

Rita Grigg **Executive Director Darci Blakely Housing Program** Manager

Rent is due Wednesday September 1, 2021 Your payment must be in the drop box by 3:00 on Friday, September 3, 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!** NO CASH!!!!!



For after hour Maintenance emergencies contact:

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



TWO TOWER TALK SEPTEMBER 2021



CHRONIC STRESS IMPACTS MENTAL AND PHYSICAL HEALTH



If you think you may experience chronic stress there are many tools you can use to bring you back to mind-body balance. A gratitude journal is an excellent tool to practice stress management. In your gratitude journal write down three things per day that you

are grateful for having in your life and continue the list for up to a month.. Journaling is good for sad feelings and depression too. Also, keep up regular physical exercise, get appropriate sleep, and engage your social circle when you need uplifted.

HYGIENE: The action, habit, or practice of keeping oneself clean, especially as a means of maintaining good health.

BENEFITS OF GOOD HYGIENE:

- 1. Better Over-All Health-vou will feel better if vou shower regularly 2. Social Reasons

 - 3. Psychological Reasons



Lack of self care is one of the first line indicators of major depression. If you haven't been diagnosed you should see a doctor who can help.

MONDAY SEPTEMBER 6, 2021



Offices, Maintenance, Kitchen, and Dining Room will be closed!!

No meals will be served!!

The Kitchen and Dining Room will be closed on Friday September 24 and

No meals will be served!! Monday, September 27!



Pestrol September Schedule

Wednesday September 8



Starting at 12:00 pm Gifford Floors 2-6

Stanton Floors 2-6



The SNAP increases will begin in October. DHHS should be sending you a letter with the amount of your

increase. If you do not receive a letter you can call the phone number on your SNAP card to find out the October amount deposited on your card.

RESTROOMS.



DO NOT THROW PAPER TOWELS OR ANYTHING **BESIDES TOILET PAPER** IN THE TOILETS-INCLUDING THE PUBLIC

ENOA Rural Transportation Program

Is Open to All Dodge County Residents, the General Public, the Elderly, and persons with **Disabilities**

Call 1(888)-210 1093 Monday – Friday to book vour ride



Please be patient when requesting transportation as this program was only recently expanded.

If you have Medicaid you already have medical transportation through your insurance company.

A friendly reminder to be sure your



drink cups, glasses, etc. have lids on them to prevent spills. We are finding many spills on the carpets that could be

prevented if your beverage has a lid on it.

THANK YOU!!!!!



The Gifford Tower public restrooms will be open only during the office business. Someone has been

putting paper towels and other things in the toilet multiple times and the toilets have clogged and overflowed.



Reminder that you are not allowed to smoke in front of the buildings. You must be 25 feet away from the buildings. The cigarette butt holders in front and back of the buildings are for you and your guests to put out cigarettes before entering the buildings. The designated smoking areas are in the back of the building!!

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.

FREMONT HOUSING AUTHORITY



September 22, 2021 11:30 AM Gifford Tower Conference Room

COMMODITY DELIVERY

SEPTEMBER 21, 2021



We will make an announcement when the commodities are ready to pick up.

A lot of time has gone into helping NENCAP update the lists of residents who receive commodities. As we advised at the last distribution, if you are not on the list you will not get a box. NENCAP will be taking names off the list if boxes are not being picked up! Be sure to sign the pick up slip when you get your box. If someone is picking the box up for you they will sign YOUR name.

In July we only had four left over boxes and that is great but if you are one of the four who did not pick up your box you might not be on the list in September and will not be able to get a food box.

WASHER AND DRYER USE AND CLEANING AFTER USE



Be sure to clean under the seal of the washing machine door after you have washed your clothes. Things get stuck under the plastic seals and then it transfers to the next persons laundry.

Please use only 2 washers and 2 dryers at a time. Do not use all of them at the same time.

Please inform your chore providers of this also!

