



# community TIMES

The Highlands Residential Services Newsletter

[HIGHLANDSRS.COM](http://HIGHLANDSRS.COM)

**JANUARY/2019**



## INSIDE THIS ISSUE



LUNCH & LEARN - PERSONAL SAFETY FOR EVERYONE – details page 2.  
NOW ACCEPTING APPLICATIONS FOR TNT & KIDS MATTER – See page 3.  
LOOKING FOR A NEW JOB? – More information is on page 3.

## HRS RESIDENT OF THE YEAR

Congratulations go out to Mr. Eddie White for receiving the 2018 HRS Resident of the Year Award. Some of you may recall we featured Eddie on the cover of our June 2018 newsletter after he received his GED. Eddie began volunteering with HRS about five years ago and is always eager to help with numerous events, such as stuffing Easter eggs and Quawana's Coats. Another amazing fact is that Eddie has lived with HRS since June 9, 1967 – 51 ½ years! He also sets a great example to other residents and the community by having a very neat and clean home, both inside and out.

Eddie has now applied to enroll in the Tennessee Vocational program to further his education and develop job skills. We are very proud of Eddie's accomplishments. Eddie is pictured here with his tutor, Mr. Dale Work, who was awarded the 2018 HRS Volunteer of the Year. Mr. Work started volunteering as a tutor with our Teens Need Training after-school program about four years ago and most recently spent several months tutoring Eddie. We are most appreciative of Mr. Work's support for our residents and programs.



## Melinda's MEMOS



If you live in Algood or on West Fifth Street or

part of Pine Street and missed your recertification, please contact me at (931) 526-9793, ext. 220, as soon as possible to schedule a make-up interview.

## Kathy's CORNER



The HRS 2019 calendar was hand delivered to each home. If

you did not receive a calendar, please contact me at (931) 526-9793, ext. 212.

A huge thank you goes out to First Christian Church for delivering food boxes to our Walnut Village residents this month.

## Chelsea's CHAPTER



Reminder: Rent collection for Walnut Village will be on the

fourth day of the month from 10-11:30 a.m. Willow Heights will be on the eighth day of the month from 10:30-11:30 a.m. The main office will be closed January 1 for New Year's Day and on January 21 for Martin Luther King, Jr. Day.

## Walnut Village/ Willow Heights

residents are invited to our January Social on Thursday, Jan. 10, from 1-3 p.m. at the Walnut Village manager's office, #R-5. This month, Jodi Harcum of Quality Home Care will present "Medicare Fraud and Healthcare Scams" along with free blood pressure checks. We'll have lunch, and Jodi will entertain us with a sing-along of traditional songs. All Walnut Village/Willow Heights residents are welcome to attend. In case of bad weather, the snow date will be Wednesday, Jan. 16 same time.

## Lunch & Learn

Our December Lunch & Learn was such a great success that we are doing it again! All HRS residents are invited to a Lunch & Learn on Tuesday, Jan. 8 from 12-1 p.m. at the TNT Center in the Police Substation, 706 Pine Avenue, Cookeville. We have a really great program planned this month – Lt. Darrin Stout with the Cookeville Police Department will present "Personal Safety for Everyone." Learn how to protect yourself and your family. Lunch will be provided. Grab a friend or neighbor or just yourself and head on over! This is for all HRS residents. In case of bad weather, the snow date will be Tuesday, Jan. 15, same time.

The new year often brings about a desire for a new job, and our area is blessed to have numerous opportunities. In our main office lobby, we have a listing of various job search locations, including media, internet and employment agencies. Feel free to pick up a copy. There are also several educational opportunities for individuals who may need their high school diploma or equivalency, specific skills trainings or certification, or even a degree. For more information, contact our adult programs coordinator, Kathy Garcia, at (931) 526-9793, ext. 224.

Our friends, Beth and Tasha at Express Employment, recommend these tips for a successful job interview:

- Dress conservatively and professionally.
- Have a clean, well-groomed appearance.
- Arrive 10 minutes early.
- Maintain eye contact.
- Monitor voice volume (not too soft or loud).

Be Ready for Traditional Questions

- "What are your strengths/weaknesses?"
- "Why should we hire you?"
- "What are your top two accomplishments?"

Follow Up

- Ask for the interviewer's business card.
- Send a thank-you note stressing your interest in the position.

**Quawana's Closet**, located at 706 Pine Avenue, is open to ALL HRS residents on Tuesdays from 1:30-3 p.m. We've had numerous residents visit the closet and find some real treasures. The closet has free clothing of various sizes for children and adults, and occasionally household items. New seasonal items arrive all the time. No questions are asked except to bring identification. Please note, the closet may close for scheduling conflicts or bad weather.

**Maintenance Tips** When the temperature drops below 32 degrees outside, please leave kitchen cabinet doors open to allow warm air to circulate around the pipes. Also let faucets drip to help keep water moving and to keep it from freezing.

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

We are excited to begin a new year! Applications are being accepted for our Teens Need Training (TNT) after-school program for HRS youth in grades 7-12. TNT meets on Mondays and Wednesdays from 3:30-5:30 p.m. at 706 Pine Avenue. Transportation is provided.

