



## All About Dental Health

National Dentist's Day is observed to show appreciation to our dentist's, and also to remind ourselves about the importance of regular dental checkups and proper dental care.



Your oral health can offer clues about your overall health. Studies have shown that oral bacteria and the inflammation associated with severe gum disease can contribute to various diseases and conditions. Good oral health care, such as daily brushing and flossing, helps to keep bacteria under control. The lack of oral hygiene can cause bacteria, and other germs, to reach levels that may lead to oral infection and tooth decay; and eventually spread through your bloodstream and attach to certain areas in your body. Conditions that may be linked to oral health include: Eating disorders, Rheumatoid arthritis, Cardiovascular disease, Pneumonia, Diabetes, Osteoporosis, and certain Cancers.

### Practicing good oral hygiene includes a daily routine

- Brush twice a day for two minutes each time
- Use a soft bristled toothbrush
- Replace toothbrush every 3 months, or sooner if bristles are worn
- Floss daily and use mouthwash to remove residual food particles
- Eat a healthy diet and limit sugary food and drink
- Schedule regular dental checkups and cleanings
- Avoid tobacco use

Protect yourself by learning more about the connection between your oral health & overall health



### WORD SEARCH

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

ASH WEDNESDAY

LEPRECHAUN

PANCAKES

SPRING

BIRDS

MARDI GRAS

PARADE

ST. PATRICKS DAY

FAT TUESDAY

MASKS

SHAMROCK

TIME CHANGE



**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.**

## MIDLAND ART CLUB PAINT PARTY

The Midland Art Club, **Blank Space**, will be here on Saturday, March 26th at 1:00 PM at the Stanton Community room to have a PAINT PARTY with you.



The 8 x 10 canvas', paints, and brushes will be supplied. If you want a table top easel, we ask that you provide it.



There will be a limit of 20 people. **Don't miss this exciting event with a very talented group of Art Students!**

Sign up at the front desk of each Tower

## PEST-TROL SERVICES

See weekly cleaning guide included in newsletter

Floors 2 through 5 | Stanton Tower | March 9th  
Floors 1 through 5 | Gifford Tower | March 23rd

## POT LUCK DINNER

**Stanton Community Room**

**Saturday the 12th from 5:00 PM to 7:00 PM**

## MERRY MAKERS MUSIC

with **John Warsham**



Wednesday, February 9th

2:00 PM-3:00 PM



## Arts & Crafts

Every Monday from 2:00 PM to 4:00 PM residents gather in the Gifford Community room to do crafts together. **Please feel free to join them, or stop in and see what beautiful crafts they are working on.**



Fremont Housing Agency

Rita Grigg  
Executive Director

Stephanie Gardeman  
Housing Program Manager

## RENT DUE

Rent is due

Tuesday, March 1st  
To avoid a late fee, your payment must be in the drop box by 3:00 pm on Friday, March 4th

**Checks or Money Orders Only!**



**For after hour Maintenance emergencies contact:**

Ed: 402 720-1264

Rita: 402 720-9643



# TWO TOWER TALK

March 2022



Be aware of the many scams that are out there contributing to over \$2.3 billion in fraud losses.

An Imposter/Scammer is a dishonest person who will call, email, or text you. They might say

you're in trouble with the government, you owe money, someone in your family had an emergency, or that there's a problem with one of your accounts and that you need to verify information. Scammers use technology to change the phone number that appears on your caller ID, to reflect an organization, such as Social Security, IRS, or Medicare. Others will lie and say you won money in a lottery/sweepstakes but you have to pay a fee to get it. They will pressure you to act immediately and insist that you pay by sending money through a money transfer company, or by putting money on a gift card and then giving them the number on the back. Some will send you a check (that will later turn out to be fake), tell you to deposit it, and then send them money.

**Ways to avoid falling into a scammer's trap:**

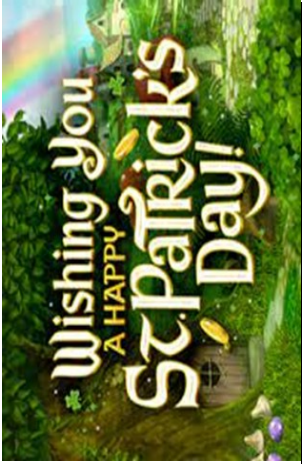
Block unwanted calls, texts and emails. Resist the pressure to act immediately. Hang up and contact the person/organization in question. NEVER give your personal or financial information in response to a request that you did not expect. Recognize a scammer by the way they ask you to pay. If it raises a question, ask someone you trust to help you investigate.

