



# community TIMES

The Highlands Residential Services Newsletter

**HIGHLANDSR.S.COM**

**FEBRUARY 2021**



*It's the month of love, and we love our KIDS Matter youth.*

## INSIDE THIS ISSUE



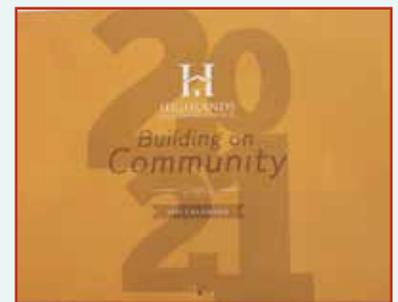
HRS IS MOVING INTO A DIGITAL WORLD. EMAIL ADDRESSES ARE NEEDED – Page 2.  
FREE LAUNDRY SERVICE?! THAT'S RIGHT – See page 3 to learn more.  
MARK YOUR CALENDARS FOR THE MARCH RAM CLINIC – Information on page 3.

### IMPORTANT CHANGES REGARDING THE MONTHLY NEWSLETTER & YEARLY CALENDAR

COVID-19 has changed many things, including making us aware of alternate ways to communicate with each other.

Over the years, so many residents and community supporters have expressed how much they love our yearly calendar and look forward to it. And we loved sharing it! However, it has become costly and time consuming to print and distribute. Plus, many people now use online calendars or check their devices. Your 2021 calendar was the last, as we will no longer prepare a yearly calendar. If you did not receive the 2021 calendar or would like an additional one, please contact Kathy Smith at (931) 526-9793, ext. 212, or [ksmith@highlandsrs.com](mailto:ksmith@highlandsrs.com).

We are also planning some immediate and near future changes with the monthly newsletter. For several years, the newsletter has been mailed to all of our residents, and approximately 300 newsletters are mailed to community partners and government officials.



Beginning with the March newsletter, we will no longer mail the newsletter to anyone other than HRS residents. But that's okay, as we can email the newsletter to community partners and government officials, and it is posted on our website. To continue receiving the newsletter, you only need to go to our website [www.highlandsrs.com](http://www.highlandsrs.com), scroll to the bottom, click on the link to enter your email address, hit submit and you're done! The newsletter could go to your "junk" or "spam" box; please check that. Also, do not submit an email reply to the newsletter, as it is only for the newsletter and you will not get a response. Lastly, we will be entering the email address of several of our community supporters into the system ourselves. If you no longer wish to receive the newsletter, you can "opt out" through the newsletter link at the bottom.

For our residents, we will continue mailing the newsletter for now, but eventually that, too, will change to all email. Plus, HRS is moving into a more "digital" world, so if you have an email address, please contact Melinda now with that information. Just go to page 2 to read more about this in Melinda's Memos.

## Melinda's MEMOS



As we move into a more digital technology world, HRS is creating a resident email database. **Please provide me with your name, address and email address that you monitor frequently.** Please send this to me at [mayers@highlandsrs.com](mailto:mayers@highlandsrs.com) or call me at (931) 526-9793, ext. 220, or turn it in at the main office. Also, check out the **Tenant Payment Portal** at [Highlandsrs.com](http://Highlandsrs.com). You can pay online, and in the future, we will be able to send and receive documents for things like recertifications or interim reporting through the portal.

## Kathy's CORNER



**Position openings:** We are looking for summer AmeriCorps resident programs assistants to begin the end of May and serve for 10 weeks, 30 hours per week. AmeriCorps is a great program that 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. Applications are available at the HRS main office, or call me at (931) 526-9793, ext. 212.

## Chelsea's CHAPTER



To Walnut Village and Willow Heights residents: Please make sure that you always provide me with your most up-to-date contact information and check your mail regularly so that you do not miss any important housing appointments. My contact information is (931) 528-7605 or [cyork@highlandsrs.com](mailto:cyork@highlandsrs.com).

*The main office will be closed Monday, Feb. 15, for Presidents Day. And don't forget your sweetheart on Sunday, Feb. 14.*

## COVID REMINDERS

Please, if you test positive for COVID or are under quarantine, stay home and put a note on your door indicating this. Please do not come into the office lobby. We ask that you do your part to help keep everyone safe. Remember to wash your hands frequently, use hand sanitizer, wear a mask and stay 6 feet apart.

## PET POLICY REMINDER

Visitors to HRS homes are not allowed to bring their pets, and residents are not allowed to do pet sitting. If you decide you want a pet, you must come to the main office and fill out a pet permit application before you adopt a pet.

## CONGRATULATIONS

to our January cool contest winner, Sheryl O'Brien of Algood, who won the popcorn popper.



## MONTHLY BREAD DISTRIBUTION

will continue Mondays and Wednesdays in the main office lobby from the 1st through the 10th of each month. The rest of the month, bread will be in the lobby when available.



## KATHY G'S NEWS & VIEWS



*HRS staff 2020 (pre-COVID) in support of Women's Heart Health*

## FEBRUARY IS AMERICAN HEART MONTH

and Friday, Feb. 5, 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 cause of death of women and men in the United States and 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. 5.

