



community TIMES

The Highlands Residential Services Newsletter

HIGHLANDSR.S.COM

FEBRUARY 2020



Quawana's Closet has a large selection of prom dresses – see inside for details.

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Our Resident Services Department is blessed to have numerous community supporters who make possible all of the programs, activities and events that HRS provides to you – our residents and the community. In December, the following were recognized by HRS staff for their outpouring of support.

Also in December, the following HRS staff were recognized for their years of service:

- Shaquawana Wester – five years (plus three years as an AmeriCorps member)
- Chris Young – 20 years
- Matt Conti – 20 years
- Denise Griffin is our current, longest-serving employee, with 30 years of dedication to helping thousands of people find affordable homes and to HRS and her coworkers.

HRS deeply appreciates all of its hard-working, dedicated employees.



From left are Mayor Ricky Shelton, HRS Supporter of the Year; HRS Executive Director Dow Harris; Gail Wells, HRS Resident of the Year; Michele Wilberscheid, Teens Need Training Volunteer of the Year; HRS Youth Programs Coordinator Shaquawana Wester; Jimmie Hodge and Amy Durfee, representing Life Church, named HRS Volunteer of the Year; HRS Resident Services Coordinator Kathy Smith; Danny Meadows, representing the HRS Maintenance Department, chosen as Resident Services Supporters of the Year; and Jackson Williams representing Sigma Phi Epsilon, which was named HRS Youth Programs Volunteer of the Year.

Melinda's MEMOS



ALL household members age 18 and over **MUST** come to recert.

Your appointment letter lists all recertification documentation required, including your 2020 SSA/SSI letter, all other forms of income, your most recent bank statement, and any other required documents. If you missed your recertification appointment, please call me at (931) 526-9793, ext. 220, as soon as possible to reschedule.

Kathy's CORNER



The main office will be closed on Monday, Feb.

17, for President's Day. And don't forget your sweet-heart on Friday, Feb. 14.

Please like our Facebook pages - "Teens Need Training" and "Highlands Residential Services."

Chelsea's CHAPTER



Rent checks need to be made out to either High-

lands Residential Services or HRS or Walnut Village or Willow Heights. Please review your rent check so that the amount you owe matches both the number and written amounts. If these do not match, the bank will return your check.

FEBRUARY IS AMERICAN HEART MONTH,

and Friday, Feb. 7, 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 in wearing red on Feb. 7.



KATHY G'S NEWS & VIEWS

Community Resources Did you know that Kathy Garcia, our AmeriCorps adult programs coordinator, has a listing of various community resources and services available to help adults of all ages? There are programs available to help senior citizens remain safely in their homes or to help adults find jobs or skills training or to access assistance programs such as food pantries or LIHEAP. Kathy will gladly meet or talk with you to provide information and applications or to advocate on your behalf. Just give her a call at (931) 526-9793, ext. 224.



"We Love Our Seniors Day"

sponsored by Habitat ReStore is Thursday, Feb. 13, any time between 10 a.m. and 3 p.m. at the ReStore, 728 E. 15th St., Cookeville. This free event, open to everyone, features senior resource information, ReStore specials, door prizes and more. Please look for us at the Highlands Residential Services table – we hope to see you there.

Congratulations to our January Cool Contest winner, Brunilda Quinones Rodriguez (her daughter pictured here) of Baxter, who won the 84-piece box of chocolates. Thanks to all who entered.



Lunch & Learn will be Tuesday, Feb. 11, from 12-1:15 p.m. in the TNT Center at the 706 Pine Ave. Police Substation. This month, Quality Home Care will share "Keeping Your Heart Healthy" and will also do free blood pressure checks. Lunch is provided, along with a bread giveaway. The bad weather/snow date is Tuesday, Feb. 18, same time and location.

POSITION OPENINGS

HRS is accepting applications for an AmeriCorps resident programs assistant. This position will begin around Aug. 1 and will be part-time, year-round. You must love working with children and adults of all ages. Hours will vary each week, but you must be able to work after-school programs.

AmeriCorps provides a living allowance (money deposited into your bank account to spend any way you want) and money for education while not affecting any current benefits. AmeriCorps is a great program – just ask Shaquawana, our youth programs coordinator, or Misty at the front desk – both former AmeriCorps members! Applications are available at the HRS main office, or call Kathy S. at (931) 526-9793, ext. 212.



YOUTH NEWS WITH SHAQUAWANA

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

Quawana's Closet has a large selection of prom dresses in a variety of styles, sizes and colors, all available to HRS youth to borrow for prom or any formal occasion. You simply need to call Shaquawana at (931) 526-9793, ext. 213, to arrange a time to shop.

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.

The closet is open every Tuesday from 1:30-3 p.m. at 706 Pine Ave. for all HRS residents. If you haven't been to the closet at all or haven't been in a while, please come and check it out. We have free clothing of various sizes for children and adults and some household items, with new items and seasonal items arriving all the time. No questions are asked; just please take only what you need. Please note that the closet may close for scheduling conflicts or bad weather.

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

Our annual "What Home Means to Me" poster contest begins in March. Be thinking about your poster ideas, and watch for dates and details in the March newsletter. Last year, Cookeville resident Helen Priester was a regional winner, and her poster went all the way to Washington, D.C. You, too, could win!

Check this out! Fresh green vegetables growing outside in January? Yes! Thanks to Seed-fork of the Highlands, our TNT and KIDS Matter youth have broccoli, lettuce, green onions and radishes. They have even made kale chips! The kids had a great time planting this "lasagna garden" in the late fall and are now enjoying the rewards.



To see more great pictures of our TNT & KIDS Matter programs, like our Facebook "Teens Need Training" page.



RESOURCE CENTER

RAM Clinic Mark your calendars for the *Remote Area Medical Clinic* on March 21 and 22 at Cookeville High School. Free dental, vision or general medical care are offered on a first-come, first-served basis. 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 Facebook page as they become available.

Doctors with a Heart Free Dental Clinic will be Friday, Feb. 7, at the office of Hintz & Oakley Family Dentistry, 120 W. Jackson St., beginning at 8 a.m. or at the office of Johns Family Dentistry at 121 S. Washington Ave. 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. Services are offered on a first-come, first-served basis with no appointments, so be in line early.

Heart of the Cumberland was the guest speaker at our January Lunch & Learn. They have many great programs, including peer support groups that help youth and adults with various forms of grief or loss. If you would like more information about Heart of the Cumberland, please visit their website at www.heartofthecumberland.org or call (931) 525-2600.



It's time for the 2020 Census Census forms will begin arriving in the mail soon. The census helps communities get the funding needed to have things like schools, roads, health care, senior centers and more. It helps businesses make decisions about locations and jobs. You can respond to the census by mail, or securely online or by phone. Census takers will also be coming to homes that do not complete and return the census form. Learn more about the 2020 Census at www.census.gov.

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»»» 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.