**You can also avoid telemarketing calls by getting on the National Do Not Call List:**

**Visit DoNotCall.gov or call 1-888-382-1222**



# March 2022





Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>*SUBJECT TO CHANGE*</b>	1 Chef Salad Jell-O with Fruit	2 Chili With Crackers 1/2 Cheese Sandwich Peaches	3 Chili Mashed Potatoes Pea Salad Peanut Butter Brownie	4 Swiss Steak Mashed Potatoes Pea Salad Peanut Butter Brownie	5 Chili Bread and Butter Cookie
6 Cheeseburger Casserole Green Beans Cookie	7 Salisbury Steak Mashed Potatoes Mixed Veggies Pears	8 Brats Fried Potatoes and Cabbage Frog Eye Salad	9 Deli Roast Beef Sandwich Chips Lettuce Salad Peaches	10 Ham Salad Sandwich Potato Salad Lemon Cake	11 Salmon Patty Mashed Potatoes Creamed Peas Jell-O with Fruit	12 Deli Roast Beef Sandwich Chips Peaches
13 Salisbury Steak Mashed Potatoes Mixed Veggies Mandarin Oranges	14 Chicken Breast Carrots/Green Beans Hash Browns Pumpkin Bar	15 Pork Loin Au Gratin Potatoes Carrots Cookie	16 Chicken Strips French Fries Cole Slaw Pears	17 Corned Beef Deli Sandwich Sauerkraut Lime Jell-O With Cottage Cheese with Pine- apple	18 Fish Planks Pickled Beets Coleslaw Oatmeal Raisin Cookie	19 Hamburger Tater Tot Casserole Green Beans Pudding
20 Pork Loin Au Gratin Potatoes Carrots Cookie	21 Smothered Pork Chop Mashed Sweet Potatoes Corn Angel Food With Cherries	22 Barbeque Ribs Mashed Potatoes Green Beans Cook's Choice Fruit	23 Roast Beef With Carrots, Potatoes, And Onions Bun With Butter Black Forest Cake	24 Cheeseburger Potato Salad Baked Beans Mandarin Oranges	25 Tuna and Noodle Casserole Bread and Butter Carrot Cake With Cream Cheese Frosting	26 Cheeseburger Potato Salad Pumpkin Bar
27 Tuna and Noodle Casserole Bread and Butter Carrot Cake With Cream Cheese Frosting	28 Hot Ham and Cheese Sandwich French Fries Pudding	29 Meatloaf Mashed Potatoes Pea Salad Peanut Butter Brownie	30 Three Salad Plate Crackers Apple Crisp	31 Barbecue Chicken Pasta Salad Vanilla Pudding with Cherries	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	



# March 2022 Activities



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10-11-RSSC At Gifford Tower	2 2:30-Stanton Tower Resident Council and Social Club Meeting	3	4 2-4 pm-Bingo Stanton Tower	5 2-3 pm Coffee Stanton Tower
6	7 2-4 Art and Crafts Gifford Tower	8 10-11-RSSC At Gifford Tower	9 <b>Merry Makers Music John Warsham</b> PESTROL Floors 2-5 Stanton Tower	10	11 2-4 pm-Bingo Stanton Tower	12 <b>5-7 Social Club Pot Luck din- ner Stanton Tower</b>
13	14 2-4-Art and Crafts Gifford Tower	15 10-11-RSSC At Gifford Tower	16	17 1:30-2:30 Trivia Stanton Tower	18 2-4 pm-Bingo Stanton Tower	19 2-3 Coffee & Rolls Stanton Tower
20 	21 2-4 Art and Crafts Gifford Tower	22 10-11-RSSC At Gifford Tower	23 PESTROL Floors 2-5 Gifford Tower  FHA Board Meeting	24	25 2-4 pm-Bingo Stanton Tower	24 <b>1-2 Paint Party with Midland Art Club Stanton Tower 2-3 Coffee</b>
27	28 2-4 Art and Crafts Gifford Tower	29 10-11-RSSC At Gifford Tower	30	31		





# 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.

- ☐
- ☐
- ☐
- ☐
- ☐



## Above The Fold

Available for:



1st Screenful

## Win \$25

How would you like to go down in history as the person who named the FHA Newsletter? Well, here's your chance. We are creating a new look to our paper newsletter, and online publication, and want to invite you to help launch this new information source by giving it a name. *There will be a \$25 prize awarded to the winner. Please submit your recommendation and a few words on the reason for the name idea, no later than March 31st, for a May 1 edition.* We need your help and look forward to your recommendations.

## Friendly Reminders

During all hours of the day, we ask that you be mindful that noise travels. Please be considerate of your neighbors peaceful enjoyment of their homes, and refrain from making loud noises that can be heard outside of your apartment. This includes, playing music, watching TV, or when having guests over, to name a few. "Quiet Hours" are from 10:00 PM to 8:00 AM.

**Tuesday March 15th—Be ready with your carts/wagons for Commodities to be delivered.**

On Sunday, March 13, 2022 at 2:00 A.M. we "spring forward to" Day-light Saving Time". Don't forget to set your clocks ahead one hour.

## Trash Talk

Please dispose of your trash down the shoot versus leaving it in the refuse room. When Trash bags are left in the refuse room it can cause the room to have an odor that filters out into the hallways.

In Heavy winds, trash cans and their contents can be blown for blocks. Please use the trash shoot on windy days so we can keep our property looking nice and keep our trash to ourselves .