



All About your Health



The month of February observes National Self-Check Month and reminds us that we can take charge of our health.

CELEBRATING National Self Check Month



Did you know that performing simple physical examinations on a regular basis, can assist with early detection of most cancers, heart problems, diabetes, and weight issues? The earlier a health issue is detected, the more likely a person is to get the treatment that can save or extend their life.

Sometimes going to the doctor to check on something that feels “off” may cause fear that makes you forget your questions.

- ♦ Do not allow yourself to get paralyzed by fear.
- ♦ Do not ignore what you discovered in the hopes that it will “go away”
- ⇒ Do Make an appointment with your physician
- ⇒ Do note your discovery and any questions you have for your physician

Take control of your own health care experience

If you find something out of the ordinary, keep in mind that there are many body changes that are not life-threatening diseases or cancer.

Be sure to advocate about your health and wellness by asking questions about your needs, concerns, and preferences; and provide input about your health measures. What does this mean? It mean's that you arm yourself with information that allows you and your physicians to make decisions about your health, based on what matters most to you!



Fremont Housing
Agency

Rita Grigg
Executive Director

Stephanie Gardeman
Housing Program
Manager

RENT DUE

Rent is due

Tuesday, February 1st

Your payment must be

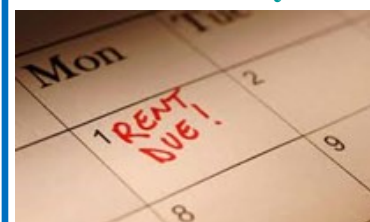
in the drop box by

3:00 pm on Friday,

February 4, 2022

Checks or Money

Orders Only!



For after hour
Maintenance
emergencies
contact:

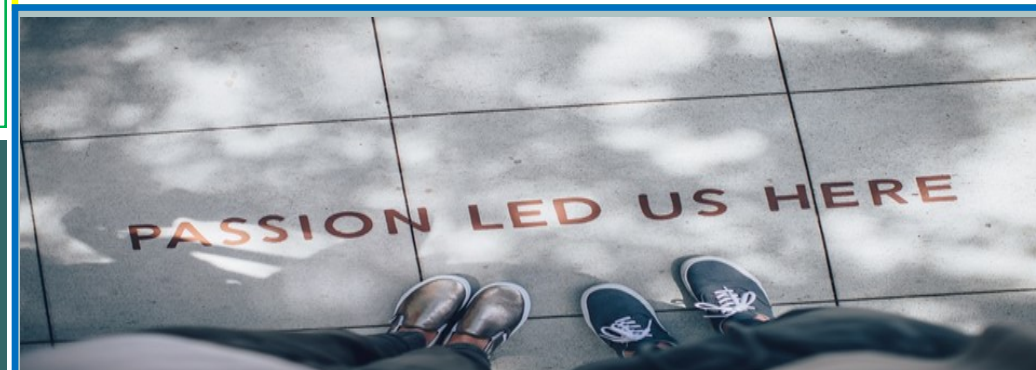
Ed: 402 720-1264

Rita: 402 720-9643



Emergency
Contact
Information

TWO TOWER TALK FEBRUARY 2022



The Resident Opportunity and Self-Sufficiency (ROSS) – Service Coordinator Program allows FHA to enable participating families to increase earned income, reduce or eliminate the need for welfare assistance, make progress toward achieving economic independence and housing self-sufficiency.

or

help improve living conditions and enable residents to age-in-place, in the case of elderly or disabled residents.

The Service Coordinator (SC) is responsible for identifying agencies in our community that suite our resident needs. The SC coordinates educational events and social activities, which take place in one or both Towers; see monthly scheduled events in the Activity Calendar located in the newsletter.

Upon meeting with the SC, you can expect an assessment of needs to be conducted, along with referrals to available resources to meet those needs. The SC will conduct follow up meetings with residents on a regular basis to assess the impact of the services.

