

Remember your obligations to the Section 8 program

- ⇒ Pay rent and utilities on time.
- ⇒ Keep your unit safe and decent.
- ⇒ Notify your housing coordinator of any income changes within the 10 day notice period.
- ⇒ Bring into the office required paperwork and Return signed paperwork on time.
- ⇒ Communicate any issue with your landlord.



Fremont Housing Agency
2510 N. Clarkson St.
Fremont, NE 68025



Section 8 News & Reminder

July - August - September 2020

Closed The Fremont Housing Agency Offices Will Be Closed On: *Closed*
Friday, July 3th
Monday, September 7th

Why should I Be patriotic?

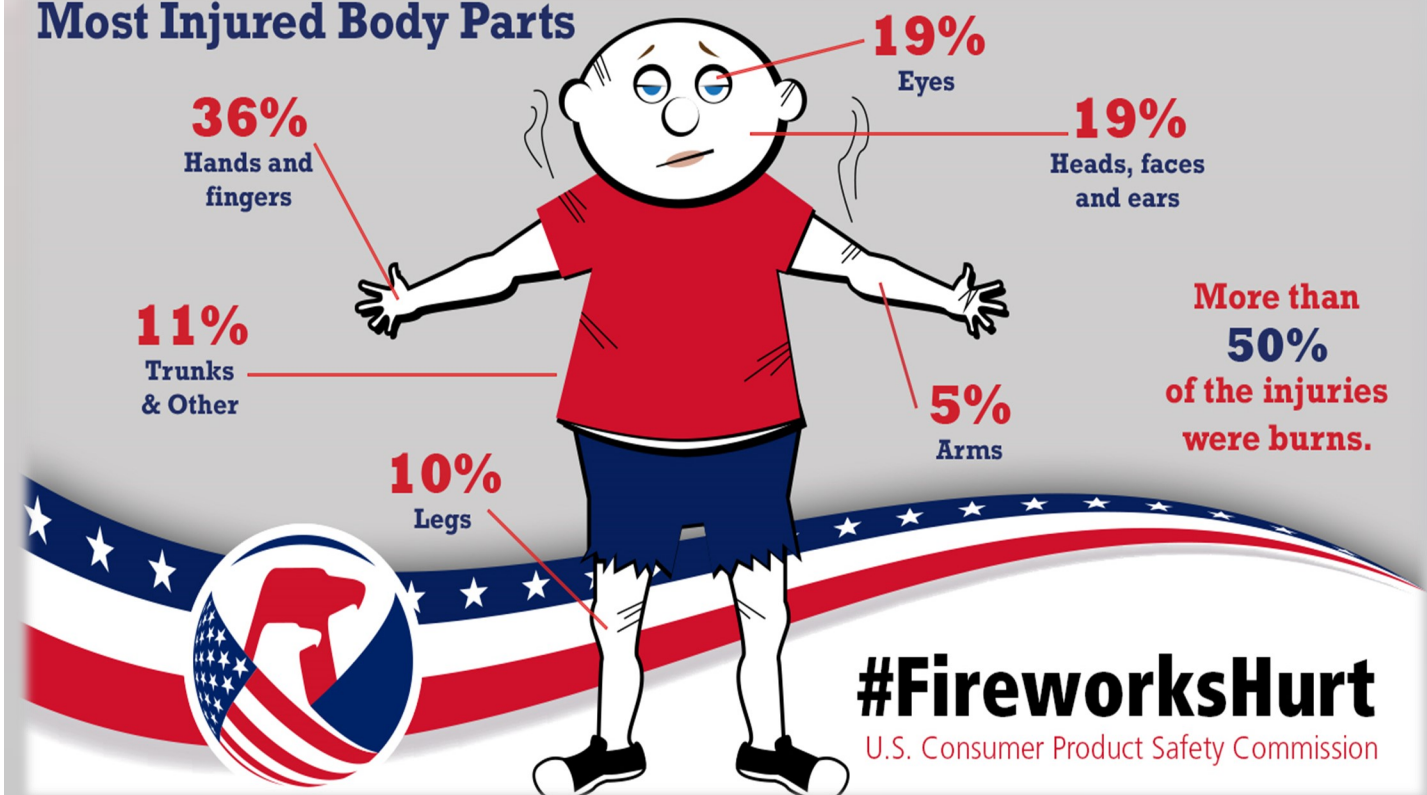
You should be patriotic because the State, as a whole, does much more for you than you as an individual can ever do for the State. Patriotism is just another form of being thankful for receiving the services you avail of the nation.

