - 12 AM**



Join Downtown businesses as they host local artists, musicians, & creators. Enjoy free live music, snacks & more

## Fall Festival Music, Art, Food & Film

Friday October 14 &  
Saturday October 15



## Resource Center

Did you know that you can find a great deal of information about community resources and services in our Resource Center? There are also computers and printers there for you to use for the purpose of advancing toward your economic self-sufficiency goals & priorities.

Here are some examples of reasons to use the computers/printers: Completing Employment applications, preparing for a job interview, applying for benefits, checking the status of benefits, printing renewal applications and notices, or applying for social security disability, etc.

## ATTENTION STANTON TOWER RESIDENTS!!!



## !Let's get our apartments ready!

The annual Stanton Tower inspections will be held in **NOVEMBER** for all Stanton apartments. 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.



## Announcements & Helpful Ideas

- ♦ A **Safety Flag** placed on your motorized wheelchair helps to increase visibility for drivers and pedestrians and can help to reduce accidents. A flag will help to alert others of your approach. A flag should be at least 6 feet off the wheelchair/scooter, and are recommended for all mobility wheelchair/scooter users.
- ♦ Want to **pay your rent online** using myuflex.com but have questions about the online payment process? For questions and assistance with your login and registration, please contact Uflex by phone at (888)822-2545 or via email at customersupport@myuflex.com
- ♦ Be sure to give yourself a little extra time when planning to use the Community Rooms & Solariums so that you have time to **clean up after yourself**. A healthy and positive attitude to have in life is "leave it better than you found it." Meaning that no matter what situation, place, or job you are a part of, you should always add value to it and leave it better (or the same) than you found it.
- ♦ Please be mindful of **good habits when doing your laundry** in public areas. Be sure to sort your laundry **at home** prior to going into the laundry room. By doing so you will identify melted or leaked items, and items that are not wash machine soluble. Should you happen to find melted or leaked items, soak those items **at home and before putting them in the machines**. Another good rule of thumb is when loading the clothes into the dryer, **fluff each piece of clothing by giving it a quick shake**. The clothes will dry more quickly and with fewer wrinkles. Take pride in your home