



Fremont Housing Agency

# TWO TOWER TALK SEPTEMBER 2020



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*Executive Director*  
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*Housing Program Manager*

## RENT DUE

Rent is due  
**Tuesday September 1st**  
Your payment must be in the drop box by 3:00 pm on Saturday, September 5, 2020.  
**REMEMBER!!!**  
Checks or Money Orders Only!  
**NO CASH!!!!!!**



**For after hour  
Maintenance  
emergencies  
contact:**

Ed: 402 720-1264

Rita: 402 720-9643



## “How to Cope with COVID-19 Quarantine Fatigue”

Catherine Powers-James, PH.D.: a licensed clinical psychologist wrote this article with seven tips to help with the “new normal”.

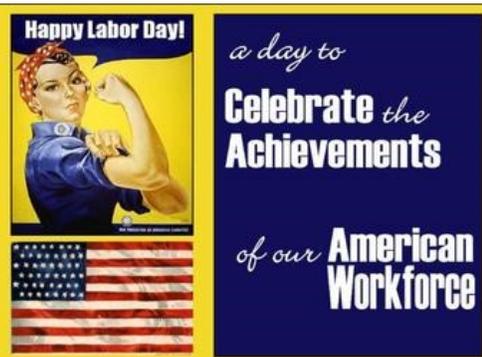


- \* Understand that your feelings are normal
- \* Re-frame your thinking
- \* Redirect your attention to what is possible
- \* Don't underestimate the power of a simple routine
- \* Step up your self care efforts
- \* Know your red flags
- \* Remember that everything is temporary

This too shall pass.



What is quarantine fatigue? Time magazine describes it as “the prolonged cocktail of stress, anxiety, isolation and disrupted routines that has left many people feeling drained”.



**The Offices, Kitchen, and Dining Room will be closed on Monday, September 7, 2020 for Labor Day!**

**No meals will be served.**



## Pestrol September Schedule

Wednesday September 9th

Starting at 12:00 pm - it will take all afternoon

Gifford Floors 2, 3, 4

Stanton Floors 2, 3, 4



**BED BUG AND ROACH CHECKS WILL BE STARTING AGAIN**

**September 16-17-18**

**Maintenance will be checking all apartments at Gifford  
Stanton Tower will be done in October**



## AMAZON PACKAGES

Amazon is supposed to deliver packages directly to you apartment. However, they have not been doing this and have been leaving them in the lobby. If you are expecting a package be sure to come down and look for it. You can track your package and Amazon will let you know when the package is delivered. If Amazon does leave your package in the lobby, Fremont Housing is not responsible for lost or stolen packages. You would have to contact Amazon if your package is lost or stolen. This also applies to any other company that directly mails the packages to you instead of through the Postal Service.



## Commodities

Friday, September 11th

Staff will deliver  
Gifford Tower commodities to their  
apartments.



Stanton Tower will be called to the  
community room floor by floor.  
Social Distance please!!!!

Staff will continue to distribute the  
Commodities.

We have stopped leaving the left over  
food in the community rooms because  
some residents have been hoarding food  
and residents who need food are not able  
to get food. The RSSC Kathy Casper  
has a food pantry in her office with the  
extra food commodities. If you **NEED**  
food call the RSSC 402 727-4848 ext.  
109 and schedule a time to pick up food  
that you need. This includes everyone-  
no matter your age or income!!



*"We can't control the world. We can only (barely) control our own  
reactions to it. Happiness is largely a choice, not a right or  
entitlement."*

David C. Hill

## Meal Program Increase



The Department of Health and Hyman Services has raised the cost of the meals to \$6.01 per meal. This will not effect those that receive the free meals. Beginning September 1, 2020 the cost for a 10 day meal ticket will be \$60.10. All tickets purchased in the past will be honored.



## CHORE PROVIDERS



I have had many residents ask for chore providers. Unfortunately the State only has two approved providers at this time. One

of them has not been cleaning since COVID-19 and the other one is full with a waiting list. These providers are contracted with the State and that is why the State pays for them to provide services. If you have family members or friends helping you the State could get them approved if you call and give them the information.

I do have names of a couple housekeepers that you would have to pay for out of pocket.

## HYGIENE

Even though we are not able to get out and go like we used to that does not mean that we should not take care of our hygiene. We still need to brush our teeth, take showers, wash our hair, change your clothes, wash your clothes and caps/hats, and use deodorant. If you are wearing face masks on a regular basis they can cause your face to break out so you need to wash your face every day.

You will feel better about yourself if you take care of yourself.



## ELEVATOR BUTTONS



You only have to push the elevator buttons one time. Pushing the button over and over again does not bring the elevators to you any faster!

Also remember not to stand in front of the elevator doors while waiting for the elevators. You need to let people out before you try to get in the elevator.



The RSSC Kathy Casper will be at Gifford Tower every Tuesday 10:00 am-11:00 am to meet with Gifford residents

Stop by or call and schedule an appointment!!!



