

All About

your Pets



PET LICENSE

On or after the second day of January you can renew your pet license for 2022.

Cost is \$10.00 for spayed or neutered pet and \$15.00 if they are not spayed or neutered.

There will be a \$5.00 late fee if not licensed by February 1st.

A pet license may be obtained from the City Clerks office, 2nd floor, Municipal Building, 400 East Military and from participating area veterinarians.

Please be sure to provide your Housing Specialist with verification of your new Pet License no later than January 31st



Take your dog outside for bathroom breaks, as there are no exceptions to the Pet Policy and Potty Pads are prohibited.

Unless you are an avid skier or a Siberian Husky, winter may not be the easiest time to go outside, but do not get cooped up with your pup! Regular time outside gives your furry friend exposure to fresh air, the valuable source of vitamin D, and outside stimulation to keep them from getting restless or bored. Spending time outdoors in the sun will give your pooch an extra boost of Vitamin D, which is vital for bone health.

Fun Fact: Dogs favor the earth's magnetism versus being exposed to indoor manmade forms of electromagnetism, which may cause them to feel rundown and low on energy. Coming into direct contact with the earth is important to your dog's health and happiness.



Keep the bathroom breaks short and sweet. Be sure to use protective measures to keep your doggo warm and dry, such as sweaters, coats, and boots or socks.



Fremont Housing
Agency

Rita Grigg

Executive Director

Stephanie Gardeman

Housing Program

Manager

RENT DUE

Rent is due

Saturday, January 1st

Your payment must be

in the drop box by

3:00 pm on

Wednesday,

January 5, 2022

Checks or Money



For after hour
Maintenance
emergencies
contact:

Ed: 402 720-1264

Rita: 402 720-9643



TWO TOWER TALK

JANUARY 2022

Being happy is a choice. Let us move forward in 2022 in a positive manner, achieving our goals with optimism for what lies ahead. The new year brings with it lots of new resolutions that people hope to fulfill, but without the right mindset, it's difficult for anyone to succeed. 365 new opportunities are unfolding for you to chase your dreams!





A few reminders as temperatures continue to drop throughout the winter months.

You will want to prepare yourself for the weather before you head outside. If you do not have **winter clothing**, and are unable to purchase them, please reach out to **Uniquely Yours Stability Support, Inc.** at 402.727.8977 to schedule time to come in and pick out winter gear.

You may also visit the **Thriftology** store in the new location at 300 N. Main Street in Fremont.

The store hours are:
 Monday-Wednesday & Friday from 10am – 4pm
 Thursday from 10am – 6pm; Saturday from 10am -2pm

With winter here it may be tempting to smoke inside of your apartment, however in order to keep every resident safe, Fremont Housing Agency has **a policy in place that prohibits smoking anywhere other than the Accessible Designated Smoking Areas.** If you have questions about the policy or you are unable to locate your signed copy of the policy, please reach out to your Housing Specialist who will be happy to assist.



Remember, it is your choice to smoke, but it is not your neighbors choice to inhale your smoke.



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.

Commodities

Please have your carts ready to pick up commodities on January 18th in the designated areas.

As a reminder if you are not able to pick up your boxes on this day, you may have someone pick them up for you.

Contact Darci Blakely to see if you are eligible and to fill out an application if you would like to get on the list.



Be ready for Pest-Trol in January

Stanton: Wednesday the 12th
Gifford: Wednesday the 26th
Floors 6-9

SOCIAL SECURITY AWARD LETTERS

Be sure to bring your Social Security and SSI Award letters to the office as soon as you get them. The letter will be copied and put in your file. **Thank you!!**



Feet 4 Keeps Toe Nail Clinic

Friday-January 17, 2022
11:00 AM-3:00 PM

Call ahead for an appointment
Sara Bourek 402 719-9770



Educational Scholarships are available through Public Housing Authorities Directors Associates due January 28th. See your Housing Specialist for an application

New Year's Word Search

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

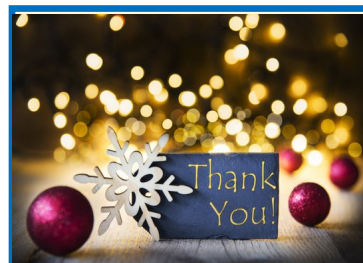
BABY
 BALL
 CALENDAR
 CELEBRATION
 CLOCK
 CONFETTI
 COUNTDOWN
 EVE

FAMILY
 FRIENDS
 HAPPY
 JANUARY
 MIDNIGHT
 NEW YEAR
 NOISEMAKER
 PARTY

RESOLUTION
 TOAST



CRAYONSANDCRAVINGS.COM



We would like to thank the residents for the cards and goodies this holiday season. Warmest wishes for a happy holiday season and a wonderful New Year

The Staff at Fremont Housing

Tips to determine when to use the 9-1-1 emergency line

A good rule of thumb is to only dial 9-1-1 when there is an immediate risk to life or property

Some examples are:

- ♦ Any medical emergency
- ♦ Wellness check for a friend or neighbor
- ♦ Any crime involving weapons (guns, knives, clubs, etc.)
- ♦ Domestic violence, in-progress, or threatened
- ♦ Fire of any kind



Once you have reached the Emergency dispatch center, you will want to be ready to answer the below listed standard set of questions:

1. Location of the problem
2. Type of problem: The Dispatcher will ask for a basic description of what occurred and, if applicable, when the incident happened.
3. Give the dispatcher all of the information available: Do not leave out information because you don't think that it is important.
4. Medical Emergencies Initial: During the call the dispatcher will ask for information about the patient that is helpful to the paramedics.

