



# community **TIMES**

The Highlands Residential Services Newsletter

**HIGHLANDSR.S.COM**

**JANUARY/2021**



*TNT Christmas shopping trip*

## **INSIDE THIS ISSUE**



TNT ENJOYED A CHRISTMAS SHOPPING TRIP TO GABE'S – Details on page 3.  
IMPORTANT 2021 WALNUT VILLAGE RECERTIFICATION UPDATE – See page 2.  
NEW COOL CONTEST THIS MONTH! – Entry information page 3.

## **OPERATION WARM COAT**

After the March tornadoes struck parts of Tennessee, including our hometown, and were quickly followed by COVID-19, the governor's office wanted to do as much as possible to help families. One way was through a nationwide program, Operation Warm Coat, that donates new, stylish children's winter coats to areas in need. The governor's office was able to obtain a large donation and contacted Putnam County Mayor Randy Porter regarding distribution. Mayor Porter contacted Shaquawana Wester, who was distributing Quawana's Coats at the time.

Shaquawana coordinated with Mayor Porter and the Putnam County Parks and Recreation Department staff and the Putnam County Office of Student Services staff to begin distribution of coats last month to Putnam County school children. Pictured here at Baxter Middle School last month are just some of the people involved with this project. This has been a blessing to so many, especially during such a challenging year, and we want to thank everyone involved and especially our very own Shaquawana Wester for her dedication to helping others.



Another year has passed, but it reminds us of how very much we have to be thankful for. Our Resident Services Department – Kathy Smith, Shaquawana Wester, Kathy Garcia and AmeriCorps member La'Trece Willis – want to thank all of the volunteers, businesses, community resource agencies, religious organizations, and so many more who have offered their time, financial support, item donations and much more. We truly connect with more people than we can list! Everything received is directly used for the support of our resident programs.

## Melinda's MEMOS



I hope everyone had a merry Christmas and has

a safe and happy New Year! Please **KEEP** your 2021 Social Security, SSI, retirement benefits, W2's and **any other income information** until you receive your housing recertification letter this year notifying you of your appointment date and time.

## Kathy's CORNER



The main office will be closed Jan. 1 for New Year's Day and again Jan.

18 for Martin Luther King, Jr. Day. If you have not received the HRS 2021 calendar delivered to your doorstep or if someone is not receiving this newsletter by mail, please call me at (931) 526-9793, ext. 212.

## Chelsea's CHAPTER



**FOR WALNUT VILLAGE ONLY:** At your 2021 recertification, HUD regulations will no

longer allow us to use any over-the-counter medications as medical deductions unless you have a written doctor's statement that the medication is used to treat a condition. The cost of prescriptions, medical supplies, copays, doctor, dentist and eye doctor bills will still be counted, just no over-the-counter medications such as vitamins, pain relievers, etc.

### FREE DELI BREAD

We now have free deli breads from Panera Bread and Food Lion every Monday and Wednesday beginning around 10 a.m. in the HRS Main Office lobby. There will be an assortment of delicious breads, pastries and other baked goods and possibly some fruits and vegetables. All HRS residents are welcome to stop by and pick up some yummy treats!

**CONGRATULATIONS TO OUR DECEMBER COOL CONTEST WINNER TINA WOFFORD**, who won the box of ornament-filled candies.



## KATHY G'S NEWS & VIEWS

We have so many churches that do so much for our residents throughout the year – some we don't even know about! We want to thank you for your service to others. A special thank you goes out to First Christian Church for delivering Thanksgiving food boxes to our Boatman/Darwin street residents and Christmas food boxes to our Walnut Village residents! And a huge thank you goes out to Trinity Assembly for delivering Thanksgiving and Christmas food boxes to our Algood residents. Even more thanks go to the "Buddy Program" at First United Methodist Church for providing our Willow Heights residents with household goody baskets which LaTrece and I delivered before Christmas.



I enjoy a bowl of warm chili on cold winter nights, and this recipe is quick and easy. Plus, it would be good for a single person or for families. Leftovers can be frozen or served as chili hotdogs the next day.