## RentWise

October 21, 2020

Gifford Community Room.

FHA Staff will be hosting a RentWise class in October. The class is free and a workbook will be provided. Let the office know if you are interested in attending. More information will be provided at a later date.



## Elderly Bullies Prove That Immaturity Has No Age Limit

Anne-Marie Botek



The word, "bully," often calls to mind images of meaty youths demanding lunch money from trembling kids in glasses and braces. Because this scene is played out in classrooms across the country, it is usually thought of as the territory of the young. As people age we expect them become more mature, more skillful at handling interpersonal conflict.

However, evidence gathered from nursing homes, assisted living facilities, and senior centers across the country runs contrary to this assumption.

According to the Department of Health and Services' Administration on Aging, in 2008 alone, there were 2,793 complaints of elderly resident-to-resident abuse in long-term care facilities. This number only reflects the reported cases of abuse. Experts believe that abuse is more common than the formal statistics reflect. They estimate that as many as one in five elders have encountered some form of hostility from their peers while in a group setting.

### Bullying in the Elderly

Evidence is mounting that points to the fact that, while we grow older, we don't necessarily 'grow up.' The cattiness and aggressive tendencies of our youth are not automatically erased as the years accumulate.

In fact, there comes a point where the years begin to pile on a host of problems that may cause an elder to revert to more childish behavior like bullying. Physical pain, disease, loneliness, fear, and vulnerability are all common symptoms of aging that can cause an elder to lash out at their peers.

While elder-to-elder bullying comes in many varieties, it usually involves ostracism of some form. Not allowing a person to sit at a particular table during mealtimes or barring them from participating in a public activity are two common forms of bullying seen among elders in institutional settings.

Bullying can also vary based on gender differences. Men tend to adopt a more direct style, preferring to verbally abuse someone to their face, or sometimes take a physical approach to their bullying. Women, on the other hand, engage in a more behind-the-back or passive-aggressive abusive style.

In short, it appears as if little has changed since high school.

One thing that also doesn't change as a person ages is their need for companionship.

**Friendship and social support are of vital importance to elders, especially those in long-term care facilities. Numerous research studies have shown that a strong social network promotes a longer and healthier life for elders.**

# NATIONAL VOTER REGISTRATION DAY



National Voter Registration Day is a nonpartisan civic holiday celebrating our democracy. First observed in 2012, it has quickly gained momentum ever since. Nearly 3 million voters have registered to vote on the holiday to date.

Celebrated on the fourth Tuesday of September, National Voter Registration Day will next take place on September 22, 2020. The holiday has been endorsed by the National Association of Secretaries of State (NASS), the National Association of State Election Directors (NASSED), the U.S. Election Assistance Commission (EAC), and the National Association of Election Officials (The Election Center).

National Voter Registration Day is a day of civic unity. It's an opportunity to set aside differences, enjoy the rights and opportunities we all share as Americans, and celebrate our democracy.

National Voter Registration Day on the Fourth Tuesday in September urges citizens to register to vote. Make your vote count!

The RSSC can help you register to vote. It is a short application. The voting place for Gifford and Stanton Towers is at Gifford Tower and you can also vote by mail.



No excuses for no transportation to the polls!

**Call the RSSC Kathy Casper at 402 727-4848 ext. 109 if you would like help registering to vote**

## HURRY– IT'S NOT TOO LATE

There is still time to complete your 2020 Census online if you have not done so already. **The 2020 Census is scheduled to close on September 30th.** The RSSC can help you complete the 2020 Census online. Please make an appointment. It only takes about five minutes. Census takers are starting to knock on doors to complete this.

**EVERYONE COUNTS!!!!**



## THE STANTON AND GIFFORD OFFICES HAVE FACE MASKS FOR RESIDENTS ONLY!



Please stop and pick up one if you have not done so already. A variety of sizes are available, however, we are not able to give residents a choice on the masks due to germs, etc.

## Remember 911– 911 History:

- On the morning of September 11, 2001, nineteen Islamic al-Qaeda militants hijacked four planes. The hijackings occurred from Boston, Newark and Washington airports. The planes selected were long distance flights, which would have more fuel in the tanks.
- One plane each hit the north and south towers of the World Trade Center in New York city. The planes and engulfing firestorm, ultimately brought down both towers.
- A number of other buildings were also damaged or destroyed. Most notably was the Marriott hotel, which was also destroyed.
- A third plane hit the Pentagon in Washington, DC.
- The fourth hijacked plane ultimately crashed in a field in Shanksville, PA. Passengers on the plane learned of the fate of the other planes, and unsuccessfully attempted to take back control of the plane from the suicidal the hijackers. Everyone aboard died. In total, thousands were killed.





