community TIMES

The *Highlands Residential Services* Newsletter

HIGHLANDSRS.COM

FEBRUARY/2019

Ms. Chelsea with the Putnam County Library and KIDS Matter wish you a Happy Valentine's Day!

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Our Resident Services Department is blessed to have numerous community supporters who make possible all the programs, activities and events that HRS provides. In December, the following were recognized for their contributions to Highlands Residential Services.

Pictured from left are, in front, Dr. Robert and Mrs. Dana Owens representing Kainos Church, HRS Supporter of the Year; Kathy Smith, HRS resident services coordinator, and C. Dow Harris, HRS executive director; and in back, Tisheika Snow, HRS Youth Programs Volunteer of the Year; Mr. and Mrs. Brad Windlan, representing Steve Owens and First Christian Church, HRS Supporter of the Year; Eddie White, HRS Resident of the Year; and Dale Work, HRS Volunteer of the Year. Not pictured were Ms. Toni Brown and Brian Strickland of Russell Stover Candies, HRS Donor of the Year.

Also in December, HRS maintenance mechanic Ricky Jackson was recognized for 15 years of service.

MARK YOUR CALENDARS!

Halie Beason with the UT Extension Service will be teaching an eight-week "Eating Smart at Home" cooking and meal planning class on Tuesdays beginning March 12 from 12-1 p.m. at our 706 Pine Avenue location. Details will be in the March newsletter. Halie does a great job, and her programs are always lots of fun.

Melinda's MEMOS

Annual re-certifications will be coming up soon for Buffalo Valley and Coffelt Streets and Newman Drive and Willow Valley Court areas. Please check your mail often, as you should receive a letter with your appointment date and time and listing of all items you need to bring to your appointment. Questions? Call me (931) 526-9793, ext. 220.

Kathy's CORNER

If you or someone you know would be interested in our summer AmeriCorps Youth Program assistant position, please call me at (931) 526-9793, ext. 212. The position will begin in late May and last for 10 weeks, 30 hours per week. AmeriCorps provides a living allowance and money for education while not affecting any current benefits.

Chelsea's CHAPTER

Rent collection for Walnut Village will be Feb. 4 from 10:00-11:30 a.m., and Willow Heights will be Feb. 8 from 10:30-11:30 a.m.

Don't forget your sweetheart on Valentine's Day, Thursday, Feb. 14.

The main office will be closed Monday, Feb. 18, for President's Day.

February is American Heart Month and Friday, Feb. 1, is "National Wear Red Day" to recognize women's heart health. Cardiovascular disease (CVD) – including heart disease, stroke, and high blood pressure—is the No. 1 killer of women and men in the United States. CVD is a leading cause of disability, preventing Americans from working and enjoying family activities. We hope you join our HRS staff to "wear red" on Feb. 1.

HRS staff goes TEAM RED in 2018 for Women's Heart Health.

Services for the Blind & Visually Impaired through the Tennessee Vocational Rehabilitation Program Do you or someone you know often have problems reading your mail or using the microwave due to vision loss? If yes, then you may be eligible for FREE services for the blind or visually impaired. The services are offered to individuals of all ages to help them live independently in their own homes. All services are customized to meet the individual's needs and may include: functional low-vision evaluations, instruction in communication and self-care skills, adaptive kitchen skills, home management training, instruction in leisure activities, orientation and mobility services, information and referral, and guidance and counseling. For more information, contact the Vocational Rehabilitation office at 931-526-9783.

Walnut Village/Willow Heights residents are invited to our Valentine's Day Social on Thursday, Feb. 14, from 1-3 p.m. at the Walnut Village manager's office # R-5. We'll have lunch, play some games and have fun with a photo booth. All Walnut Village/Willow Heights residents are welcome to attend. In case of bad weather, the snow date will be Wednesday, Feb. 20.

A big thank you goes out to Loni Hitchcock with the Area Agency on Aging & Disability for providing our WV/WH group in January with some excellent information on Medicare fraud and healthcare scams.

Lunch & Learn

Our Lunch & Learn meetings are going great, and we want you to join in! Many thanks to Lt. Darrin Stout with the Cookeville Police Department for providing our group with personal safety tips at our January meeting.

All HRS residents are invited to our next Lunch & Learn on Tuesday, Feb. 12, from 12-1 p.m. at the TNT Center in the Police Substation, 706 Pine Avenue, Cookeville. This month, by request, we will be showing you how to make your own cleaning supplies, and everyone will leave with a bottle of all-purpose cleaner. Lunch will be provided, and we'll have some door prizes. Grab a friend or neighbor or just yourself and head on over! In case of bad weather, the snow date will be Tuesday, Feb. 19, same time.

After the Lunch & Learn, you can head directly over to Quawana's Closet, located at 706 Pine Avenue. The closet is for ALL HRS residents every Tuesday from 1:30-3 p.m. 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.

YOUTH NEWS
WITH SHAQUAWANA

Calling all teens or parents! Do any of the following interest you?
- A cool place to hang out after school?
- Extra help or tutoring with homework?
- Fun trips, great food and swimming this summer?

If so, 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. Local transportation is provided.

Of equal interest for the younger group:
- A cool place to hang out after school with games, arts & crafts, fun activities and a super snack?
- Summer fun and lunch every day?
- Great holiday programs with lots of surprises?

If so, applications are also being accepted for our **KIDS Matter** after-school program, which meets on Tuesdays and Thursdays from 4-5 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 seriously awesome! Contact Shaquawana at (931) 526-9793, ext. 213, today for details.

Are you an artist or crafter? We are looking for a few good 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 annual "What Home Means to Me" poster contest begins in March. Be thinking about your poster ideas and watch for details in the March newsletter. We now have a gallery of state and national winning posters on display in our main office. You, too, could win!

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

tnt TEENS NEED TRAINING

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

KIDS matter
KIDS INVOLVED in DAILY STUDIES

RESOURCE CENTER

RAM Clinic Mark your calendars for the *Remote Area Medical Clinic* on March 16 and 17 at Cookeville High School. First come, first served for free dental, vision or general medical care. No insurance or ID required. Entry numbers will be given out beginning at 3 a.m., with doors opening at 6 a.m. Details will be shared on our Highlands Residential Services FB page as they become available.

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

Doctors with a Heart Free Dental Clinic Mark will be Friday, Feb. 8, at the office of Hintz & Oakley Family Dentistry, 120 West Jackson Street, beginning at 8 a.m. or at the office of Johns Family Dentistry at 121 South Washington Avenue from 7 a.m.-12 p.m., both in Cookeville. You can either choose to have one filling OR one extraction OR a cleaning at no cost. First come, first served, no appointments, so be in line early.

Bits and Bites is a resource learning series sponsored by the UCAAC.
Topic: Veterans Benefits by VA officer Mark Harris.
When: Tuesday, Feb. 12, 8:30-9:30 a.m.
Where: Plateau Mental Health Center, 1200 South Willow Avenue, Cookeville
Details: Free and open to anyone. Call Anne Stamps at (931) 432-4123 to register as seating is limited. A continental breakfast will be provided.

Free Grocery Giveaway at Upperman High School, 6950 Nashville Highway, Baxter, on Saturday, Feb. 23, at 9 a.m. No paperwork is necessary to fill out or bring.

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 so that it doesn't freeze.

FEBRUARY 2019

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HIGHLANDS RESIDENTIAL SERVICES

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

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931.260.6080

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931.526.5841

All Resident Services activities operate 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.