

World Health Day is celebrated April 7th every year Spearheaded by the World Health Organization (WHO)



To understand World Health Day, it's important to **know some history on WHO**. In 1945, officials of Brazil & China proposed the creation of an international health organization, that is all-encompassing and independent from any government powers. Six months later in New York, the constitution of WHO was approved and entered into force on April 7, 1948. 61 countries signed in agreement for the inception of the Non-Governmental Organization.

One of the first official acts WHO created was the celebration of World Health Day. This day provides global opportunity to focus attention on important public health issues that affect international communities; and a chance to launch programs that continue long after World Health Day. Since 1950, based on suggestions of members and staff, the current WHO Director-General, selects a different theme each year. On World Health Day 2022, the theme will be "Our Planet Our Health". WHO will focus global attention on urgent actions needed to keep humans and the planet healthy.

Our world is currently experiencing a polluted planet and increasing diseases. There have been extreme weather events, land degradation & scarcity of water that are displacing people and affecting their health. We've seen mosquitos spread diseases farther & faster than ever before. People breathe polluted air resulting from burning fossil fuels (coal, oil, natural gas). The social, public and commercial decisions about Food Systems are driving climate change that contributes to health crisis. The Systems that produce processed foods & unhealthy beverages are the driving force of obesity, and increases in cancer and heart disease. Food systems are the leading contributor to gas emissions (various gasses and carbon dioxides) in the atmosphere.

The goal of World Health Day 2022 is to reexplore a world where clean air, water and food are available to all, through economies focusing on health and well-being. As per WHO's estimate, more than 13 million annual deaths around the world are due to avoidable environmental causes, including climate crisis, the single biggest health threat facing humanity.

Food Systems contribution to the overall food system gas emissions:

- ⇒ Production 39% due to inputs of fertilizers
- ⇒ Methane from livestock raising & rice cultivation combined 35%
- ⇒ Land 38%
- ⇒ Distribution 29%
- ⇒ Refrigeration used by the retail sector 5%
- ⇒ Packaging 5.4%, which is more than transportation and other supply-chain factors.

Through the pandemic we saw the healing power of science and we also saw society's weakness'. Our experience has brought awareness for the need to create sustainable societies that are more connected and committed to achieving equitable health, now and for future generations, while conserving the environment.



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

APRIL	BASEBALL	BREAK
BREEZE	CLEANING	CLOUDS
JACKET	KITE	MARCH
MAY	PICNIC	PUDDLES
RAINBOW	RAINCOAT	SEASON
SHOWERS	SPRING	SUNSHINE
THAW	UMBRELLA	WINDY



Tree Valley Academy

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



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

Arts & Crafts

Every Monday from 2:00 PM to 4:00 PM
Gifford Community



Feet 4 Keeps Toe Nail Clinic

Thursday-April 7, 2022
11:00 AM-4:00 PM

Call ahead for an appointment
Sara Bourek 402 719-9770



AFFORDABLE CONNECTIVITY PROGRAM
Helping households connect

ALLO Fiber
Tuesday April 5th
Stanton Tower

Thursday April 7th
Gifford Tower
2:00 to 4:00 PM both days



POT LUCK DINNER

Stanton Community Room
Saturday the 9th from 5:00 PM to 6:30 PM

WAYNE MILLER

Wednesday the 13th from 2:00 PM to 3:00 PM
Stanton Tower



PEST-TROL SERVICES

Floors 6 through 9 | Stanton Tower | April 13th
Floors 6 through 9 | Gifford Tower | April 27th

Critter Consult beginning April 18th
Gifford Tower all week to check for critters



MERRY MAKERS MUSIC with *Joyce*
Wednesday, April 27th at 2:00 PM-3:00 PM

STANTON COMMUNITY ROOM



Fremont Housing
Agency

Rita Grigg
Executive Director
Stephanie Gardeman
Housing Program Manager

RENT DUE

Rent is due
Friday, April 1st
To avoid a late fee,
your payment must be
in the drop box by
3:00 pm on Tuesday,
April 5th
Checks or Money
Orders Only!



**For after hour
Maintenance
emergencies
contact:**

Ed: 402 720-1264

Rita: 402 720-9643

TWO TOWER TALK

April 2022



RENTWISE

Please join us in the Gifford Community Room
Tuesday April 19th & Wednesday April 20th
8:30 AM—12:30 PM

Successfully complete both sessions of this tenant education program to earn a Nebraska RentWise certificate that can be used when applying for housing anywhere.