## RESIDENT SPOTLIGHT

Baxter resident Henry Perkins recently stopped by our office with his friend, Roger Depew of the Stevens Street Baptist Church Care Center in Cookeville, to share donated bread with our residents. Henry tells us he has been helping with the Care Center for about 1½ years, and for the past 4-5 months, he has been delivering donated bread and sweet treats to his neighbors in Baxter. We think that deserves some recognition!

Henry also tells us that he and Roger helped kids with toys and seniors with food at our Baxter homes this past Christmas. Henry says this has been a great way to get to know his neighbors and a way to welcome new move-ins to the neighborhood. He does this simply because he enjoys helping people. We don't have a picture per Henry's request, but we want to thank him for what he does for others.

## COMMUNITY RESOURCES

I have information regarding various community resources and services available to help adults of all ages with certain needs. For instance, 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. I will be glad to talk with you to provide information and applications or to advocate on your behalf. Just call me at (931) 526-9793, ext. 224.



# YOUTH NEWS WITH SHAQUAWANA

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

**Quawana's Closet:** We hope schools will be able to have proms this year. I have 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, as soon as possible to arrange a time to shop for the best selection.

The closet is open every Tuesday from 1:30-3 p.m. at 706 Pine Ave. for all HRS residents. No questions are asked; just please take only what you need. Please note the closet may close for scheduling conflicts or bad weather.



**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. HRS youth have had great success in the past with winning this contest, including a Grand National winner in 2013 who won a trip to Washington, D.C. You, too, could win!

**Our TNT After-School Program** has resumed after the Christmas break. In addition to doing homework, the teens have been making art projects, using the computer lab and even playing volleyball!

**KIDS Matter** youth returned with a New Year's welcome back party. They continue to enjoy doing arts and crafts projects, playing games and listening to our guest readers.

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."

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



**WISH LIST:**

- **Valentine's Day candy and party favors**
- **Easter egg candy**
- **Paper towels**
- **Dish liquid**
- **Dish cloths and towels**
- **Liquid hand soap**



# RESOURCE CENTER



## FREE LAUNDRY SERVICE

Yes, you read that correctly! A local church is sponsoring free laundry service for anyone in need on the first Tuesday of each month from 4-7 p.m. at Handy Mart Laundromat, 215 S. Willow Ave., Cookeville. Detergent is provided, and the church does the laundry for you. How wonderful is that?! Questions? Contact Melissa Allison at UCDD, (931) 476-4127 or (931) 260-2084.

## RAM Clinic

Mark your calendars for the *Remote Area Medical Clinic* on March 20 and 21 at Cookeville High School, 2335 N. Washington Ave. **Free dental, vision or general medical care** are offered on a first-come, first-served basis, with no insurance or ID required. The number of people served this year may be limited due to COVID-19. The parking lot will be open beginning at midnight on the first night. As you arrive, you will be given additional information. Everyone must wear a mask and be screened for COVID-19 before entering the building. Details are subject to change. For more information, please visit [www.ramusa.org](http://www.ramusa.org) online.

## Doctors with a Heart Free Dental Clinic

As of this writing, plans for the annual free dental clinic have not been finalized due to COVID-19. This one morning event usually takes place on a Friday in February. If we receive information, we will post this in our main office lobby, or you can call Kathy Garcia, our Adult Programs Coordinator, at (931) 526-9793, ext. 224, to find out the latest.

S	M	T	W	T	F	S
	<b>1</b> RENT DUE! DELI BREAD DAY  TNT: After-School Program	<b>2</b> Quawana's Closet Open 1:30-3 p.m.  KIDS matter Reading Program	<b>3</b> DELI BREAD DAY  TNT: After-School Program	<b>4</b>  KIDS matter Reading Program	<b>5</b> NATIONAL WEAR RED DAY	<b>6</b>
<b>7</b>	<b>8</b> DELI BREAD DAY  TNT: After-School Program  WALNUT VILLAGE LATE FEES ADDED	<b>9</b> Quawana's Closet Open 1:30-3 p.m.  KIDS matter Reading Program  PEST CONTROL TREATMENT DAY	<b>10</b> DELI BREAD DAY  TNT: After-School Program  PEST CONTROL TREATMENT DAY	<b>11</b>  KIDS matter Reading Program  LATE FEES ADDED	<b>12</b>	<b>13</b>
<b>14</b> VALENTINE'S DAY	<b>15</b>  PRESIDENTS DAY OFFICE CLOSED	<b>16</b> Quawana's Closet Open 1:30-3 p.m.  KIDS matter Reading Program  EVICTION NOTICES FOR NON-PAY	<b>17</b>  TNT: After-School Program	<b>18</b> Board Meeting  KIDS matter Reading Program	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>  TNT: After-School Program	<b>23</b> Quawana's Closet Open 1:30-3 p.m.  KIDS matter Reading Program	<b>24</b>  TNT: After-School Program	<b>25</b>  KIDS matter Reading Program	<b>26</b> LAST DAY CALL IN FOR PEST CONTROL  MAIN OFFICE CLOSES AT NOON	<b>27</b>
<b>28</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.

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.