Penny and Malainie would like to thank the tenants who take the time to clean up the laundry room after using it!!



Please remind your visitors, friends, health providers, and family, etc. to park in the <u>VISITOR</u> parking, not the resident parking. We are having some issues with this.





THURSDAY, SEPTEMBER 16TH

1:30-2:30

STANTON TOWER COMMUNITY ROOM



The Library Bookmobile

Friday, September 10, 2021

9:30-10:30 at Gifford Tower

10:30-11:30 at Stanton Tower

The library usually comes on the first Friday but in September they will be here on the 2nd Friday.

Remember to call if there is a certain book that you want and they will bring it to you

SEPTEMBER MOVIES AT GIFFORD TOWER

Wednesdays at 3:00 pm

Gifford Tower Community Room

September 1-Alvin and the Chipmunks

September 8-Alvin and the Chipmunks Squeakquel



September 15-Alvin and

the Chipmunks-Chip Wrecked
September 22-Alvin and the Chipmunks-



Road Trip

September 29-Ace Ventura Pet Detective



ANGELS CARE HOME HEALTH



SEPTEMBER 30, 2012 1:30 PM-STANTON TOWER



Watch Out for COVID-19 Vaccine Survey Scams



Got Your Vaccine? Watch for COVID-19 Vaccine Survey Scams To protect yourself, remember these tips if you come across a survey:

- Never click on a link of an unsolicited email or text.
- Legitimate surveys won't offer money, gifts or any incentive to take them.
 Legitimate surveys won't have urgency such as, "You must take this survey in the next hour or it will expire."
 Legitimate companies won't ask for your

username, password or Social Security number. ● Check links by hovering over them. If they seem long and suspicious, don't click on them. ● Check logos, language and phone numbers. If anything seems "doctored" or doesn't match what you see on a legitimate vaccine provider site, don't click on any of the links. If you think you are a victim of a COVID vaccine survey scam, please report it to the National Center for Disaster Fraud Hotline for 866-720-5721.

STANTON TOWER RESIDENT COUNCIL AND SOCIAL CLUB MEETING



WEDNESDAY
SEPTEMBER 1
2:30 PM
STANTON

TOWER COMMUNITY ROOM

STANTON SOCIAL CLUB
PRESENTS MERRYMAKERS MUSIC

BILLY TROY

THURSDAY SEPTEMBER 2, 2021

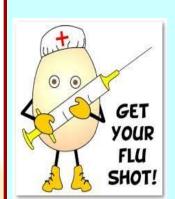


1:00 PM

STANTON TOWER COMMUNITY
ROOM

FLU SHOT CLINIC

TUESDAY - SEPTEMBER 28



GIFFORD TOWER

12:00-12:45 PM

STANTON TOWER

12:45-1:30 PM



Labor Day Word Search

See if you can find the hidden words associated with Labor Day.

BARBECUE w S Н В Р В **BREAK** COMMUNITY Т K K R T Ν Α O COOKOUT C U Ι Ι C N L U S Р E Υ Т R E HOLIDAY JOB E G R S Т O D G Т N Α LABOR MCGUIRE U K R E K v S R Т Α Ι Κ Т MONDAY MOVEMENT Ι Ν м N Ι М E E R Ι O L Z L ORGANIZE PARADE C Т R Ι F Κ K U U В Ν В Υ O PARTY F Ι S S G E S J O М 7 Ν Т D Α Н Ν PICNIC RIGHTS S U Ε ٧ Ι Ν R Ι С R Т R Υ Р O O L RALLY SECURITY S C E Κ Ν Т D Μ E F Z L Α SEPTEMBER STRIKE S М О Т Z Α Ι K М U Ι J O В В SUMMER S TRADE М ı х G Р R D Z T O O Q TRIP J Κ E R В R E O Α R Т Q Р R UNION VACATION S В Т R Ι Н O K I G Т Υ w Р WEEKEND WORKERS В Р R R В х В Р K R В R v F F R w E D R Т Р Ι Α Q

All About Puzzles

Р

R

puzzles.about.com



В

В

E

When I Think About
My Grandparents I Think of
Smiles, Hugs, and Fun Times
We've Spent Together.
Thanks for Being
Awesome Grandparents.

