



Fremont Housing Agency

TWO TOWER TALK OCTOBER 2021



Rita Grigg
Executive Director
Darci Blakely
*Housing Program
Manager*



*When was the last time you had a
great home cooked meal?
Too long???*

**Rent is due
Friday**

October 1, 2021

**Your payment must be
in the drop box by 3:00**

on Tuesday,

**October 5, 2021 or you
will be charged a \$30.00
late fee. If rent is not in**

**by the 21st another
\$20.00 late fee will be
applied!!**

**Checks or Money
Orders Only!**



Then you should give the Fremont Housing meals a try. We deliver meals seven days a week and have a congregate meal Monday through Friday. If you are age 60 and older or on disability you may be able to get your meals paid for by the State if you meet their guidelines. If you do not qualify for free meals you can purchase a meal ticket at the office for just \$61.30 for a ten day ticket, that is only \$6.13 per home cooked meal. You get to choose the days that you want to eat if your meals are free or if you purchase a ticket.

Check out the monthly menu on the first floor bulletin boards and in your newsletter. A variety of food cooked daily!



Need we say more???

**For after hour
Maintenance
emergencies only!
contact:**

**Ed: 402 720-1264
Rita: 402 720-9643**



**THE OFFICES, MAINTENANCE,
AND KITCHEN WILL BE CLOSED
ON MONDAY, OCTOBER 11, 2021
FOR COLUMBUS DAY!!**
**We will also be closed on October 15th,
18th, and 22nd**
NO MEALS WILL BE SERVED



GIFFORD TOWER BED BUG AND ROACH CHECK

**OCTOBER 19-
OCTOBER 22**



Pestrol September Schedule

Wednesday October 13

Starting at 12:00 pm

Gifford Floors 6-9

Stanton Floors 6-9

Please do not open and/or close the blinds in the halls, solariums, community room at Stanton. Maintenance will open and close them as needed.



Do not forget to report all income to the office even if you have employment that does not count toward your rent. Any sale of a house, car, etc. should also be reported to the office.

TRASH REMINDERS



1. Do not throw trash away in the dining room at Stanton. The trash cans that are in the dining room are for the lunch hour. Take your trash outside or to your apartment to throw away.
2. Tie your bags before you throw them down the trash chute.
3. There is a little curb going out to the outside Stanton Tower trash cans. This has been done to accommodate the new generator and will not be changed. If you take your trash outside please be aware and careful. There are trash chutes on every floor for your convenience so you do not have to take your trash outside.

SCHEDULING CONTRACTOR APPOINTMENTS



When scheduling appointments with contractors such as Spectrum, phone companies, etc. to set up cable and/or phones, please schedule these appointments during office hours.

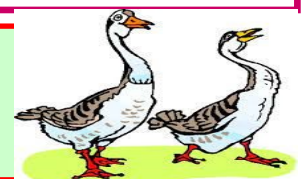
Appointments must be scheduled between 9:00 am-12:00 pm or 12:30 pm-3:00 pm.



Just a reminder that office hours are 9:00-12:00 and 12:30-3:00. Please do not knock on office doors after these hour.....this is our paperwork/catch up time. If you need to meet after office hours you please schedule an appointment. Thank you for respecting our time.



Do not feed the wild animals around our building. This includes birds, squirrels, foxes, and beavers.



ATTENTION STANTON TOWER RESIDENTS!!!

Let's get our apartments ready

Now is the time to start getting your apartments ready for the annual inspection. The inspections will be held in **NOVEMBER** for all apartments.



More news to come. Check out the insert in the newsletter for some tips!

PUZZLES IN THE SOLARIUMS



Once again we are finding puzzles being removed from the solariums in Stanton Tower. The puzzles probably belong to residents who live on that floor. If you ask to borrow one I am sure they would say yes. If you took puzzles please return them to their floor. A resident had just bought new puzzles and they are gone.

Conflict vs. Bullying - What's the difference?

Conflict

- Disagreement or argument in which both sides express their views
- Equal power between those involved
- Generally stop and change behavior when they realize it is hurting someone

Bullying

- Goal is to hurt, harm, or humiliate
- Person bullying has more power*
- Continue behavior when they realize it is hurting someone.

* "Power" can mean the person bullying is older, bigger, stronger, or more popular.



