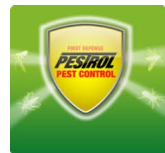


Important Information



Pest-Trol September Schedule

Wednesdays

September 10 Stanton Floors 10-11
September 24 Gifford Floors 10-12

FLU SHOT CLINIC GIVEN BY THREE RIVERS



Friday - September 26

STANTON TOWER 2-3 PM

GIFFORD TOWER 3-4 PM



Please call Service Coordinator at
402-727-4848 Ext 109
To reserve your shots.



September Birthdays

Tuesday September 9 at 1:00 in the Stanton Community room

Come celebrate with the 21 residents having Birthdays this month!

Sponsored by Essential Care. Lilly Carbonnel Walker will be here to celebrate with us and answer any Medicare / Medicaid questions you may have. Come join in the fun!

STANTON TOWER RESIDENTS

November Apartment Inspection are coming! The annual **inspections** will be for all residents in Staton Tower. Please get a head start on your fall cleaning. If you need help please contact the RSSC at 402-727-4848 ext. 109 to see if you are eligible for assistance. More information to follow.



Please be mindful of your animals at all times. All droppings not picked up will be sent in to Poo Prints and fines will be issued. Please watch your animal closely as we have found some in the buildings as well as outside.



Board Meeting

September 24, 2025 11:30 AM
Gifford Tower Conference Room



Seasons of Support: Autumn Edition

What: 1st Annual Senior Resource Fair
Vendors from all industries available to answer questions and support your needs

Host: Fremont Area Aging Resource Network

Date: September 30th

Time: 10:00 am – 2:00 pm

Location: Christensen Field Arena & Fremont Friendship Center
1730 West 16th St
Linden & Ridge Road
Fremont, NE

Food truck will be available in the parking lot or RSVP to 402-727-2815 by noon on Sept 29th for \$5 lunch at the Friendship Center.

Free health screenings and dozens of raffle prizes and freebies available. Join the fun!

Stay tuned to media outlets for further schedule information.



[Vendor Registration Form](#)

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 SEPT 3, 2:00 PM
STANTON TOWER COMMUNITY ROOM



Exercise Class 1:00 Mondays

Come on down to the Stanton Community Room to exercise

September 8, 15, 22 and 29.

The Library Bookmobile Friday, September 5, 2025

9:30-10:15 at Stanton Tower
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

COMMODITY DELIVERY SEPTEMBER 10, 2025 1:00 Stanton & 1:30 Gifford.



Due to cuts in the program if you do not pick up your commodities, you will be removed from the program. Be sure to let the Service Coordinator know if you have a conflict picking up your a food box before the Sept 12 date. 402-727-4848 Ext. 109.



Every Friday at 2:00 pm
Stanton Community Room
Specials: Birthday Bingo Sept 12
Sandwich Bingo Sept 26

Spaghetti Dinner
\$6.00 Dessert \$1:00
September 27, 5-7:00 p.m.
Stanton Community Room



THURSDAY, SEPTEMBER 4 and 18
1:30-2:30
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:

Ed: 402 720-1264

Lets Talk...

SEPTEMBER 2025



MONDAY SEPTEMBER 1, 2025

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

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



Coffee will be available in the Stanton Community Room from 8am to 10am and then after 1:30pm. weekdays.

Thank you to TruNorth Healthcare and Roger for sponsoring the daily coffee.

Please bring your own coffee cup with a lid if you plan to take some with you.

Labor Day Potluck

September 1 5-7:00 pm

Stanton Community Room

Dinner \$6 Dessert \$1

Sign up in lobby by Saturday



September 2025 Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Labor day Chicken Potluck Dinner 5 to 7pm Offices Closed	2 10-11-RSSC at Gifford Tower	3 2:00– Resident Council and Social Club Meeting	4 1:30 - 2:30 Trivia	5 10:30-Library at Stanton 11:00-library at Gifford 2-4 pm-Bingo at Stanton Tower	6 2-3 Coffee at Stanton Tower
7	8 2-4-Art & Crafts at Gifford Tower 6:30—8:00 Bible Study	9 10-11-RSSC at Gifford Tower 1-2 Essential Care Birthday Party	10 Commodities 1:00 Stanton 1:30 Gifford Pestrol Floors 10-11 Stanton Towers 2-4-Art & Crafts at Stanton Tower	11	12 2-4 pm- Birthday Bingo at Stanton Tower	13 2-3 Coffee at Stanton Tower
14	15 2-4-Art & Crafts at Gifford Tower 6:30—8:00 Bible Study	16	17 2-4-Art & Crafts at Stanton Tower	18 1:30 - 2:30 Trivia	19 2-4 pm-Bingo at Stanton Tower	20 2-3 Coffee and Rolls at Stanton Tower
21	22 2-4-Art & Crafts at Gifford Tower 6:30—8:00 Bible Study	23 10-11-RSSC at Gifford Tower	24 2-4-Art & Crafts at Stanton Tower Pestrol Floors 10-12 Gifford Towers 11:30-FHA Board Meeting-Gifford	25 Office Windows Closed	26 3-5 pm– Sandwich Bingo at Stanton Twr 3 Rivers Flu Shots 2-3 Stanton CR 3-4 Gifford CR	27 Spaghetti Dinner 5-7 pm
28		29 2-4-Art & Crafts at Gifford Tower 6:30—8:00 Bible Study	30 10-11-RSSC at Gifford Tower			