- ♦ Sharpen Communication Skills & build positive Relationships
- ♦ Increase proficiency in budgeting & Money Management
- ♦ Be knowledgeable in searching for rental properties
- ♦ Learn how to build a positive Rental History
- ♦ Understand your Rights & Responsibilities as a tenant
- ♦ Improve lease interpretation skills
- ♦ Know the importance of taking Pride in Your Home

APPLICATION FAIR 2022

Thursday April 7th 5pm-7pm & Saturday April 23rd 11am-1 pm
Gifford Community Room

Attendees will get an inside look at affordable housing . We will assist with fielding questions & applying for housing on the spot.
Earn a Resident Referral & tell your friends.

FHA invites you to the Resident Advisory Board Meeting for 2022 Capital Funds (CFP) Annual & 5 Year Statements, and 1 Year Agency Plan

Wednesday, April 6th at 10:00 a.m. | Stanton Tower Library
Public Meeting to discuss CFP & Statements will follow on May 25th
ALL TENANTS ARE ENCOURAGED TO ATTEND

April 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Potato Soup Egg Salad Sandwich on Sourdough Bread Cooks Choice Fruit ☐	2 Potato Soup Boiled Egg Bread & Butter Fruit ☐
3 Golden Beef Casserole Bread & Butte Mandarin Orange Jell-O ☐	4 Texas Hash Apple Rings Bread & Butter Carrots ☐	5 Chicken Fried Steak Mashed Potatoes Broccoli Chocolate Chip Cookie ☐	6 Scrambled Eggs Sausage Patties Toast ☐	7 Vegetable Lasagna Bread Stick Lettuce Salad ☐	8 Fish Sandwich Cottage Cheese Peaches ☐	9 Texas Hash Mandarin Oranges Bread & Butter ☐
10 Vegetable Lasagna Jell-O Salad Chocolate Chip Cookie ☐	11 Tuna Salad Sandwich Chips Cherry Cheesecake ☐	12 Fried Chicken Mashed Cauliflower Carrots Coconut Pudding ☐	13 Cheese Burger Pasta Salad Pears ☐	14 Turkey Stuffing & Gravy Green Bean Casserole Pumpkin Pie ☐	15 Salmon Patties Fried Potatoes Creamed Peas ☐	16 Tuna Salad Sandwich Pasta Salad Pudding ☐
17 Turkey Green Bean Casserole Bread & Butter Jell-O Poke Cake ☐	18 Turkey Tetrazzini Green Beans Yellow Cake ☐	19 Grilled Chicken Sandwich Tater Tots Jell-O Salad ☐	20 Meat Loaf Mashed Potatoes Corn Chocolate Cake with Peanut Butter Frosting ☐	21 Vegetable Beef Stew Bread & Butter Peach Crisp ☐	22 Tuna & Noodles Fries Tapioca Pudding Animal Crackers ☐	23 Tuna & Noodles Bread & Butter Fruit ☐
24 Turkey Tetrazzini Corn Strawberry Cake ☐	25 KITCHEN AND DINING ROOM CLOSED	26 Brats on a Bun Potato Salad Baked Beans Mixed Fruit ☐	27 Ham & Scalloped Potatoes Cooks Choice Vegetable Baby Ruth Candy Bar ☐	28 Homemade Hamburger Pizza Lettuce Salad Pineapple Fluff ☐	28 Pork Loin Mashed Potatoes Veggies Cookie ☐	30 Golden Beef Casserole Bread & Butter Mandarin Orange Jell-O ☐



April 2022 Activities

Social Club



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 2-4 Bingo Stanton Tower	2 2-3 Coffee Stanton Tower
3	4 2-4 Art and Crafts Gifford Tower	5 2-4 Allo Fiber Stanton Tower	6 2:00-Stanton Tower Resident Council and Social Club Meeting	7 11-4 Feet For Keeps 2nd floor Stanton 2-4 Gifford Tower Allo Fiber	8 2-4 Bingo Stanton Tower	9 Social Club Pot Luck dinner 5-6:30 Stanton Tower
10	11 2-4 Art and Crafts Gifford Tower	12	13 2-3 Wayne Miller PESTROL Floors 6-9 Stanton	14	15 2-4-Bingo Stanton Tower	16 2-3 Coffee & Rolls Stanton Tower
17	18 Art and Crafts 2-4 Gifford Critter Consult 8-4 all floors Gifford Tower	19 8:30-12:30 RENTWISE Gifford Community Rm Critter Consult 8-4 all floors	20 8:30-12:30 RENTWISE Gifford Community Rm Critter Consult 8-4 all floors	21 1:30-2:30 Trivia Stanton Critter Consult 8-4 all floors Gifford Tower	22 2-4 Bingo Stanton Tower Critter Consult 8-4 all floors Gifford Tower	23 2-3 Coffee Stanton Tower
24	25 2-4 Art and Crafts Gifford Tower	26	27 FHA Board Mtg 2-3 Merry Makers Music Joyce PESTROL Floors 6-9 Gifford	28	29 2-4 Bingo Stanton Tower	30 2-3 Coffee Stanton Tower

