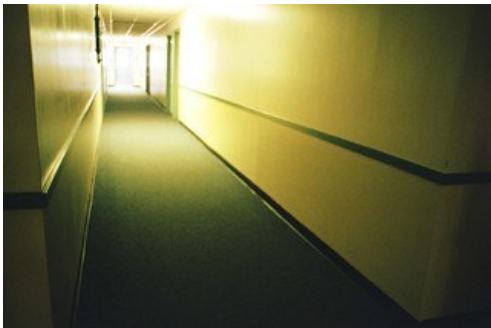




UNBAGGED and unsecured trash is dangerous to our staff. NO breakable objects should be thrown down the trash chutes. Please be kind to our staff.

Maintenance Request

- Please do not take furniture and other discarded items **from** the trash receptacle or areas. We strongly discourage sharing furniture, as we have had some discarded items from apartments infested with bed bugs.
- Please come to the office, call or email work orders and DO NOT to stop maintenance/custodians to tell them you need things done. The office must have documentation before the work can be done.



Hallways must remain clear as a fire requirement...

Items left in the halls, entry areas or solariums that are blocking the passageways will be removed without notice. The towers are not responsible for your items left in the public areas.

Pest-Trol September Schedule

Wednesdays

October 8 Stanton Floors 2-5
October 22 Gifford Floors 2-5



October 22, 2025 11:30 AM
Gifford Tower Community Room



Board Meeting



Sports



Find and circle all of the Sports that are hidden in the grid. The remaining letters spell a secret message - a Vince Lombardi quotation.

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

ARCHERY
BADMINTON
BASEBALL
BASKETBALL
BILLIARDS
BOCCE
BOWLING
BOXING
CRICKET

CROQUET
CYCLING
DARTS
FENCING
FISHING
FOOTBALL
GOLF
HANDBALL
HOCKEY

JAI ALAI
LACROSSE
POLO
RACQUETBALL
RUGBY
RUNNING
SKATEBOARDING
SKATING
SKIING

SOCCER
SOFTBALL
SQUASH
SURFING
SWIMMING
TENNIS
VOLLEYBALL
WRESTLING

Please let us know as soon as you get the answer to win. First to call 402-727-4848 Ext. 109 and leave a message with the correct answer wins. Congratulations to Kim Brown our September winner.

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.



**RESIDENT COUNCIL &
SOCIAL CLUB MEETING**
WEDNESDAY OCTOBER 1 AT 2:00 PM
GIFFORD TOWER COMMUNITY ROOM

Exercise Class 12:30 with Midland
Tuesday Oct 7
Come on down to the Stanton Community Room
to exercise
1:00 Mondays -October 20 & 26.



The Library Bookmobile
Friday, October 3, 2025
9:30 – 10:15 at Stanton Tower Lobby
10:30 - 11:15 at Gifford Tower

Remember to call if there is a certain book that you want
and they will bring it to you. 402-727-2694

Every Friday at 2:00 pm
Stanton Community Room
Specials: Birthday Bingo Oct 17
Sandwich Bingo Oct 24



October Birthdays

Tuesday October 14 at 1:00 in the Stanton Community room
Come celebrate with the residents having Birthdays this month.
Big changes coming for Medicaid and Medicare, come be informed prior
to the Annual Enrollment, October 15 – December 7, 2025 for
the 2026. Lilly Walker will be here to celebrate with us and
answer any Medicare / Medicaid questions.



ANGELS CARE HOME HEALTH
Blood Pressure Clinic
Thursday, October 30 at 1:00 pm
Stanton Tower Community Room



THURSDAY, OCTOBER 2 and 16
1:30-2:30 - 3rd Floor Solarium or
STANTON COMMUNITY ROOM



Fremont Housing
Agency

Dwayne Bennett
Executive Director
Riley O'Neal
Housing Program Manager

RENT

Checks or Money Orders Only!
**NO CASH! Rent is due and payable
on the first day (1st) of each month.**

Tenants who have failed to make full
payment by 3:00 p.m. on the fifth
(5th) day of the month are considered
delinquent and will be assessed a late
fee. If the 5th falls on Saturday, the
rent is due by 3 p.m. on the Housing
Agency's work day prior to the 5th. If
the 5th falls on Sunday, the rent is due
at 9:00 a.m. on the Housing Agency's
next work day.

Late payment charges will be applied as
follows:

- \$30 will be assessed on the 6th of
each month for payments made after
the 5th of each month.
- An additional \$20 will be assessed on
the 21st of each month for payments
not made prior to 3:00 p.m. on the
20th of the month.
The Agency does not accept partial
payments of rent.

Please place in Drop box in hallway

EMERGENCY

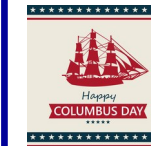
For after hour Maintenance
emergencies contact:

Lets Talk...

