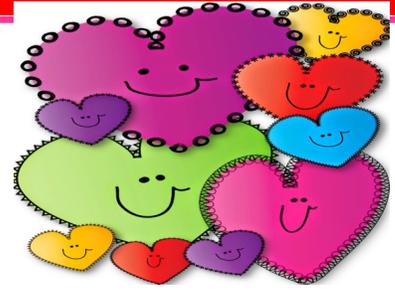




Fremont Housing Agency

# TWO TOWER TALK FEBRUARY 2021



Rita Grigg  
*Executive Director*  
Darci Blakely  
*Housing Program Manager*

## PLUNGERS!!!!



We suggest that everyone get a plunger! Plungers cost very little. The first time

you flush and it does not go down you can use your plunger and avoid a clog or toilet overflow.

If you do not know how to use a plunger our Maintenance Staff will show you!



## RENT DUE

Rent is due  
Monday

February 1st

Your payment must be  
in the drop box by 3:00  
pm on Friday,

February 5, 2021

REMEMBER!!!

Checks or Money

Orders Only!

NO CASH!!!!!!

## REMINDER: STAY WITH YOUR LAUNDRY!

Stay with your laundry! Do not put your laundry in the washers or dryers and leave it unattended!

Other residents will take your laundry out of the washers and dryers! **We are not responsible for lost or stolen laundry!**



For after hour  
Maintenance  
emergencies  
contact:

Ed: 402 720-1264

Rita: 402 720-9643

## The Offices and Kitchen will be closed

Monday

February 15, 2021

No meals will be served that day!!





## Pestrol February Schedule

Wednesday February 10th



Starting at 12:00 pm

Gifford Floors 10-12

Stanton Floors 10-11

## ATTENTION STANTON RESIDENTS

Bed bug inspections will take place February 17 through February 19. You do not have to be home when maintenance comes to check your apartment. The maintenance department does not schedule dates and times for the checks!



## SPACE HEATER SAFETY

Portable space heaters can be used for additional heating but they can also cause significant fire and electric shock hazards if you do not use them correctly.



Choose a space heater with a guard around the element to keep pets, clothing, etc. away from the heat source.

Place the heater at least 3 feet from anything that can burn such as papers, clothing, and rugs.

Choose a heater that is the correct size for the area that you want to heat.

Plug directly into the wall outlet, do not use extensions chords.

Do not leave the space heater unattended. Unplug it when you are not using it or when you go to sleep!



**Attention Gifford Residents:** Just a friendly reminder to keep up with cleaning your apartments. The Annual Inspection is coming in a couple months.

**Do not wait until the last minute!!**

## Commodities

Commodities will be delivered every other month so you will be getting a two month supply of food. Commodities **will not** be delivered in February. Next delivery will be Tuesday, March 16th.



**Gifford Residents:** You will have to start picking up your commodities. If you cannot pick them up you can find someone to pick them up for you-they just have to bring us a signed note. An announcement will be made to let you know they are ready to be picked up.

**Stanton Residents:** Due to the confusion and congestion in the lobby in January we are asking everyone to wait in your apartments with your carts until your floor is called. We will call one floor at a time and call the next floor when the first group is back on the elevator. There were too many carts lined up in the lobby and people in the lobby that caused a safety hazard. You have been told time and time again to not stand in front of the elevators waiting to get on while blocking people from getting off. Do not come to the lobby and wait for your floor to be called. Do not bring carts and wagons down and line them up.

**Gifford and Stanton residents will have to start signing, not initialing, your name on the sheet they bring us.**

**Now that we receive our commodities from a different place they will be taking names off the list if you do not pick up your commodities. They have seen too many people who need food and too many people who hoard food. It's time to start using up the food that you have.**

**Contact Kathy Casper to see if you are eligible and to fill out an application if you would like to get on the list.**

## COVID 19 VACCINATION WAIT LIST



There is a wait list open for ages 65 and over. You can visit the Three Rivers Public Health website to get on the list or **contact Service Coordinator Kathy Casper at 402 727-4848 ext. 109 for assistance.** The latest report for a date is probably sometime in March. It may be sooner depending on the availability of the vaccine in Nebraska. This is just a wait list, not a sign up for the vaccine. Three Rivers will contact people when a vaccine is available for this age group.



