

### HUD Strongly Supports The Goal Of Self-Sufficiency

Currently, and through previous years, the Fremont Housing Agency has seen **many families who have progressed to the point of becoming financially self-sufficient and no longer in need of rental assistance.** *We wish them Congratulations and continued success!!*

### When A Section 8 Family No Longer Requires Financial Assistance

As a family's income increases, the amount of the Public Housing Authority (PHA) subsidy goes down. If the amount of the House Choice Voucher (HCV) assistance provided by the PHA drops to zero (0) and remains at zero for 180 consecutive calendar days the family's assistance automatically ends.

PHA Policy - If a participating family receiving zero assistance experiences a change in circumstances that would cause the HAP payment to rise above zero the family must notify the PHA withing 10 days of the change. The interim reexamination must be completed before the expiration of the 180-day period.

### What Are Your Goals?

Does one of them include becoming more self-sufficient? Will you allow someone else the opportunity to come off the 'Wait List' and become a recipient of the Section 8 funding program? Use this as a *stepping stone* to an independent and more fulfilling future for you and your family!

Fremont Housing Agency  
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## *The Section 8 Sound*

### Quarterly Newsletter

### July - August - September 2022

#### Independence Day

Independence Day (colloquially the Fourth of July) is a federal holiday in the United States commemorating the Declaration of Independence of the United States, on July 4, 1776. The Continental Congress declared that the thirteen American colonies were no longer subject (and subordinate) to the monarch of Britain, King George III, and were now united, free, and independent states. The Congress had voted to declare independence two days earlier, on July 2, but it was not declared until July 4.

Independence Day is commonly associated with fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, political speeches, and ceremonies, in addition to various other public and private events celebrating the history, government, and traditions of the United States. Independence Day is the national day of the United States.

#### Fun Fact:

Since 1868, **Seward, Nebraska**, has held a celebration on the same town square. In 1979 Seward was designated "America's Official Fourth of July City-Small Town USA" by resolution of Congress. Seward has also been proclaimed "Nebraska's Official Fourth of July City" by Governor J. James Exon in proclamation. Seward is a town of 6,000 but swells to 40,000+ during the July 4 celebrations.

#### The Fremont Housing Agency Offices Are Closed On:

Monday, July 4 - Independence Day  
Monday, September 5 - Labor Day

#### July is National Picnic Month!

No better way to celebrate Summer than with Family and Friends during an outdoor feast!

May you have a fun and safe Summer season!





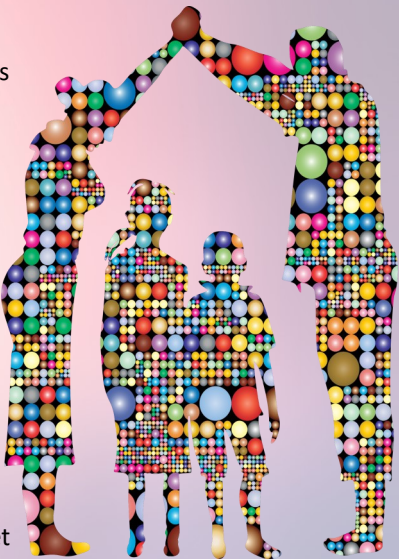
**Your Choice - of Participating Landlords**

An applicant that applies and is approved for the **Section 8 program** has the ability to take their **approved voucher** and use it to subsidize the rent of participating housing providers (landlords), *giving choice to the residents and a guarantee to the provider that rent will be paid on time.*

Those that participate in the housing choice program can take comfort in knowing that any housing provider that is accepted in the program must provide solutions that are not only within the normally accepted housing codes of an area but the HUD’s own standards of housing to meet their health and safety expectations.