October 2025

FRIDAY & MONDAY
OCTOBER 10 & 13, 2025

Offices, Maintenance, Kitchen, and Dining
Room will be closed!! No meals will be



Nebraska Rentwise
October 15-16 8:30 to 12:30 each day
Gifford Community Room
Classes are free to Fremont Housing Residents



Your Guide
To Being A Successful Renter

Modules will cover:

- Communication with Landlords and Neighbors
- Managing your Money
- Find a Place to Call Home
- Getting Through the Rental Process
- Taking Care of your Home
- When you Move Out

Course available online
at: rentwise.org

Gifford Resource Fair
October 23
2-4:00

Gifford Community Room
Come down to see who can
help you meet your needs.



Midland MOVE week
October 6-10.

Students and Staff will be here to do
these activities with us.

Tuesday Oct 7 12:30 to 1:00 Exercise
Friday Oct 10

- 9:00 Blood Pressure Clinic -Student nurses
- 1-3 Art Experience - Art Club

October 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 2:00 Social Club Meeting Community RM	2 Trivia 1:30 - 2:30 3rd Fr Solarium	3 9:30—11:15 Keene Mobile Library 2-4 Bingo 3rd Fr Solarium	4 
5	6 2-4 Art Club Gifford 6:30-8pmBible Study	7 RSSC @ Gifford 10:-11:00 am 12:30 - 1:00 Exercise with Midland Students	8 Pest-Trol Stanton 2-5 flrs Art Club Stanton 2-4:00	9	10 9-10 Blood Pressure Clinic with Midland 1-3 Art Experience Office and Kitchen Closed	11 Coffee 2-3 Stanton Comm. RM
12	13 Columbus Day 2-4 Art Club Gifford 6:30-8pmBible Study Office and Kitchen Closed	14 10:30-11:30 RSSC @ Gifford 1:00 October Birthdays, Medicare/Medicaid Stanton Community Room	15 8:30 - 12:30 Rentwise - Gifford 2-4:00 Art Club Stanton	16 8:30 - 12:30 Rentwise - Gifford 1:30 - 2:30 Trivia Stanton Comm. RM	17  2-4 Birthday Bingo Stanton Comm. RM	18 Coffee & Rolls 2-3 Stanton Comm. RM
19	20 1:00 Exercise 2-4 Art Club Gifford 6:30-8pmBible Study	21 RSSC @ Gifford 10-11:00 am	22 Pest-Trol Gifford 2-5 flrs 11:30 FHA Board mtg 2-4 Art Club Stanton	23 2-4 Gifford Resource Fair Office Widows closed	24  2-Sandwich Bingo Stanton Comm. RM	25 Coffee 2-3 Stanton Comm. RM
26	27 2-4 Art Club Gifford 6:30-8pmBible Study	28 RSSC @ Gifford 10:30-11:30	29	30 1:00 Blood Pressure Clinic 1-2:00	31  2-4 Halloween Bingo	

October 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Beef Stew Biscuit Applesauce	2 Barbeque Pork Sandwich Baked Beans Cole Slaw Pickle Butterscotch Pudding	3 Tuna Cheese Melt Sandwich Chips Lemon Pie	4 Beef Stew Applesauce Bread and Butter
5 Tuna Sandwich Chips Jell-o Salad	6 Chicken Fried Steak Mashed Potatoes And Gravy Corn Cake	7 Roast Beef Potatoes and Gravy Carrots	8 Swiss Steak Baked Potato Peas Jello with Fruit	9 Fish Fillets Coleslaw Dinner Roll Cookie	10 KITCHEN AND DINING ROOM CLOSED NO MEALS	11 Fish Fillets Coleslaw Fruit
12 Ham Sandwich Pasta Salad Fruit	13 KITCHEN AND DINING ROOM CLOSED NO MEALS	14 Cheese Burger Potato Salad Ambrosia Salad Pickle	15 Salmon Patty With Dill Sauce Mashed Sweet Potatoes Cream Peas Chocolate Cake	16 Ham & Scalloped Potatoes Bread and Butter Green Beans Jello Salad	17 Turkey Casserole Dinner Roll Mixed Vegetables Pumpkin Pie	18 Cheese Burger Potato Salad Chocolate Cake
19 Ham Slice Scalloped Potatoes Green Beans Mandarin Oranges	20 Vegetable Soup Deli Ham Sandwich Cookie	21 Breaded Chicken Breast Hash Brown Bake Cranberry Sauce Corn	22 Lasagna Garlic Stick Green Beans Cheesecake	23 Turkey And Swiss On Rye Pickle Carrot Salad Pears	24 Three Salad Plate Crackers Apple Crisp	25 Vegetable Soup Deli Ham Sandwich Fruit
26 Hamburger with Potato & Corn Casserole Bread And Butter Green Beans Cookie	27 Tuna Noodle Casserole Corn Bread and Butter Vanilla Pudding With Cherries	28 Pork Loin Baked Potato Mixed Vegetables Orange Supreme Salad	29 Deli Turkey Sub Macaroni Salad Red Velvet Cake	30 Liver and Onions Creamy Potatoes Orange Candy Carrots Fruit Cocktail	31 Chicken Fried Steak Mashed Potatoes with Country Gravy Cook's Choice Vegetable	

Congratulations to FHA Board Member Frank Kment

Frank serves as a commissioner on our Fremont Housing Agency Board and Fremont Assisted Housing Corporation. Frank was recently recognized by the Nebraska Chapter of the National Association of Housing & Redevelopment Officials (NAHRO) as Commissioner of the Year. The award was presented on Sept. 10 at the NAHRO State Conference in Kearney.