**Three Rivers Website: [threeriverspublichealth.org](https://www.threeriverspublichealth.org)**

# SMP SCAM WATCH: COVID-19 VACCINE

Be on the lookout for COVID-19 scams:

- ☑ You *likely* will not need to pay anything out-of-pocket to get the vaccine during this public health emergency.
- ☑ You cannot pay to put your name on a list to get the vaccine early.
- ☑ No one from Medicare or the Health Department will contact you.
- ☑ Beware of providers offering other products, treatments, or medicines to prevent the virus.
- ☑ No one from a vaccine distribution site or health care payer will call and ask for your Medicare number, Social Security number, or banking information to sign you up for a vaccine.

Contact the SMP to report Medicare fraud, errors, or abuse at 877.808.2468 or at [smpresource.org](http://smpresource.org).

SUPPORTED BY GRANT # 90MPC0002 FROM ACL

# PLEASE DON'T

- Leave Items in Machines Unattended
- Overload Machines
- Sit on Machines or Folding Tables
- Let Children Play with Machines

NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS

*The Management*

## Be Happy..

Enjoy every moment  
of your life..

Life is too short to  
waste on grudges..

Laugh when you can,  
Apologize when you  
should..

and let go of what you  
can't change..



## SELF CARE: Take Care of Your Mental Health During COVID-19

1. Look for opportunities to laugh.

2. Get enough sleep.

3. Exercise as appropriate.

4. Set healthy boundaries.

5. Be kind to yourself.

6. Stay connected to loved  
ones.



*National Council for Behavioral Health*

# CAUTION

# ICY



# WALK LIKE A PENGUIN



SUNDAY, FEBRUARY 7TH

# ATTENTION GIFFORD AND STANTON RESIDENTS FOOD PANTRY



The RSSC Kathy Casper has a food pantry in her office with the extra food from commodities. If you NEED food call the RSSC 402 727-4848 ext. 109 and schedule a time to pick up food that you need.

Anyone interested in starting up a little exercise or walking class? Several of you have expressed interest since getting out and doing things have been limited. If anyone is interested or would like to lead the class contact Kathy Casper, Service Coordinator at 402 727-4848 ext. 109



SweatpantsAndCoffee.com

## HAPPY THINGS!

- The smell of coffee
- THE SOUND OF RAIN
- A smile from a stranger
- finding money in your pocket
- New pens and notebooks
- Old books
- NEW BOOKS**
- A text from a friend
- YOUR FAVORITE SONG COMING ON THE RADIO
- Penguins
- TOWELS WARM OUT OF THE DRYER
- FINDING A PARKING SPACE RIGHT AWAY
- AN OLD PHOTO THAT MAKES YOU LAUGH
- a dishwasher full of clean dishes
- Buttered toast
- staying in your pajamas
- Long walks
- WHEN A BABY SMILES AT YOU
- A NEW OUTFIT
- Nice weather
- Bubbles
- ICE CREAM
- Netflix marathons
- Checking things off your to-do list
- THROWING OUT THE TO-DO LIST
- Remembering a happy dream
- Finishing a crossword puzzle
- Fresh air
- Fuzzy socks
- Laughing so hard you cry and snort and look really weird

yes!

## Most Popular Valentine's Day Gifts



1. Chocolates
2. Flowers
3. Cards
4. Jewelry
5. Dinner for two
6. Clothing



7. Gift Cards
8. House Plants
9. Perfume
10. Personalized or handmade gifts

## Nebraska's Favorite Valentine Candy



- Chocolate hearts
- Heart-shaped box of chocolates
- Cupid Corn

# Valentine's Day Word Search

c g f l o w e r s i p  
j s w e e t h e a r t  
e f p a c u p i d a e  
v h o i k a c p s r t  
a o g u y h e a r t s  
l o v e r r d e g o f  
e k r a p t r r o w r  
n r i r o s e s p x i  
t o h s d r d e i r e  
i s u h s p i n n h n  
n r g a r e l l k t d  
e o s c h o s r o s h  
s w e e r t s f r i e  
v c h o c o l a t e k