UNWANTED FOOD BOX ITEMS

When you receive Food Boxes that contain items that do not suit your taste or diet, please dispose of these items properly. If you find that the majority of the items in the box are not for you, you may want to seek a service more suitable to your needs.




We are asking for your cooperation in keeping your home nice, so please do by not set your unwanted food items in communal area's of the Towers.

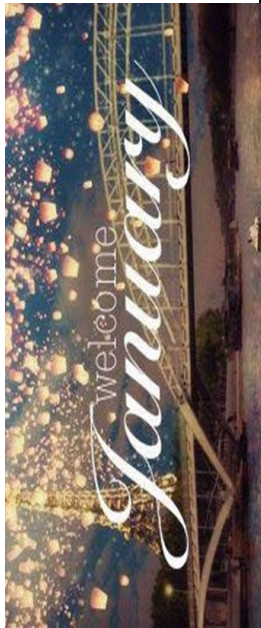
Cheri would like to thank the officers and the residents that assisted with the social clubs activities throughout the year. This has been extremely helpful and very appreciated. Thank you!







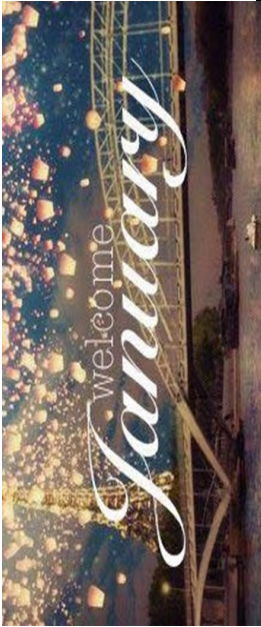
January 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat							
<div>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.</div> <div></div>													
2	Barbecue Pork Coleslaw Pickle Pears	3	Spaghetti Breadstick Lettuce Salad Strawberry Cake	4	Turkey Rueben Sandwich Penne Pasta Salad Peaches	5	Roast Pork Mashed Potatoes and Gravy Beets Applesauce	6	Chicken Breast Rice Pilaf with Vegetables Rice Crispy Bar	7	Tuna Noodle Casserole Green Beans Brownie	8	Spaghetti Garlic Bread Pears
9	Tuna & Noodle Casserole Green Beans Brownie	10	Ham Macaroni Casserole Broccoli Mandarin Oranges	11	Beef Noodle Soup Muffin Mixed Fruit	12	Cold Turkey Sandwich Potato Salad Cranberry Sauce	13	Swedish Meatballs Mashed Potatoes Cook's Choice Vegetable Cookie	14	Chili Dog Macaroni and Cheese Snicker Apple Salad	15	Ham Macaroni Casserole Broccoli Apple Sauce
16	Cold Turkey Sandwich Chips Pickle Cookie	17	KITCHEN AND DINING ROOM CLOSED NO MEALS WILL BE SERVED	18	Hamburger French Fries 3 Bean Salad Peanut Butter Frosted Brownie	19	Pork Chop Sweet Potatoes Corn Frosted Lemon Cake	20	Homemade Pepperoni Pizza Lettuce Salad Root Beer	21	KITCHEN AND DINING ROOM CLOSED NO MEALS WILL BE SERVED	22	Hamburger French Fries 3 Bean Salad Peanut Butter Frosted Brownie
23	Pork Chop Sweet Potatoes Corn Bread and Butter	24	Turkey Pot Pie Jell-O Salad Pumpkin Dessert	25	Beef Tips and Gravy Over Noodles Green Beans Apple Cake	26	Chicken Fried Steak Mashed Potatoes and Gravy Carrots Apple Crisp	27	Broccoli Cheese Soup and Crackers 1/2 Meat Sandwich Peach Crisp	28	BLT Sandwich With Cheese Cottage Cheese Fruit Cocktail	29	Beef Tips and Gravy Over Noodles Cooks Choice Vegetable Apple Cake
30	Turkey Pot Pie Jell-O Salad Pumpkin Dessert	31	Fish Fillet Coleslaw Dinner Roll Cookie										



January 2022 Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 2-3 pm Coffee Stanton Tower
2	3 2-4-Art and Crafts Gifford Tower	4 10-11-RSSC At Gifford Tower	5 2:30-Stanton Tower Resident Council and Social Club Meeting	6	7 2-4 pm-Bingo Stanton Tower	8 Social Club Pot Luck dinner 5-7 Stanton Tower
9	10 2-4-Art and Crafts Gifford Tower	11 10-11-RSSC At Gifford Tower	12 Pestrol Stanton Floors 6-9 Louis Watkins Merrymakers 2-3	13	14 2-4 pm-Bingo Stanton Tower	15 2-3 pm Coffee & Rolls Stanton Tower
16	17 11:00-3:00 Feet For Keeps 2-4-Art and Crafts Gifford Tower	18 Commodities arrive 10-11-RSSC At Gifford Tower	19	20 1:30-2:30 Trivia Stanton Tower	21 2-4 pm-Bingo Stanton Tower	22 2-3 pm Coffee Stanton Tower
23	24 2-4-Art and Crafts Gifford Tower	25 10-11-RSSC At Gifford Tower	26 Pestrol Gifford Floors 6-9 FHA Board Meeting	27	28 2-4 pm-Bingo Stanton Tower	29 2-3 pm Coffee Stanton Tower
30	31 2-4-Art and Crafts Gifford Tower			<div>Happy January Birthdays!!</div> 		



January 2022 Activities