Be Kind

- A simple thank you note after a kind gesture.
- A compliment about someone's character or a helpful quality.
- Offering to run an errand for someone who is busy or unwell.
- Calling a friend you haven't spoken to in a while.

The Impact:

- **Boosts happiness:** Kind acts make others feel happier and more appreciated.
- **Builds connection:** Kindness creates a ripple effect of positivity and inclusion in communities.
- **Improves self-worth:** Being kind is a positive way to feel good about yourself.
- **Promotes a better society:** Encouraging kindness, especially in schools, helps shape future leaders with essential skills for civility and respect.

Resident Recipe Book

The Stanton/Gifford Social club is putting together a resident favorite recipe book.

If you have a favorite recipe you would like to share, or would like to help work on the book, please email it to RSSC@fremonthousing.org or drop it off in the office.



Disclaimer of Liability: Every effort is made to provide accurate and complete information in the Fremont Housing Agency newsletters. However, the FHA cannot guarantee that there will be no errors. The FHA makes no claims, promises, or guarantees about the accuracy, adequacy, validity, reliability, availability, or completeness of any information and expressly disclaims liability for errors and omissions in the contents of this newsletter. FHA does not assume any liability for any direct, indirect or any other loss or damage of any kind incurred as a result of the use of the newsletter or any reliance on any information provided in the newsletter. Your use of the newsletter and your reliance on any information in the newsletter is solely at your own risk.

HUD Required Stanton ANNUAL INSPECTIONS

Everyone must be ready!!

Reminder: It was announced in the September newsletter that annual inspections will be done **in November**, so you should already be preparing.

We will **begin on Monday, November 17, 2025, and continue through the week** until we have finished visiting ALL apartments at Stanton Tower.

We will **start on the 11th floor** and work our way down the building. *You will not be given a specific time, just begin preparing **today** if you haven't already started, so that you will be ready for us at any time that week.*

****Your unit will be inspected, even if you are not present or ready.****

Thank you for your help and cooperation.
Housing Team, Maintenance & Management

XVI. HOUSEKEEPING STANDARDS.

To improve the livability and conditions of the apartments owned and managed by PHA, uniform standards for Tenant housekeeping have been developed for all tenant families.

Tenant Responsibility:

Tenant is required to abide by the standards set forth below. Failure to abide by the Housekeeping Standards that result in the creation or maintenance of a threat to health or safety is a violation of the lease terms and can result in eviction.

Housekeeping Standards: Inside the Apartment

General...

- (1) Walls: should be clean, free from dirt, grease, holes, cobwebs, and fingerprints.
- (2) Floors: should be clean, and free of hazards
- (3) Ceilings: should be free of cobwebs.
- (4) Windows: should be clean and not nailed shut. Shades or blinds should be intact.
- (5) Woodwork: should be clean, free of dust
- (6) Doors: should be clean, free of grease and fingerprints, doorstops present, locks working.
- (7) Heating units: should be dusted and access uncluttered.
- (8) Trash: shall be disposed of properly.
- (9) Entire unit should be free of rodent or insect infestation.
- (10) Entire unit should be free of mold or mildew.

Kitchen...

- (1) Stove: be clean and free of food and grease.
- (2) Refrigerator: should be clean. The freezer door should close properly, freezer have no more than one inch of ice
- (3) Cabinets: should be clean and neat. Cabinet surfaces and countertops should be free of grease and spilled food. Cabinets should not be overloaded.
- (4) Exhaust fans: free of grease and dust.
- (5) Sink: clean, free of grease and garbage. Dirty dishes should be washed and put away in a timely manner. Storage under the sink should be limited to small and lightweight items to permit access for repairs. Heavy pots and pans should not be stored under the sink.
- (6) Food storage areas: neat and clean without spilled food.
- (7) Trash/garbage stored in a covered container until removed to the disposal area.

Bathroom....

- (1) Toilet and tank: clean and odor free.
- (2) Tub and shower: clean and free of excessive mildew and mold Where applicable, shower curtains should be in place, and of adequate length.
- (3) Lavatory: clean inside of the bowl and outside of the toilet
- (4) Exhaust fans: free of dust
- (5) Floor: swept and mopped.

Storage Areas... (1) Linen closet: neat and clean. (2) Other closets: neat and clean,