



community TIMES

The Highlands Residential Services Newsletter

HIGHLANDSRS.COM

MAY/2019



KIDS Matter kids enjoy playing outdoors with TTU volunteer Wolfgang.

INSIDE THIS ISSUE



UC TOURISM ASSOC. PRESENTS FUN THINGS TO DO THIS SUMMER – [details page 2.](#)
POSTER CONTEST WINNERS – [see pictures on page 3.](#)
SUMMER LUNCH PROGRAM BEGINS MAY 28 – [information on page 3.](#)



In 2013, a group of churches approached Resident Services to start a summer lunch program in our Pine Avenue area. Among that group of volunteers was Lisa Bilbrey and her daughter Leighanne Eldridge from University Heights Baptist Church. Lisa had such a calling to help children year-round that she started our KIDS Matter after-school reading program in 2014 with Leighanne and other friends and family by her side. The program grew so quickly that Resident Services began managing the program in 2015. Lisa and Leighanne remained supporters and worked with children in the area through their church. As some of you may know, on Feb. 15 this year, tragedy struck, and Leighanne was taken from us in an automobile accident. In her memory, we have named our library room at the Pine Avenue Cookeville Police Substation “The Leighanne Eldridge KIDS Matter Memorial Library.” On Wednesday, April 3, we had a ceremony to recognize Leighanne’s contribution to our KIDS Matter program.

In the top photo pictured L - R: Shaquawana Wester, HRS Youth Programs Coordinator, Judith and Randy Todd, Nadine Shera, Cookeville Police Dept., Lisa and Jimmy Bilbrey.

Melinda's MEMOS



If you live on West 6th, 7th, 8th Streets and parts of

Pine and Cypress Avenues and missed your recertification, you need to contact me as soon as possible at (931) 526-9793, ext. 220, to schedule a makeup interview. Don't forget mom – Mother's Day is Sunday, May 12.

Kathy's CORNER



The annual Dream Sweep yard sale will be on Saturday,

May 4, from 7 a.m.-3 p.m. at the Putnam County Fairgrounds. This is a great place to get some bargains. Booth fees go to support area nonprofit organizations. The HRS main office will be closed Monday, May 27, for Memorial Day.

Chelsea's CHAPTER



As construction begins at Walnut Village, please be

aware of the construction barriers, which are there for everyone's safety and should never be crossed. If you have any questions about the construction, call me at (931) 526-9793, ext. 221, during regular business hours.

Walnut Village/ Willow Heights

residents are invited to our afternoon social on Thursday, May 9, from 1-3 p.m. at the Walnut Village manager's office, #R-5. This month, Quality Home Care will present a program for High Blood Pressure and Stroke Awareness Month. Our AmeriCorps volunteers, Kathy Garcia and Whitney Nielsen, will prepare lunch and have door prizes and a bountiful bread distribution.

For possible transportation to either the Walnut Village/Willow Heights Social or Lunch & Learn event, please contact our adult programs coordinator, Kathy Garcia, at (931) 526-9793, ext. 224, at least 48 hours prior to the event.

Free blood pressure checks at Walnut Village manager's office #R-5 on Friday, May 3, from 10-11 a.m.

LIHEAP If your 2018 winter assistance has been used up, you are eligible to reapply NOW!! Please call your local UCHRA office or the Cookeville location at 931-528-1127 for questions or to make an appointment to apply.

Safety Tips Please keep children and pets away from the lawn mowers and move any items in the yard out of the path of the mowers. Remember, kiddie pools are not allowed for various reasons on any HRS property. Please drive carefully and obey the speed limits in all HRS developments. Children as well as adults will be outside playing and moving about. Parents... please watch your children and teach them about outdoor safety.

Our "Eating Smart at Home" eight-week cooking seminar (part of our monthly Lunch & Learn classes) was a big hit with 17 residents attending. A huge thank you goes out to Halie Beason with the Putnam County UT Extension Service for teaching the class.

This is one of the recipes that Halie prepared and the group enjoyed for lunch one day.



Beefy Skillet Dinner

- 1 pound lean ground beef or ground turkey
- 3 tablespoons Easy Onion Soup Mix or purchased mix (recipe below)
- 1 ½ cups water
- 1/3 cup chopped onion
- 1 8-oz. can tomato sauce
- 1 8-oz. can corn, drained
- ¾ cup uncooked whole-wheat (or regular) macaroni
- ½ cup shredded cheddar cheese (try reduced fat)

Brown ground beef or turkey in a large skillet. Drain. Return meat to skillet. Stir in soup mix, water, onion, tomato sauce, corn and macaroni. Bring mixture to a boil. Cover and simmer 10 minutes. Remove cover and simmer until macaroni is tender, stirring occasionally. Top with cheese and serve.

To save money, try making your own Easy Onion Soup Mix.