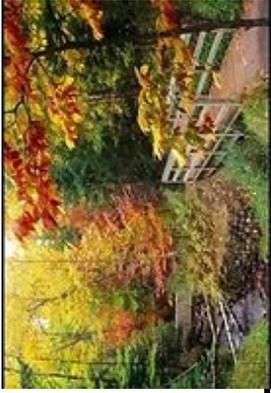
# Word Search

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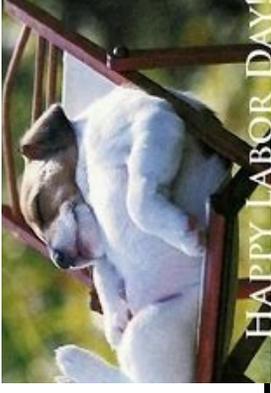
See how many of these newspaper related words you can find in the puzzle.  
The words can be forward, backward or diagonal.

Created by Sue Lindlauf  
Grand Forks Herald 2012

- |             |                   |                |              |
|-------------|-------------------|----------------|--------------|
| 1. VOTING   | 5. PRESIDENT      | 9. DEMOCRACY   | 13. ADS      |
| 2. ELECTION | 6. LEADERS        | 10. CANDIDATES | 14. TV       |
| 3. POLLS    | 7. SENATOR        | 11. CAMPAIGNS  | 15. RADIO    |
| 4. BALLOT   | 8. REPRESENTATIVE | 12. SIGNS      | 16. POLITICS |



# September 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>*SUBJECT TO CHANGE*</b>		1 Ham Loaf Creamy Potatoes Beets Jell-O	2 Roast Pork Steamed Cabbage Wedge Bread and Butter Pudding	3 Turkey Salad on Lettuce Sliced Tomato Pickle Cranberry Fluff	4 Grilled Cheese French Fries Pickle Desert Bar	5 Turkey Salad Sandwich Chips Peaches
6 Ham Loaf Mashed Potatoes Peas Jell-O	8 Swedish Meatballs Potatoes Mixed Veggies Peaches	8 Swedish Meatballs Potatoes Mixed Veggies Peaches	9 Beans and Wienies Bread and Butter Hash Browns Rice Crispie Bars	10 Barbecued Pulled Pork Sandwich Chips Apricot Fluff Cookie	11 Fried Chicken Potatoes with Gravy Corn Pudding	12 Swedish Meatballs Mixed Veggies Peaches
13 Pulled Pork Sandwich Chips Apricot Fluff	14 Breakfast Burrito Cottage Cheese and Fruit Donut	15 Cheese Spread Sandwich Cole Slaw Pickle Butterscotch Pudding	16 Roast Beef Mashed Potatoes and Gravy Green Beans Key Lime Pie	17 Impossibly Easy Cheeseburger Pie Peas and Carrots Chocolate Chip Cookie	18 Creamy Chicken and Biscuits Sliced Tomato Strawberry Cake	19 Cheeseburger Pie Corn Pudding
20 Hot Beef Sandwich Mashed Potatoes and Gravy Broccoli	21 Goulash Lettuce Salad Frosted Marble Cake	22 Pork Chop Mashed Cauliflower Carrots Bread and Butter	23 Chili with Crackers 1/2 Cheese Sandwich Cinnamon Roll	24 Liver and Onions Baked Potato Corn Jell-O Poke Cake	25 Deli Roast Beef Sandwich Pickle Macaroni Salad Cookie	26 Goulash Green Beans Marble Cake
27 Chili Crackers Cinnamon Roll	28 Lasagna Garlic Bread Stick Cook's Choice Vegetable Butterscotch Pudding	29 Polish Sausage With Apple Sauerkraut Fried Potatoes Jell-O	30 Ground Beef Gravy and Biscuit Vegetables Cherry Jell-O with Fruit	Bi-Weekly menus for participants are still necessary and available at the Gifford & Stanton Tower offices. If you are interested in the Food Service Program, please feel free to contact Resident Support Services at 727-4848 ext. 112 or stop down at the office during regular business hours.		

**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**

(402) 721-7770  
**Senior Center**  
(402) 727-2815  
RSVP Car-Go  
(402) 561-2224

**Uniquely Yours**

(402) 727-8977

**TRIVIA**

**THURSDAY-September 24**

**1:30-2:30 pm**

**Stanton Tower Community Room**

**Only two to a table-Only 22 residents allowed  
SOCIAL DISTANCE-6 Feet-Wear a mask if you please!**

**HOT DOG ROAST**



**Social Club Fundraiser!!**



**2 Hot Dogs  
Baked Beans  
1 Bag of Chips**

**September 5th-Labor Day-1:00 PM-  
\$5.00 per meal**

**Served outside in the Barbeque Area  
Bring your own nonalcoholic beverage  
No eating in the community room  
SOCIAL DISTANCING REQUIRED!!!**

**Stanton Tower Social Club Presents  
Merrymakers Pamela Sue**



**Wednesday September  
16th  
Outside at 3:30 PM**

**Bring your own chairs**

**Practice Social Distancing-6 feet apart**

**Bring your own nonalcoholic beverage**

**No snack's or beverages will be provided**



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