PACER's National Bullying Prevention Center.
Create a World Without Bullying | PACER.org/Bullying

FREMONT HOUSING AUTHORITY

BOARD MEETING

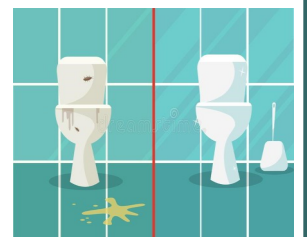


October 27, 2021

11:30 AM

Gifford Tower Conference Room

As a courtesy to the maintenance and custodial staff please clean up after yourself if you have accidents in the public restrooms.



Why **FIT IN** when you were
Born to **STAND OUT!**

- Dr. Seuss



ANGELS CARE HOME HEALTH

**OCTOBER 28, 2021
1:30 PM-
STANTON TOWER**



**OCTOBER MOVIES AT
GIFFORD TOWER**

Wednesdays at 3:00 pm

Gifford Tower Community Room



**October 6-Ace Ventura-
When Nature Calls**

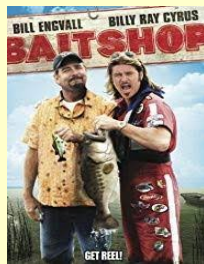
October 13- W.

October 20-

Mrs. Doubtfire

October 27-

Bait Shop



**STANTON SOCIAL CLUB PRESENTS
MERRYMAKERS MUSIC**



**WEDNESDAY
OCTOBER 13th**

2:00-3:00 PM

STANTON TOWER COMMUNITY ROOM

Ben Tomasello, a retired Omaha firefighter, has a varied musical style rooted in his early years listening to classic rock & roll, Tony Bennett, Dean Martin, Frank Sinatra, Teresa Brewer, Rosemary Clooney, country and more. After working as a karaoke DJ for 20 years, his performing career has taken him to performing with the vocal Doo Wop group the Hit Squad and currently, Generations. His Jimmy Durante impersonation leaves audiences spellbound.



Kudos to Abby for cleaning up the grounds after the storm on August 30th. There was glass, tree limbs, trash, and cigarette butts in the yard that Abby cleaned up. Abby picked up trash cans and ash tray holders that were knocked over! Thank you Abby for caring about you home!!!



Thank you to the Stanton Social Club and other residents who have helped the RSSC when guest speakers come to share information with you!

TRIVIA

THURSDAY, OCTOBER 21, 2021

1:30-2:30

**STANTON TOWER
COMMUNITY ROOM**

STANTON TOWER RESIDENT COUNCIL AND SOCIAL CLUB MEETING TUESDAY

OCTOBER 5 2:30 PM

**STANTON TOWER
COMMUNITY ROOM**



EVERY MONDAY

2:00 PM-4:00 PM

**GIFFORD
TOWER
COMMUNITY ROOM**

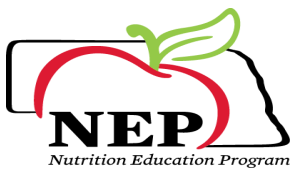


Bring your own projects to work on. If there is a craft you would like to learn how to do or learn more about Lorie G. will be happy to give a demonstration-just let her know.



**CHANGE FOR
STANTON TOWER
RESIDENT
COUNCIL AND
SOCIAL CLUB
MEETING IN OCTOBER**

Due to the Eastern Nebraska Office on Aging coming on Wednesday, October 6th, the Stanton Tower Social Club meeting will be held on Tuesday, October 5th, this month ONLY!!!!!!



EXCITING NEWS!!!!!!

The **Nebraska Extension Office** will be coming back

beginning Tuesday, November 2nd at 1:30 PM.

Ryan and Beth will be presenting **“The Dish Real Talk About Food”** They will provide short

lessons and life tips to equip you to plan meals, save money, and shop and eat healthier. Beth and Ryan are excited to come back and share

recipes, samples, and new topics with our residents. More information to come in the November newsletter!