Applications are also being accepted for KIDS Matter after-school program, which meets on Tuesdays and Thursdays from 3:30-5 p.m. at 706 Pine Avenue. Transportation is not provided at this time. For either program, you must apply, be enrolled and follow program guidelines. The rewards are awesome! Contact Shaquawana at (931) 526-9793, ext. 213, today for details!

Do you have some artistic talent or love making crafts? We are looking for a few volunteers to spend just one hour per month teaching these skills to our KIDS Matter or TNT youth. To get started today, just give me a call at (931) 526-9793, ext. 213.

Our KIDS Matter after-school reading program celebrated Christmas with a visit from Santa. They enjoyed a super snack and opening presents. Teens Need Training also had dinner complete with gift boxes, fun and games. Teens Need Training celebrated Christmas by shopping for winter school clothes. Many thanks to numerous donors, volunteer shoppers and Gabe's, which made this possible.



Reminder: TNT and KIDS Matter will not meet if school is closed for snow or if bad weather is approaching.



**WISH LIST:**

- Valentine's Day candy and party favors
- Bottled water
- Hand sanitizer
- Plastic plates, cups
- Forks, spoons, napkins
- Individually wrapped snacks



# RESOURCE CENTER

At January's Walnut Village Social, we will be talking about healthcare scams, but there are lots of other scams out there, too. Here are some things to watch for and ways to protect yourself:

1. Shred or destroy financial documents or paperwork with personal information before you throw it away. Scammers will go through trash or other things to get your ID.
2. Protect your Social Security number. Don't carry the card or number with you.
3. Don't give out personal information over the phone, by mail or on the internet unless you know for certain whom you are dealing with. Also, do not leave personal information lying around in your home, where visitors may see it. Do not let anyone into your home you do not know.
4. Never click on links sent in unsolicited emails, and be careful about clicking on unsecure websites or through Facebook.
5. Don't use obvious passwords like your birthdate, address, phone number or mother's maiden name.
6. Be alert to unexplained charges on your credit card or bank account statement. Sometimes thieves will start with small charges then move onto larger amounts, so check your accounts in between statements and really scrutinize your monthly bills.
7. You get a phone call, email or text message claiming you have won something – but first you have to give out your bank account or credit card number or send money to get the prize. This is a scam; never give out your number or send money.

## The Vocational Rehabilitation Program

(VR) is a great resource to help individuals with preparation for employment in the competitive job market. Some services they provide include job counseling and direction, job training, transportation, transition school-to-work, rehabilitation technology services, job placement, post-employment services, supported employment and independent living services. VR works with clients to develop employment outcomes that are consistent with their individual strengths, resources, abilities, capabilities and choice. For more information, visit the TN Rehabilitation Center in Cookeville at 955 E. 20th Street, Cookeville, TN 38501; call (931) 526-9783; or go to their website, <http://www.tn.gov/humanservices/section/disability-services>.

S	M	T	W	T	F	S
		1 <b>RENT DUE!</b> <b>NEW YEAR'S DAY OFFICE CLOSED</b>	2  TNT: After-School Program	3 <b>KIDS matter</b> Reading Program	4 <b>WALNUT VILLAGE RENT COLLECTION</b>	5
6	7  TNT: After-School Program  <b>TOMORROW: WILLOW HEIGHTS RENT COLLECTION</b>	8 Lunch & Learn 12 p.m.-1 p.m. <b>Quawana's Closet</b> Open 1:30-3 p.m. <b>KIDS matter</b> Reading Program	9  TNT: After-School Program  <b>PEST CONTROL TREATMENT DAY</b>	10 Walnut Village/ Willow Heights 1-3 p.m. <b>KIDS matter</b> Reading Program	11 <b>LATE FEES ADDED</b>	12
13	14  TNT: After-School Program	15 <b>Quawana's Closet</b> Open 1:30-3 p.m. <b>KIDS matter</b> Reading Program  <b>NON-PAY EVICTION NOTICES GO OUT</b>	16  TNT: After-School Program	17 Board Meeting <b>KIDS matter</b> Reading Program	18	19
20	21  <b>MARTIN LUTHER KING, JR. DAY OFFICE CLOSED</b>	22 <b>Quawana's Closet</b> Open 1:30-3 p.m. <b>KIDS matter</b> Reading Program	23  TNT: After-School Program	24 <b>KIDS matter</b> Reading Program	25	26
27	28  TNT: After-School Program	29 <b>Quawana's Closet</b> Open 1:30-3 p.m. <b>KIDS matter</b> Reading Program	30  TNT: After-School Program	31 <b>KIDS matter</b> Reading Program  <b>LAST DAY TO CALL IN FOR PEST CONTROL</b>		



**MAIL**

P.O. Box 400

**OFFICE**

235 W. Jackson St.  
Cookeville, TN 38503

**PHONE**

931.526.9793

**AFTER OFFICE HOURS PHONE**

931.260.6080

**FAX**

931.526.5841

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

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.

**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.