Darci Blakely is the FHA Service Coordinator and can be reached at 402-727-4848 Ext 109. You may also receive a referral to the SC through Tammy or Amanda.



Opportunities are on the horizon

Vocational Rehab is interested in working with you! Please contact Darci Blakely if you are interested in attending a zoom meeting to learn more about this opportunity.

Calling all Job Seekers...did you know that the Department of Labor has a Work Force Innovation and Opportunity (WIOA) grant that can assist you with your resume, cover letter and interview skills? If you are interested in taking advantage of this opportunity please contact Darci.

Ever thought you wanted the internet but unable to afford it? There is an Affordable Connectivity benefit program that helps ensure that households can afford the broadband they need for work, school, healthcare and more.

Please visit website <https://www.fcc.gov/acp> for more information.

Friendly Reminders

Our Staff takes a great deal of pride in keeping our property looking nice for all residents. **Please take pride in your home and neighborhood by assisting us with keeping lids on your cups when you are in communal areas such as hallways, community room, solarium's, and front lobby.**

You may be aware of a recent fire that occurred in a Fremont Apartment complex, where a lit candle left on a nightstand was the cause of the fire. Because of risks such as this one, **we prohibit the use of candles in your apartment and encourage the use of flameless candles and wax burners.**

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

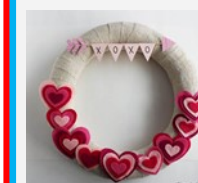
Uniquely Yours



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

Crafts with Stephanie & Darci

We are hosting a Valentines Craft with residents in the Stanton Community Room on Wednesday February 9th at 2:00 PM.



Please see sign up sheet for Stanton on the large bulletin board on the first floor and with the front desk at Gifford.

PEST-TROL SERVICES

See weekly cleaning guide included in newsletter

Floors 10 through 11 | Stanton Tower | February 9th
Floors 10 through 12 | Gifford Tower | February 23rd

POT LUCK DINNER

Stanton Community Room
Saturday the 12th from 5:00 PM to 7:00 PM

MERRY MAKERS MUSIC with Mike McCracken

Thursday, February 10th

2:00 PM-3:00 PM



STANTON COMMUNITY ROOM

Feet 4 Keeps

Toe Nail Clinic

Monday-February 28, 2022

11:00 AM-4:00 PM

Call ahead for an appointment

Sara Bourek 402 719-9770

Stanton Tower 2nd Floor Solarium



PRESIDENTS' DAY!

AMERICA
COUNTRY
FEBRUARY
FLAG
FOUR YEARS
FREEDOM
HOLIDAY
LEADER
LIBERTY
LINCOLN




OFFICE
PENNY
PRESIDENT
QUARTER
STARS AND STRIPES
STATES
USA
VOTE
WASHINGTON
WHITE HOUSE

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J A L R Z Y
W A Q P F O
W Y B U
M A



February 2022 Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 6	 21 2-4-Art and Crafts Gifford Tower	1 10-11-RSSC At Gifford Tower	2 2:30-Stanton Tower Resident Council and Social Club Meeting	 10 2-3 Merry Makers Music Mike McCracken	4 2-4 pm-Bingo Stanton Tower	5 2-3 pm Coffee Stanton Tower
13	14 2-4-Art and Crafts Gifford Tower	8 10-11-RSSC At Gifford Tower	9 PESTROL Floors 10-11 Stanton Tower 2-4-Valentines Craft with Darci	17 1:30-2:30 Trivia Stanton Tower	11 2-4 pm-Bingo Stanton Tower	12 5-7 Social Club Pot Luck dinner Stanton Tower
20	20-21 2-4-Art and Crafts Gifford Tower	15 10-11-RSSC At Gifford Tower	16 23 PESTROL Floors 10-11 Gifford Tower FHA Board Meeting	24	18 2-4 pm-Bingo Stanton Tower	19 2-3 pm Coffee & Rolls Stanton Tower
27	28 2-4-Art and Crafts Gifford Tower 11:00-4:00 Feet For Keeps	22 10-11-RSSC At Gifford Tower			25 2-4 pm-Bingo Stanton Tower	26 2-3 pm Coffee Stanton Tower