### QUICK CHILI (Makes: 4-6 servings)

#### Ingredients

- ½ lb. hamburger
- 1 medium onion, chopped
- 1 can (15 oz.) kidney beans, low sodium, drained and rinsed
- 2 cans (15 oz. each) diced tomatoes with liquid, no sodium added
- 1 cup water
- 2 Tbsp. chili powder

#### Instructions

1. Brown meat and onions in a large skillet over medium-high heat. Pour meat onto a paper towel-lined plate to drain fat. Rinse pan and add the drained meat back to the pan.
2. Add beans, tomatoes with liquid, chili powder and water.
3. Reduce heat to low, cover and cook for 10 minutes. Serve hot.

### 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 it won't freeze.

Pest control will be Jan. 12 and 13.

Remember to "like us"  on our Facebook pages



# YOUTH NEWS WITH SHAQUAWANA

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

Teens Need Training celebrated Christmas by shopping for winter school clothes at Gabe's. Many thanks go out to the following donors: F&M Bank, State Farm John White Agency, Willow Avenue Church of Christ, the Cookeville Police Athletic League and several private donors who together provided \$130 for each of our 15 teens to purchase clothes. We especially want to thank Gabe's department store for giving our teens a discount and making our group feel so special. TNT also celebrated Christmas with a meal provided by One Bank of Tennessee and a box full of gifts from various donors.

**We also want to thank our super, amazing, dedicated (need we say more!?) volunteers who served as "personal shoppers" with our teens.**

- Sgt. Mike Herrick
- Officer Alyssa Coppinger
- Officer Charlotte Austin
- Lt. Anthony Leonard
- Officer Vince Levy
- Officer Jeff Johnson
- Melissa Henry
- Amy Gibson
- Charm Sullivan
- Julie Baker
- Sidney Dennis
- Simone McKelvey
- Michele Wilberscheid
- Kristi Paling
- Kathy Garcia
- LaTrece Willis
- Shaquawana Wester
- Kathy Smith



Our KIDS Matter celebrated Christmas by decorating Christmas cookies compliments of Great Harvest Bread, enjoying pizza and take-home snacks provided by Sunset Rotary, and opening a large box of presents and a huge bag of new winter school clothes provided by various donors. They also received a backpack full of goodies from Mrs. Anna of Poplar Grove Baptist Church and new chapter books to read from Chris Qualls. The Cookeville Police Athletic League donated some additional surprises. Many thanks to all for making our KIDS Matter party a special event.

We are excited to begin a new year! Applications are being accepted for our KIDS Matter after-school program for HRS youth in grades K-6. KIDS Matter meets on Tuesdays and Thursdays from 4-5 p.m. at 706 Pine Ave. Transportation is not provided at this time.

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

If you have any questions about our youth programs, please call Shaquawana at (931) 526-9793, ext. 213. To see more great pictures of our TNT & KIDS Matter programs, like our Facebook page "Teens Need Training."

## RESOURCE CENTER

Make plans to visit **Quawana's Closet**, which is open every Tuesday from 1:30-3 p.m. at 706 Pine Ave. for all HRS residents. The closet has free clothing of various sizes for children and adults and some household items, with new items arriving all the time. No questions are asked; just please take only what you need. Please note the closet may close for scheduling conflicts or bad weather.

## COOL CONTEST!!!

Enter now to win this Nostalgia Air-Pop Popcorn Maker, new in box. To enter: Answer the following questions correctly based upon information in this newsletter, complete the entry form and drop off at the HRS main office or mail to Kathy Smith, Highlands Residential Services, 235 W. Jackson St., Cookeville, TN 38501. Entries must be received or postmarked by Monday, Jan. 11. One winner will be drawn from correct, completed entries on Jan. 12. Only one entry per household, and for HRS residents only.



1. Name one of the businesses that donates bread. \_\_\_\_\_
2. Name one of the holidays the main office is closed for this month. \_\_\_\_\_
3. Walnut Village residents can no longer count what as a medical deduction? \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

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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.