September 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Kitchen And Dining Room Closed</i>	2 Ground Beef Gravy And Biscuit Vegetables Cherry Jell-O With Fruit	3 Roast Pork Steamed Cabbage Wedge Corn Bread and Butter Pudding	4 Chicken Salad on Lettuce Sliced Tomato Macaroni Salad Cherry Fluff	5 Cheeseburger Potato Salad Baked Beans Pickle Desert Bar	6 Chicken Salad Sandwich Chips Peaches
7 Hamburger Chips Pickle Fruit	8 Swedish Meatballs Potatoes Mixed Veggies Peaches	9 Beans And Wienies Bread and Butter Hash Browns Rice Crispie Bars	10 Fried Chicken Potatoes With Gravy Carrots Cookie	11 Polish Sausage With Apple Sauerkraut Fried Potatoes Jell-O	12 Barbecued Pulled Pork Sandwich Cole Slaw Apricot Fluff	13 Swedish Meatballs Mixed Veggies Peaches
14 Pulled Pork Sandwich Chips Apricot Fluff	15 Biscuits and Gravy Sausage Patty Scrambled Eggs	16 Cheese Spread Sandwich Cole Slaw Pickle Butterscotch Pudding	17 Roast Beef Mashed Potatoes And Gravy Green Beans Key Lime Pie	18 Ham Salad Sandwich Chips Apple Crisp	19 Creamy Chicken And Biscuits Sliced Tomato Cook's Choice Cake	20 Tuna Salad Sandwich Chips Pudding
21 Hot Beef Sandwich Apple Crisp	22 Goulash Green Beans Frosted Marble Cake	23 Pork Chop Mashed Potatoes Peas Bread and Butter	24 Chili Crackers Cinnamon Roll	25 Liver and Onions Baked Potato Corn Jell-O Poke Cake	26 Delt Ham Sandwich Chips Jello Salad Cookie	27 Goulash Bread and Butter Marble Cake
28 Chili Crackers 1/2 Cheese Sandwich Fruit	29 Spaghetti With Meat Sauce Garlic Bread Stick Cook's Choice Vegetable Spice Cake	30 Ham Slice Creamy Potatoes Watergate Salad Vegetable Cooks Choice				

Recipe For: _____

Ingredients: _____

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@fremonthehousing.org

August 5, 2025 National Night Out

Sponsored by the Kiwanis at the JC Fremont Park.

Just a night to get out and meet your neighbors and pick up safety information prior to school starting. A few of our residents ventured down to the park to enjoy the night.



GROCERY CARTS—Please return any cart you borrow from the store with your goods to the appropriate store. These are costly items for stores to buy for your convenience. Please return them before you are charged with theft.

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.



Reminder that you are not allowed to smoke in front of the buildings. You must be 25 feet away from the buildings. The cigarette butt holders in front and back of the buildings are for you and your guests to put out cigarettes before entering the buildings. The designated smoking areas are in the back of the building!!

Thank you to all our venders and residents who attended our August Resource Fair at Stanton Towers. Congratulations to Carol Nodean, Julaine Hammond and Cheri Christensen on winning the raffle. We look forward to our October 23 Resource Fair at Gifford with more medical and employment service resources available.



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.



Weather



Find and circle all of the words that are hidden in the grid. The remaining letters spell an additional weather word.

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

- | | | | |
|------------|-----------|-----------|-------------|
| BAROMETER | FLOOD | ICE | STORM |
| BLIZZARD | FLURRIES | LIGHTNING | SUNNY |
| CELSIUS | FOG | MIST | TEMPERATURE |
| CLOUDS | FORECAST | MONSOON | THERMOMETER |
| COLD | FREEZE | OVERCAST | THUNDER |
| CYCLONE | FROST | RAIN | TORNADO |
| DOWNPOUR | HAIL | SHOWER | TSUNAMI |
| DRIZZLE | HOT | SLEET | TYPHOON |
| DROUGHT | HUMIDITY | SNOW | VISIBILITY |
| FAHRENHEIT | HURRICANE | SQUALL | WINDY |

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 John Lempke our August winner.