February 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Vegetable Beef Soup Corn Muffin Pears	2 Ham Slice Scalloped Potatoes Mixed Vegetables Bread and Butter	3 Soft Shell Taco Corn Salsa Carrot Cake	4 Spareribs With Sauerkraut Mashed Potatoes Peach Delight Bar	5 Ham Slice Mashed Potatoes with Gravy Mixed Fruit
6 Vegetable Beef Soup with Crackers Dinner Roll Red Velvet Cake	7 KITCHEN AND DINING ROOM CLOSED NO MEALS WILL BE SERVED	8 Ham and Bean Soup Corn Bread Brownie	9 Hamburger Pizza Lettuce Salad Brownie	10 Irish Beef Stew Bread and Butter Apple Crisp	11 Fried Chicken Mashed Potatoes Peas Coconut Bar	12 Pastrami Sandwich Chips Pickle Brownie
13 Beef Stew Bread and Butter Apple Crisp	14 Cheesy Chicken Parmesan Garlic Bread Lettuce Salad Brownie	15 Chicken Salad Macaroni Salad Three Bean Salad Bread Stick Jell-O Fruit Salad	16 Meat Loaf Baked Potato Pea Salad Cherry Cobbler	17 Goulash Peas & Carrots Raisin Cream Bar	18 Tuna Noodle Casserole Beets Peaches	19 Goulash Bread Stick Chocolate Pudding
20 Meat Loaf Baked Potato Pea Salad Cherry Cobbler	21 KITCHEN AND DINING ROOM CLOSED NO MEALS WILL BE SERVED	22 Shepherd's Pie Jell-O Salad Pumpkin Bars	23 Ham Loaf Scalloped Potatoes Lettuce Salad Strawberry Cake	24 Burrito Refried Beans Tortilla Chips & Salsa Black Forest Cake	25 Chicken Strips Criss Cross Fries Butterscotch Pudding	26 Shepherd's Pie Bread and Butter Butterscotch Pudding
27 Burrito Refried Beans Black Forest Cake	28 Oriental Pork Stir Fry Over Rice Bread and Butter Fortune Cookie	Bi-Weekly menus for participants are still necessary and available at the Gifford & 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.				*SUBJECT TO CHANGE*



WEEKLY cleaning

DAILY

- ☐ wipe counters
- ☐ make beds
- ☐ wash dishes
- ☐ one load of laundry
- ☐ take out trash
- ☐ clean kitchen floor in the evening

MONDAY (bathrooms)

- ☐ clean toilets
- ☐ clean sinks, mirrors & counters
- ☐ clean showers & bathtubs
- ☐ wash bath rugs & replace towels
- ☐ sweep & mop floors

TUESDAY (living room)

- ☐ straighten shelves & cabinets
- ☐ vacuum, sweep & mop
- ☐ wash windows & blinds
- ☐ organize toys & declutter

WEDNESDAY (kitchen)

- ☐ clean stove / cooktop
- ☐ clean counters & sink
- ☐ wipe down fridge & freezer
- ☐ clean inside microwave
- ☐ sweep & mop floors

THURSDAY (bedrooms)

- ☐ dust & vacuum
- ☐ change bed sheets
- ☐ organize & declutter
- ☐ sort dirty laundry
- ☐ clean windows & blinds
- ☐ straighten closets & drawers

FRIDAY (halls & stairs)

- ☐ dust & vacuum
- ☐ straighten drawers, desks & shelves
- ☐ wipe off washer & dryer
- ☐ dust ceiling fans & light fixtures
- ☐ straighten & declutter closets

WEEKEND (outdoors)

- ☐ sweep porch & patio
- ☐ clean & organize garage
- ☐ mow lawn & clean out weed beds
- ☐ clean out cars

MISC.

- ☐
- ☐
- ☐
- ☐
- ☐