



community TIMES

The Highlands Residential Services Newsletter

HIGHLANDSRS.COM

SEPTEMBER / 2017



Gainesboro youth enjoyed the 2016 HRS Fall Fun Day event

INSIDE THIS ISSUE



COOL CONTEST! - Win an awesome prize! See page 3 for details.

ALL ARE WELCOME to Kickin' it with Kainos Church Block Party.

Make a Difference Day - donations needed for Quawana's Coats + Homeless & Hunger



RESIDENT COUNCIL T.E.A.M.
TOGETHER EVERYONE CAN ACCOMPLISH MORE



T.E.A.M. Resident Council Election Time

Voting for the following nominated officers will be held at the Sept. 12th meeting at 11:00.

- President:** Cindy Babineau
Deborah Augustus
- Secretary:** Carrie Webb
Kara Cannady
- Vice President:** William Moss Thurman
- Historian:** David Palmer
Deborah Augustus

Comment in the Resident Council Suggestion Box:

Need speed bumps on Boatman. HRS reply: All of the streets in our developments are city owned, so speed bumps have to be approved and installed by local governments.

T.E.A.M. RESIDENT COUNCIL

Do you ever wish or wonder for something fun to do - for any age group - that is close to home and either free or really cheap? Looking for a place to take the kids? Would like to try a unique adventure



In August, the council enjoyed a day trip to Cumberland Mountain State Park.

for you and a friend? Then join us Tuesday, September 12, at 10:00am in the HRS main office community room to hear Ruth Dyal of the Upper Cumberland Tourism Association tell us about lots of great things to see and do right here in the Upper Cumberland. All HRS residents are welcome and you do not have to be a council member to attend. Lunch is provided. If you need transportation please call Misty at 931-526-9793 Ext. 224 regarding availability.

Melinda's MEMOS



If you live in MONTEREY and missed your August

recertification interview please contact me as soon as possible at 931-526-9793 Ext. 220 to schedule a make-up interview.

Kathy's CORNER



Our Resident Services Dept. recently received an

Award of Merit from the National Association of Housing & Redevelopment for our Summer Lunch Program. Mark your calendars for Senior Expo on Thursday, Oct. 19.



TIMELY TIDBITS

Highlands Residential Services main office will be **closed Monday, Sept. 4 for Labor Day.** The main office will also be **closed on Friday, Sept. 29** for year-end accounting.

Welcome to Brandy Meness

our new AmeriCorps volunteer Resident Services Program Assistant. Her first day was August 16 and she will be serving with our youth and adult programs at HRS part-time for the next year, while also pursuing her degree at TTU in Business Management/Human Resources.



Misty's MINUTES

Make a Difference Day is Saturday, October 28 and my program will focus on Homeless & Hunger. The following donations are needed to prepare bags of necessities for homeless individuals in our area.

- Backpacks
- Hotel, travel or trial size bath items - soap, shampoo, lotion, toothpaste
- Toothbrush, razors, deodorant, lip balm
- Gallon size plastic zip bags, tissues, toilet paper
- Towels or wash cloths, blankets, socks, umbrellas, snack foods
- Items may be dropped off at the HRS main office, 235 West Jackson St., Cookeville, M - F, 8:30 - 4:30 (closed for lunch 12 - 1) or by contacting me. Thank you in advance!

"Eating Smart at Home" cooking class

We've had great fun and attendance for the cooking class. The last day to attend is Tuesday, September 5th from 10am - 11am at the HRS main office community room and kitchen, 235 West Jackson St., Cookeville. The class is for HRS residents

age 18 and up. Children can come, but child care is not provided.

You will receive free kitchen tools, recipes, a work book, and prepare food samples to eat.

Sponsored by Halie Beason and the UT Extension service.

LIHEAP applications for winter energy assistance are now available at all local UCHRA offices and are also available in the HRS main office lobby. If you need assistance with your LIHEAP application, please call me.

Walnut Village/Willow Heights residents will meet Thursday, September 21st, from 1 - 3pm at the Walnut Village manager's office # R-5. We'll have a light lunch so invite your neighbor and come on over, hope to see you there.

Questions about any of this information - call Misty at (931) 526-9793 Ext. 224.

Kickin' it with Kainos Church

All HRS residents are welcome to attend a block party on Saturday, September 16 from 12:30 - 2:30 in the grassy area behind our 7th Street homes across from the Pine Ave. Police Substation/TNT building. Join us for fun, games, prizes, music and fellowship. We'll also have free refreshments and toiletry/ household item giveaways. Cancelled if rain. This will be awesome - so don't miss it!

Quawana's Closet open hours

- Every Tuesday in Sept. from 1:00 - 3:00
- At 706B Pine Ave., Cookeville
- For all HRS residents. Bring identification.
- Free clothing of various sizes for children and adults.

Quawana's Closet has been established by HRS Youth Programs Coordinator, Shaquawana Wester as an extension of Quawana's Coats distribution held in October. Please note the closet may close for an emergency.

Remember to "like us" on our Facebook pages at Teens Need Training and Highlands Residential Services to check out all the great things happening.



YOUTH NEWS WITH SHAQUAWANA

Teens Need Training and KIDS Matter after school programs resumed in August and we are off to a great start! The TNT program meets after school on Mondays and Wednesdays and is for HRS youth in the Cookeville area that are in grades 7 - 12 (transportation provided). In addition to homework assistance, tutoring and computer lab, we have a game room, music, art and craft projects, field trips, snacks and much more. It's all free, plus teens can earn up to \$2.50 per meeting as part of job training. And it's fun!

The KIDS Matter after-school reading program meets on Tuesday afternoons and is for HRS youth in grades K - 6 (transportation not provided at this time). We have lots of great games, activities and snacks just for younger youth. If you would like to know more about either program please call me at (931) 526-9793 Ext. 213.