WHAT'S HAPPENING IN FREMONT

Mark your calendars for April 22 Event Highlights

BULL RIDING CLASSIC

CONTACT CHRISTENSEN FIELD OR GO TO WEBSITE WWW.BULLRIDINGCLASSIC.COM

Held on April 8th & 9th at Christensen Field

Begins each night at 6:15 with the Cavender's Mutton Bustin' Classic. At 7pm the Fremont Bull Riding Classic begins in the heated indoor arena.

Dance & Concert following Bull Riding event

Get your tickets today at:

Tractor Supply or Hy-Vee, both in Fremont



LENT FISH FRY

Izaak Walton April 15th

Doors open at 5, Food served at 6!

\$15/person: fish, sides, & \$1 drink ticket.

Chicken strips available

KIMMEL THEATRE PRESENTS HAIR

MIDLAND UNIVERSITY | 900 N. CLARKSON STREET

APRIL 21ST THROUGH APRIL 24TH

Set in an East Village Park in 1967. A rock musical of a tribe of hippies who celebrate peace & love in the shadow of the Vietnam War. The loose plotline centers on Berger, the charismatic leader of the "tribe," and Claude, a sweet-natured guy from Queens who's about to be drafted.



RIBBON CUTTING CEREMONIAL'S

Old Poor Farm located in the Elkhorn River Valley



A no-kill shelter caring for special animals with disabilities, & deemed un-adoptable by most standards.

Ribbon Cutting held Friday April 22nd from 9:00 AM - 10:00 AM

1777 County Road 23, Nickerson, NE

rmdkjd@outlook.com | FaceBook page: Old Poor Farm | 402-727-8087

Hidden Brook I & Hidden Brook II Townhomes

Very affordable 20-unit income-based complexes in a quiet neighborhood, located off East 29th Street, in Fremont, Nebraska.

Ribbon Cutting held Friday April 29th from 9:00 AM - 10:00 AM

All waitlists are currently open for these spacious, 3 bedroom, one bath, one car Townhomes



Amenities include Central Air, Soft Water, Microwave, Dishwasher, in unit Washer & Dryers, , Lawn Care, Snow Removal, Routine Maintenance, Off Street Parking & Responsive Management



RENAME FHA NEWSLETTER

Would you like to earn \$25 by simply providing a suggestion?

FHA is extending the contest to re-name the Two Tower Talk.

We want to hear from you, besides who couldn't use a little extra CASH?



SPEAKING OF MONEY...Can you think of disadvantages of barrowing money to friend/neighbor/family member? I'm sure you have all been there one time or another, where someone asks to barrow a little cash from you. Lending money can be considered a sign of mutual trust. BUT if the money is not given back in time, or not given back at all, it can ruin the relationship you once had. Learning to politely decline is your best bet. Another option is to assist the friend in finding resources in meeting their needs.

DID YOU KNOW that giving your EBT to an unauthorized user can be considered fraud by DHHS? It sure is! Be mindful that your EBT card is to be used solely to purchase items for you and, if any, family who you listed on your benefits application.

HOW TO PREPARE FOR YOUR ANNUAL INSPECTION

Gifford
Inspections



May 9th

1. Explore whether or not you have a pest problem. Staff will be in your apartments the week of April 18th conducting Critter Consults. If you have questions about pest control, be sure to ask at this time.
2. Give your apartment a good cleaning before the inspection.
 - ♦ Mop/Vacuum all floors, & ensure there are no tripping hazards
 - ♦ Dust/Clean walls, furniture & blinds
 - ♦ Clean bathroom including shower/tub, stool, ceiling, and walls

Remember that the apartment inspection isn't personal. Landlords conduct routine apartment inspections to make sure they are keeping the property in good condition and to keep you safe.



RSSC will no longer be at Gifford Tower on Tuesdays. RSSC will remain available via appointment at 402-727-4848 extension 109