Happy
Grandparents Day



September 2021



Sat

Fri

Thu

Wed

Tue

Mon

Sun

		i.		<u> </u>
4 Chicken Salad Sandwich Chips Peaches	11 Swedish Meatballs Mixed Veggies Peaches	18 Cheeseburger Pie Corn Pudding	Green Beans Marble Cake	*SUBJECT TO CHANGE*
3 Grilled Cheese French Fries Pickle Desert Bar	10 Fried Chicken Potatoes with Gravy Corn Pudding	17 Fish Sandwich Coleslaw Brownie Delight	24 KITCHEN AND DINING ROOM CLOSED	
2 Chicken Salad on Lettuce Sliced Tomato Pickle Cranberry Fluff	9 Barbecued Pulled Pork Sandwich Chips Apricot Fluff Cookie	16 Impossibly Easy Cheeseburger Pie Peas and Carrots Chocolate Chip Cookie	23 Liver and Onions Baked Potato Corn Jell-O Poke Cake	30 Roast Pork Steamed Cabbage Wedge Bread and Butter Pudding
1 Ham Loaf Creamy Potatoes Beets Jell-O	8 Beans and Wienies Bread and Butter Hash Browns Rice Crispie Bars	15 Roast Beef Mashed Potatoes and Gravy Green Beans Key Lime Pie	22 Ground Beef Gravy and Biscuit Vegetables Cherry Jell-O with Fruit	29 Chili with Crackers 1/2 Cheese Sandwich Cinnamon Roll
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.112 or stop down at the office during regular business hours.	7 Swedish Meat- balls Potatoes Mixed Veggies Peaches	14 Cheese Spread Sandwich Chips Pickle Butterscotch Pudding	21 Chicken Alfredo Penne Carrots Vanilla Pudding Delight	28 Polish Sausage With Apple Sauerkraut Fried Potatoes Jell-O
	7 KITCHEN AND DINING ROOM CLOSED NO MEAL SERVED	13 Sliced Ham Mashed Potatoes Corn Pears	20 Goulash Lettuce Salad Frosted Marble Cake	27 KITCHEN AND DINING ROOM CLOSED
	5 Ham Loaf Mashed Potatoes Peas Jell-O	12 Pulled Pork Sandwich Chips Apricot Fluff	19 Hot Beef Sandwich Mashed Potatoes and Gravy Broccoli	26 Ham & Cheese Sandwich Chips Pickle Chocolate Chip Cookie

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.



Feeling ill? Too sick to go to the doctor? Call Health at Home Consultants and they will come to you. They are licensed nurse practitioners who can diagnose.

They take Medicare, Medicaid, and private insurance.

Find out more:

HEALTH AT HOME CONSULTANTS

WEDNESDAY, SEPTEMBER 29TH

10:00 AM-STANTON TOWER COMMUNITY

HOME INSTEAD-EMPLOYMENT OPPORTUNITIES



To us, it's personal

SEPTEMBER 16, 2021

10:00 AM-STANTON TOWER COMMUNITY ROOM

"We are looking for caring people to join our team. Home Instead services helps older adults stay safely at home. No license or certifications needed. We will teach you new skills with paid training. Earn extra income for making a difference in someone's life." John Hudnall

TREATS WILL BE PROVIDED!!!

STANTON TOWER SOCIAL CLUB LABOR DAY POTLUCK

POLICE

COME AND STAY A WHILE

Saturday, September 11, 2021

1:00 PM

Sign up on the first floor bulletin boards.

Bring a salad or dessert to share!!!