**FEET FOR
KEEPS**

**WEDNESDAY
OCTOBER 13**

12:30-4:30 PM

**STANTON TOWER 2ND
FLOOR SOLARIUM**



Name: _____



FALL WORD SEARCH

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

©WindupTeacher



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|-----------|-----------|----------|-----------|--------------|
| acorns | cobweb | harvest | October | seasons |
| apples | corn | hayride | orange | September |
| autumn | Fall | jackets | pumpkin | squash |
| bonfire | festivals | leaves | quilt | squirrel |
| brown | foliage | maize | rake | sweaters |
| chestnuts | football | migrate | red | Thanksgiving |
| chilly | gourds | November | scarecrow | wagons |
| cider | green | nuts | scenic | yellow |



October 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Bi-Weekly menus for participants are still necessary and available at the Gifford & Stanton Tower offices. If you are interested in the Food Service Program, please feel free to contact Resident Support Services at 727-4848 ext.109 or stop down at the office during regular business hours.</p>	<p>4 Tomato Soup 1/2 Cheese Sandwich Apple Crisp</p>	<p>5 Creamy Chicken Breast Rice Peas & Carrots</p>	<p>6 Fish Fillet Coleslaw Dinner Roll Cookie</p>	<p>7 Ham and Scalloped Potatoes Bread and Butter Green Beans</p>	<p>1 Chicken & Biscuits Wax Beans Cherry Jell-O with Bananas</p>	<p>2 Chili Muffin Fruit Cocktail</p>
<p>3 Polish Sausage Mashed Potatoes Jell-O Cookie</p>	<p>10 Ham Slice Mashed Potatoes Carrots/Peas Oranges</p>	<p>12 Cheeseburger Tater Tots Ambrosia Salad</p>	<p>13 Salmon Patty with Dill Sauce Mashed Sweet Potatoes Peas Chocolate Cake</p>	<p>14 Vegetable Soup Corn Bread Jell-O</p>	<p>8 Turkey Casserole Dinner Roll Pumpkin Pie</p>	<p>9 Egg Salad Sandwich Chips Pickle</p>
<p>17 Tuna & Noodle Casserole Peas Peaches</p>	<p>18 KITCHEN AND DINING ROOM CLOSED</p>	<p>19 Breaded Chicken Breast Hash Brown Bake Cranberry Sauce Lemon Cake</p>	<p>20 Lasagna Garlic Stick Green Beans Strawberry Fluff</p>	<p>21 Turkey and Swiss On Rye Pickle Carrot Salad Pears</p>	<p>15 KITCHEN AND DINING ROOM CLOSED</p>	<p>16 Cheeseburger Chips Pickle Chocolate Cake</p>
<p>24 Lasagna Bread and Butter Green Beans Cookie</p>	<p>25 Chili Mac Casserole Corn Vanilla Pudding with Cherries</p>	<p>26 Pork Loin Baked Potato Mixed Vegetables Orange Supreme Salad</p>	<p>27 Deli Beef Sub Macaroni Salad Red Velvet Cake with Cream Cheese Frosting</p>	<p>28 Chicken Broccoli Bake Orange Candy Carrots Fruit Cocktail</p>	<p>22 KITCHEN AND DINING ROOM CLOSED</p>	<p>23 Turkey Swiss Sandwich Chips Pickle Cake</p>
<p>31 Chicken Broccoli Bake Bread & Butter Apricots</p>					<p>29 Chicken Fried Steak Mashed Potatoes with Country Gravy Cook's Choice Vegetable</p>	<p>30 Ham Salad Sandwich Pickle Cole Slaw Butterscotch Pudding</p>
<p>SUBJECT TO CHANGE</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**
888-210-1093

Senior Center
(402) 727-2815

Uniquely Yours
(402) 727-8977

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



Flu season is coming. If you feel sick and cannot make it to your doctor or cannot get in right away call Health at Home Consultants and they will come to you. They are licensed nurse practitioners who can diagnose and prescribe meds if needed. They take Medicare, Medicaid, and private insurance. Come and join them and get to know them!



**HEALTH AT
HOME
CONSULTANTS**



WEDNESDAY, OCTOBER 27TH

10:00 AM-STANTON TOWER



The Library Bookmobile

Friday, October 1, 2021

9:30– 10:30 at Gifford Tower

10:30-11:30 at Stanton Tower

Remember to call if there is a certain book that you want and they will bring it to you. Come and check out new books!

EASTERN NEBRASKA OFFICE ON AGING



**WEDNESDAY 1:30 PM
OCTOBER 6, 2021**

**STANTON TOWER
COMMUNITY ROOM**

**Learn about ENOA's programs for seniors
and the new transportation program**