The 6th Annual Quawana's Coats will be held on Make a Difference Day, Saturday, October 28, 2017. You may drop off new or gently used coats or

jackets (all sizes especially kids) at the HRS main office, 235 West Jackson St., Cookeville, Monday - Thursday, 8:30 - 4:30 (closed for lunch 12 - 1). I am also accepting all types of hygiene products.

To our community friends - please consider hosting a coat or hygiene drive within your workplace, club or church or offer to serve as a drop off location. Monetary donations are also accepted.

For more information, please call me at (931) 526-9793 Ext. 213 or email me at swester@highlandsrs.com or check out Facebook events "Quawana's Coats."

Fall Fun Day Be watching our October newsletter for dates during school fall break for our annual Fall Fun Day event. These will be held in Baxter, Monterey, two Cookeville locations, Celina and Gainesboro for HRS youth in grades K - 12. We'll have arts, crafts, games, puzzles, outdoor activities, lunch and more!



TEENS NEED TRAINING

WISH LIST

- Packaged snack items
- Bottled water
- Hand Sanitizer
- Disposable plates, cups, napkins, spoons, forks

TNT operates under Highlands Residential Resources, which is a 501(c)(3) nonprofit.

It is the policy of HRS to ensure that no citizen shall, on the grounds of race, color or national origin, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving federal financial assistance.

RESOURCE CENTER

Watauga Recovery Center

offers kind, non-judgmental, comprehensive healthcare to meet the needs of those suffering from drug addiction. They provide personalized, intentional recovery education for each patient to transition into recovery from addiction. For more information, visit their website at www.wrchope.org or call 1-844-WRC-HOPE (844-972-4673) or visit them at 1166 South Jefferson Avenue in Cookeville.

Monthly Newsletter If you have suggestions of things you would like to read about in the HRS monthly newsletter, you can drop your idea in the council suggestion box (main office lobby) or call Kathy at (931) 931-526-9793 Ext. 212 or email at: ksmith@highlandsrs.com. We want you to enjoy and learn something from your newsletter each month.

Cool Contest!!!

How you would like to win this same as new Cuisinart Microwave/Convection oven combination with 1000 watts of power and stainless steel finish? Here's all you have to do.



Answer the following questions correctly based upon information in this newsletter, then complete the entry form and drop off at the HRS main office or mail to: Kathy Smith, Highlands Residential Services, 235 West Jackson St., Cookeville, TN 38501. Entries must be received or postmarked by Sept. 10th. One winner will be drawn from correct, completed entries on Sept. 14th. Only one entry per household and for HRS residents only. Be watching and reading your monthly newsletters for more great contests. You never know which month they may appear.

1. What is the date for Make a Difference Day? _____
2. What is the name or organization of the speaker for the September Resident Council meeting? _____
3. Who is invited to the Kicking it with Kainos Church block party? _____

Name _____
 Address _____
 Phone _____

 **SEPTEMBER 2017**

S M T W T F S

<p>1 MARK IT: 10/28 Make a Difference Day - Quawana's Coats and Homeless & Hunger</p>		<p>1 MARK IT: 10/19 Senior Expo October 19</p>		1	2
				RENT DUE!	
3	4	5	6	7	8
	<p>HAPPY LABOR DAY OFFICE CLOSED WALNUT VILLAGE RENT COLLECTION TOMORROW</p>	<p>"Eating Smart at Home" Cooking Class 10 a.m. - 11 a.m. Quawana's Closet Open 1 p.m. - 3 p.m. KIDS Matter Reading Program</p>	<p>tnt TNT: After-School Program</p>		<p>WILLOW HEIGHTS RENT COLLECTION Cookeville's Fall Fun Fest</p>
10	11	12	13	14	15
	<p>tnt TNT: After-School Program LATE FEES ADDED TOMORROW</p>	<p>TEAM Resident Council 10 a.m. - 12 p.m. Quawana's Closet Open 1 p.m. - 3 p.m. KIDS Matter Reading Program</p>	<p>tnt TNT: After-School Program PEST CONTROL TREATMENT DAY</p>		<p>NON-PAY EVICTION NOTICES GO OUT</p>
17	18	19	20	21	22
	<p>tnt TNT: After-School Program</p>	<p>Quawana's Closet Open 1 p.m. - 3 p.m. KIDS Matter Reading Program</p>	<p>tnt TNT: After-School Program</p>	<p>BOARD MEETING Walnut Village/Willow Heights 1 p.m. - 3 p.m.</p>	
24	25	26	27	28	29
	<p>tnt TNT: After-School Program</p>	<p>Quawana's Closet Open 1 p.m. - 3 p.m. KIDS Matter Reading Program</p>	<p>tnt TNT: After-School Program</p>		<p>LAST DAY TO CALL IN FOR PEST CONTROL  Year End Accounting Office Closed</p>
					30



MAIL
P.O. Box 400

PHONE
931.526.9793

OFFICE
235 W. Jackson St.
Cookeville, TN 38503

EMERGENCY
931.260.6080

FAX
931.526.5841

➤➤➤ The office is closed for lunch from 12-1 p.m.

Remember to "like us"  on our Facebook pages at Teens Need Training and Highlands Residential Services to check out all the great things happening.

POLICY REMINDERS



The HRS Smoking Policy is now in effect for all HRS homes. A copy of the Smoke - Free Policy was mailed to all residents and is available at the HRS main office.

NO FIREWORKS AT ANY TIME ON ANY HRS PROPERTY BY ANYONE.

Please remember the HRS fireworks policy: "Not to use fireworks in any manner on HRS property and/or premises." This is any type of fireworks and includes bottle rockets, firecrackers, sparklers, poppers, etc.