**Ideas for FREE Summer Activities and Places to visit for Families**

- |                             |                          |                         |
|-----------------------------|--------------------------|-------------------------|
| Parks                       | Community Events         | Family Cooking Projects |
| Picnics                     | Volunteering             | Trace Family History    |
| Hiking                      | Virtual Tourism          | Family Game Night       |
| Playgrounds                 | Hometown Tourism         | Virtual Zoos            |
| Crafting Together           | Next-town-over Tourism   | Learn a new Language    |
| Kite Flying                 | Window Shopping          | Have a Yard Sale        |
| Star Gazing                 | Farmer’s Market          | Play in the Sprinklers  |
| Camping/Backyard Camping    | Meetup Groups            | Learn a New Skill       |
| Virtual Performances        | Public Library           | Take Pictures           |
| Free Outdoor Movies         | Journaling               | Make Popsicles          |
| Free Movies (Library, etc.) | Walk 10,000 steps        | Play a Sport            |
| Home Outdoor Theater        | 7-minute Workout         | Start a Garden          |
| Summer Concerts             | Declutter Your Home      | Watch a Sunrise/Sunset  |
| Bookstore Author Nights     | Summer Reading Challenge | Ride Bikes              |
| Public Lectures             |                          |                         |



***Calendar - Dates to Keep in Mind***

**July**  
**Monday, 4th** - Independence Day - **FHA Offices Closed**  
**Saturday, 30th** - Int'l Day of Friendship

**August**  
**Sunday, 7th** - Purple Heart Day  
**Wednesday, 17th** - National Non-profit Day  
**Sunday, 21st** - Senior Citizen’s Day

**September**  
**Monday, 5th** - Labor Day - **FHA Offices Closed**  
**Saturday, 10th** - National Suicide Prevention Day  
**Wednesday, 21st** - International Day of Peace  
**Thursday, 22nd** - First Day of Fall



***Fremont Housing Agency***

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**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) 727-3200

**LifeHouse**  
(402)-721-3125

**Salvation Army**  
(402) 721-0930



***! Have a fun and safe Summer!!***

**National Suicide Prevention Awareness Month**

There are an average of 123 suicides each day in this country. It’s the tenth leading cause of death in America — second leading for ages 25-34, and third leading for ages 15-24. In order to create awareness and strengthen the fight against suicide, the entire month of September is Suicide Prevention Month. Participate in the fight by getting involved with local organizations and listening to those who need help.

**WHEN IS NATIONAL SUICIDE PREVENTION MONTH 2022?**

Suicide, its causes, awareness around it, and its prevention are observed on National Suicide Prevention Month in **September**.

**HISTORY OF NATIONAL SUICIDE PREVENTION MONTH**

In recent years, society has become more open and receptive to discussions and conversations on suicide. However, there is still a stigma surrounding it and, with suicide rates increasing, it still means that the right help is not reaching people on time and we have a long way to go. It’s one of the fastest-growing epidemics around the world — approximately 44,000 people in the U.S. alone commit suicide each year.

All of us play a role in both perpetuating the causes of- and preventing suicide. Every year on National Suicide Prevention Month in September, mental health advocates, survivors, friends and family, and mental health organizations across the country and around the world share their experiences and work towards eradicating this most tragic act.

Suicidal thoughts can plague anyone regardless of age, gender, or social status. Commonly linked to depression, there is no foolproof indicator of suicidal tendencies. Many people suffering from depression or suicidal thoughts cover them up quite well. Such was the case with beloved comedian Robin Williams, who committed suicide at the age of 63 in August 2014.

Originally established in 1979 as a support group by family members of individuals diagnosed with mental illness, the National Alliance On Mental Illness is a United States-based organization that serves as a resource on this highly taboo topic. NAMI helps those affected by suicide, assists with sourcing effective treatment services, and raises awareness for educating others on its prevention.

If you or someone you know is in an emergency, call The National Suicide Prevention Lifeline at 800-273-TALK (8255) or call 911 immediately.

**WHY NATIONAL SUICIDE PREVENTION MONTH IS IMPORTANT**

**It promotes awareness**

Suicide prevention organizations aim to decrease suicides by 20 percent over the next seven years. In order to do this, they're making a conscious effort to talk about suicide — its warning signs, how to prevent it, how to discuss it, etc.— in school, at the workplace, and in politics.

**It starts a dialogue**

There's a stigma connected to suicide, so too often it's not talked about — and those who suffer from it feel they can't discuss it. Suicide Prevention Month helps to destigmatize this mental illness and promote conversation.

**It initiates change**

Thanks to Suicide Prevention Month, approaches to suicide are beginning to change. For example, schools and workplaces are implementing new programs and even pop culture is acknowledging it. For example, the Netflix show “13 Reasons Why” portrays the severity of suicide, the struggles leading to this tragic decision, as well as how it affects those left behind. The Action Alliance for Suicide Prevention is using this platform to its advantage by turning the issues on the show into a national conversation.