How can we demonstrate our patriotism?

We can show our patriotism by having respect for our flag, paying allegiance to our flag, and knowing the national anthem. We can show our patriotism by being involved in civic activities, being responsible citizens, and following the laws of our country, even if we disagree.

On average, 180 people go to the emergency room every day with fireworks related injuries in the month around the July 4th holiday.

Most Injured Body Parts



Well-Being

In a study by the New Economics Foundation (NEF) well-being is comprised of two main elements: feeling good and functioning well.

Feelings of happiness, contentment, enjoyment, curiosity, and engagement are characteristic of someone who has a positive experience of their life.

Equally important for well-being is one's functioning in the world. Experiencing positive relationships, having some control over one's life and having a sense of purpose are all important attributes of well-being.

Five Actions for Wellbeing

The NEF's review of the most up-to-date evidence suggests that building the following five actions into our day-to-day lives is important for well-being:

- 1. Connect** Connect with the people around you: family, friends, colleagues and neighbors. Think of these connections as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.
- 2. Be Active** Go for a walk or run, cycle, dance, play games, garden etc. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.
- 3. Take Notice** Be curious. Catch sight of the beautiful, remark on the unusual, notice the changing seasons, savor the moment, and whether you are walking to work, eating lunch, or talking to friends, be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.
- 4. Keep Learning** Try something new, rediscover an old interest, sign up for a course, take on a different responsibility at work, fix a bike, learn to play an instrument or how to cook your favorite foods. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.
- 5. Give** Do something nice for a friend, colleague, or a stranger: thank someone, smile, volunteer your time, join a community group, etc. Look out, as well as in. Seeing yourself as linked to the wider community can be incredibly rewarding and creates connections with the people around you.

The NEF study concludes that each action theme (connect, be active, take notice, keep learning, give) positively enhances personal well-being.



Are you a good neighbor?

Do you respect your neighbor's right to a peaceful environment? Do you treat your neighbors the way you want to be treated? Respect works both ways; if you give it, you will get it.



MAINTAINING YOUR YARDS

Tina, your Fremont Housing Section 8 Coordinator can do a drive by inspection at any time. Maintaining your property shows your neighbors and the community, that you care about your environment and how you live.

Ways to keep your yards looking nice:

- ◆ Pick up trash-Do not pile up garbage
- ◆ Rake up leaves and sticks and dispose of properly
- ◆ Have your lawnmower tuned up and the blades sharpened
Mow the grass at least once a week
- ◆ Have children pick up outdoor toys daily
- ◆ Do not leave standing water in wading pools
- ◆ Do not leave bicycles in the middle of the yard or on sidewalks
- ◆ Do what you can to keep the property looking nice!

The Fremont Housing Agency *and*
Your Landlord appreciate your efforts!



Calendar - Dates to Keep in Mind

July

- 4 - Independence Day
- 15 - World Youth Skills Day
- 26 - Parent's Day
- 30 - International Day of Friendship

August

- 2 - Friendship Day
- 7 - Purple Heart Day

September

- 7 - Labor Day
- 11 - Patriot Day
- 13 - Grandparent Day
- 22 - First day of Fall

Have fun in the sun, but remember to be safe!

- * Stay hydrated. Drink plenty of water, non-alcoholic fluids.
- * Don't stay out for too long.
- * Check the forecast beforehand.
- * Keep sunscreen, SPF 15 or higher, nearby and use it.
- * Check your prescriptions' side effects.
- * Turn on the A/C.
- * Beware of heat-related illnesses.
- * Avoid heavy meals at lunch time.
- * Wear appropriate clothing.
- * Follow recommended work/rest cycles.

Fremont Housing Agency

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Fremont, NE 68025
(402) 727-4848
(402) 727-4751 - fax
www.fremonthousing.org

Important Numbers

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

Low Income Ministry

(402) 727-6884

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

Uniquely Yours