valentine  
arrow  
cupid  
hearts  
love

red  
fourteenth  
hugs  
chocolate  
pink

roses  
friend  
flowers  
sweetheart  
kisses



# February 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>*SUBJECT TO CHANGE*</b>	1 Ham Slice Scalloped Potatoes Mixed Vegetables Bread and Butter	2 Vegetable Beef Soup Corn Muffin Pears	3 Oriental Pork Stir Fry Over Rice Bread and Butter Fortune Cookie	4 Soft Shell Taco Corn Salsa Peach Delight Bar	5 Spareribs With Sauerkraut Mashed Potatoes Red Velvet Cake	6 Ham Slice Mashed Potatoes with Gravy Mixed Fruit
7 Vegetable Beef Soup with Crackers Dinner Roll Red Velvet Cake	8 Beef Salad Sandwich Chips Pickle Ambrosia	9 Ham and Bean Soup Corn Bread Brownie	10 Smothered Pork Chop Mashed Sweet Potatoes Corn Angel Food With Cherries	11 Irish Beef Stew Bread and Butter Apple Crisp	12 Fried Chicken Mashed Potatoes Peas Coconut Bar	13 Beef Salad Sandwich Chips Pickle Brownie
14 Beef Stew Bread and Butter Apple Crisp	15 <b>KITCHEN AND DINING ROOM CLOSED</b> <i>Presidents Day</i>	16 Chicken Salad Macaroni Salad Three Bean Salad Bread Stick Jell-O Fruit Salad	17 Meat Loaf Baked Potato Pea Salad Cherry Cobbler	18 Goulash Peas & Carrots Raisin Cream Bar	19 Tuna Noodle Casserole Beets Peaches	20 Goulash Bread Stick Chocolate Pudding
21 Meat Loaf Baked Potato Pea Salad Cherry Cobbler	22 Ham and Egg Casserole Fruit Cranberry Muffin	23 Shepherd's Pie Jell-O Salad Pumpkin Bars	24 Cheeseburger Potato Salad Baked Beans Mandarin Oranges	25 Ham Loaf Scalloped Potatoes Lettuce Salad Strawberry Cake	26 Chicken Strips Criss Cross Fries Butterscotch Pudding	27 Shepherd's Pie Bread and Butter Butterscotch Pudding
28 Cheeseburger Potato Salad Pumpkin Bar	 <p>Bi-Weekly menus for participants are still necessary and available at the Gifford &amp; Stanton Tower offices. If you are interested in starting the Food Service Program, please feel free to contact Resident Support Services at 727-4848 ext. 109 or stop at the office during regular business hours.</p>					
 <p>February Birthstone</p>						

**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



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

**Come and join us for TRIVIA!!!!!!**

**Have fun-win prizes everyone is a winner!!!!!!**



gg72054582 GoGraph.com

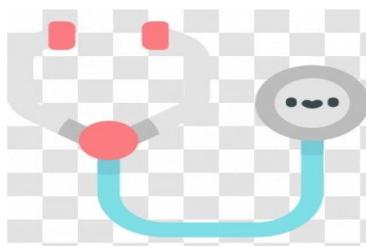
**Stanton Tower Community Room**

**Thursday, February 25, 2021**

**1:30-2:30 PM**

**HEALTH AT HOME CONSULTANTS**

*If you are unable to get to the clinic....  
they bring the clinic to YOU!*



**WEDNESDAY**

**FEBRUARY 10, 2021**

**1:30-2:30 PM**

**STANTON TOWER COMMUNITY  
ROOM-Treats!!!!**

*They can also assist with mental health issues due to  
COVID such as social isolation and depression.*



Your Guide  
To Being A Successful Renter

**RENTWISE**

**MARCH 15, 2021**

**STANTON TOWER  
COMMUNITY ROOM**

**Watch for more information on RentWise  
and how to sign up to attend**