Easy Onion Soup Mix

- 1 teaspoon black pepper
- 1 teaspoon garlic powder
- 1 tablespoon cornstarch
- 1 tablespoon onion flakes
- 1 tablespoon onion powder
- 1 teaspoon sodium-free beef bouillon

Mix together and store in a sealed container. Be sure to mark the name so you can use in other recipes.

Lunch & Learn will be on Tuesday, May 14, from 12-1 p.m. in the TNT Center at 706 Pine Avenue. This month, Ruth Dyal of the UC Tourism Association will be sharing information on great things to do or places to go in the Upper Cumberland area. Many are free or low-cost. We are fortunate to have lots of activities that appeal to all age groups and make for super-fun day trips. All HRS residents are welcome to attend. We'll have lunch, door prizes and a Bountiful Bread distribution.

Quawana's Closet located at 706 Pine Avenue, is open for ALL HRS residents on Tuesdays from 1:30-3 p.m.; just bring ID. The closet has free seasonal clothing of various sizes for children and adults, and occasionally household items. The closet will be closed on May 14 and 21. For possible other times or assistance, call Shaquawana at (931) 526-9793, ext. 213.



YOUTH NEWS WITH SHAQUAWANA

Are you graduating from high school, college or other higher learning program this month? If so, we want to hear about it! Please call me or Kathy at (931) 526-9793, ext. 212.

Our TNT and KIDS Matter after-school programs wrap up this month with another year behind us, and we've had great fun! Earlier this year, Lisa Luck presented an art recycling program to our KIDS Matter group. If you would like more information on being part of TNT or KIDS Matter when school starts back, just give me a call.



For more information about any of the following, please contact me at (931) 526-9793, ext. 213.

Summer Lunch Program Mark your calendars! Our free summer lunch program kicks off this month on Tuesday, May 28, from 10 a.m.-1 p.m. at the TNT Center in the Police Substation at 706 Pine Avenue. In addition to lunch, we will have volunteers from community resource groups and area churches providing fun, games, activities, special messages and more for **any youth** ages 4-18.



WISH LIST:

- Disposable plates, cups
- Forks, spoons, napkins
- Individually wrapped snacks
- Bottles of water
- Balls, outdoor toys or games

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



RESOURCE CENTER ↙

Congratulations to our local first place poster contest winners:

- Grades K-5: Brooklyn Cannady of Monterey
- Grades 6-8: Kaia Harvell of Cookeville
- Grades 9-12: Helen Priester of Cookeville

Lighthouse Christian Camp in Smithville, Tenn., is once again offering free camps for kids ages 9-11. Applications are available now at the HRS main office, and transportation is provided by the camp, which suggests you register soon and reserve your transportation.

Dates are:

- June 24- 28: Putnam County and Jackson County girls
- July 15- 19: Jackson County boys
- July 22-26: Putnam County boys



Grades 9-12 Helen Priester of Cookeville and 3rd place in the state.



Grades K-5: Brooklyn Cannady of Monterey.



Grades 6 - 8: Kaia Harvell of Cookeville and 2nd place in the state.

 **MAY 2019**

S	M	T	W	T	F	S
			1 RENT DUE!	2	3 Free Blood Pressure Checks WALNUT VILLAGE RENT COLLECTION	4 Dream Sweep Yard Sale
5	6 tnt TNT: After-School Program	7 Quawana's Closet Open 1:30-3 p.m. KIDS matter Reading Program	8 tnt TNT: After-School Program PEST CONTROL TREATMENT DAY WILLOW HEIGHTS RENT COLLECTION	9 Walnut Village/ Willow Heights Social 1-3 p.m. KIDS matter Reading Program	10	11
12 Happy Mother's Day	13 tnt TNT: After-School Program LATE FEES ADDED	14 Lunch & Learn 12-1 p.m. Quawana's Closet CLOSED TODAY KIDS matter Reading Program	15 NON-PAY EVICTION NOTICES GO OUT	16 KIDS matter Reading Program Board Meeting	17	18
19	20	21 Quawana's Closet CLOSED TODAY	22	23	24	25
26	27  MEMORIAL DAY Office Closed	28 First Day: Summer Lunch Program 10 a.m. - 1 p.m. Quawana's Closet Open 1:30-3 p.m.	29 Summer Lunch Program 10 a.m. - 1 p.m.	30 Summer Lunch Program 10 a.m. - 1 p.m.	31 Summer Lunch Program 10 a.m. - 1 p.m. LAST DAY CALL IN FOR PEST CONTROL	



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.

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 policy is available at the HRS main office.

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

No fireworks (includes bottle rockets, firecrackers, sparkers, poppers, etc.) at any time on any HRS property by anyone.



ADDRESSES: ONLY residents listed on the current lease can receive mail at one of our addresses and no one else.