



# community TIMES

The Highlands Residential Services Newsletter

**HIGHLANDSR.S.COM**

**MARCH 2021**



HRS Youth Programs Coordinator, Shaquawana, will host our 13th annual "What Home Means to Me" poster contest this month.

## INSIDE THIS ISSUE



OUR NEW OAK TREE TOWERS IS GOING UP AND MAKING PROGRESS – See pics on page 2.  
POSITION OPENINGS FOR AMERICORPS MEMBERS AT HRS – See page 2 to learn more.  
LOTS OF FREE SERVICES THIS MONTH – See Resource Center on page 3.

**13TH ANNUAL "WHAT HOME MEANS TO ME" POSTER CONTEST** for all Highlands Residential Services youth in Kindergarten to 12th grade. You supply the kids and we provide poster supplies, free lunches and cash prizes!

All times are 11 a.m.-1 p.m. except Baxter 2-4 p.m.

- **MONTEREY:** Monday, March 15, at 819 Jackson Ave., Community Room
- **COOKEVILLE:** 5th, 6th, 7th, 8th/Pine & Cypress • Buffalo Valley/Coffelt • Algood, Tuesday, March 16, at 706 Pine Ave., TNT Center/Police Substation
- **COOKEVILLE:** Boatman/Darwin St., Wednesday, March 17, in the open, grassy area on Darwin Street (weather permitting – Resident Services discretion)
- **GAINESBORO:** Thursday, March 18, at 509 N. Murray St., the old manager's office
- **BAXTER:** Thursday, March 18, at 318 Alexander St., Community Room from **2-4 p.m.**
- **CELINA:** Monday, March 29, at 301 Green St., Soil Conservation Office

All posters must be made by the participant and must be horizontal with no raised surfaces. If you are unable to attend your local contest, you can make your poster at home. Just bring it by the main office, 235 W. Jackson St., to be entered in the county contest. All posters must be turned in to the HRS main office by 4:30 p.m., Monday, March 29, 2021.

## !!!FREE MEDICAL, DENTAL, VISION CARE!!! RAM (REMOTE AREA MEDICAL) CLINIC



is back! Free and open to the public. March 20 and 21 at Cookeville High School, 2335 N. Washington Ave., Cookeville

The parking lot will open no later than midnight. 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. Clinic doors will open at 6 a.m. The number of people served this year may be limited due to COVID-19.

The basic services can include:

- **DENTAL:** Cleaning, fillings, extractions
- **VISION:** Complete dilated eye exams, testing for glaucoma and diabetic retinopathy, glasses made on site
- **MEDICAL:** General medicine
- **PREVENTION:** Breast exams, diabetes screening, physicals, women's health
- **EDUCATION:** Educational resources and information are provided throughout service areas

**NOTE:** Due to time constraints, be prepared to choose between DENTAL and VISION services. All patients will have the option of receiving DENTAL and MEDICAL care or VISION and MEDICAL care, but not DENTAL and VISION care on the same day.

For more information, please visit [www.ramusa.org](http://www.ramusa.org) online.

## Melinda's MEMOS



We need your email addresses! As we move into a more digital world, HRS is creating a resident email database to better communicate with you. **Please provide me with your name, address and an email address that you monitor frequently** 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.

## Kathy's CORNER



The governor's office has started the TN Hope Line that offers supportive, active listening to lonely older adults age 60 and up. Callers are welcome to call 1-844-600-8262 Monday-Friday from 9 a.m.-3 p.m. to talk about whatever is on their mind.

## Chelsea's CHAPTER



Please remember if you have a pet or a reasonable accommodation animal, it is your responsibility to clean up their body waste after them, both inside and outside of your home. If you are not cleaning up after them, you could be charged for maintenance to clean up, or you could lose your animal privileges.

## POSITION OPENINGS

HRS is accepting applications for a part-time, year-round AmeriCorps resident programs assistant to begin around Aug. 16. Hours will vary some weeks, but you must be able to work after-school programs. We are also looking for a summer AmeriCorps resident programs assistant to begin around the end of May and serve for 10 weeks, 30 hours per week. Both programs require a love for working with children and adults of all ages. AmeriCorps is a great opportunity to earn and learn while serving and giving back to others. 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. Applications are available at the HRS main office, or call Kathy S. at (931) 526-9793, ext. 212.

## REMINDERS

- Daylight savings time is March 14. Clocks "spring forward" one hour.
- The main office closes at noon on the last business day of the month, and we close for lunch each day from 12-1 p.m.
- We now accept debit or credit cards for rent or money owed. You simply need to go to our website at [www.highlandsrs.com](http://www.highlandsrs.com) and click on "Tenant Payment Portal" to set up your account. There is a \$2.00 per payment transaction usage fee.



## KATHY G'S NEWS & VIEWS

### OAK TREE TOWERS

Construction is really moving along with our new 50-unit development for seniors located on Buffalo Valley Road. Exterior progress is visible, and interior work has begun. An announcement will be made when applications will be taken.



### COVID 19 VACCINATIONS

If you are age 70 and up, we want to encourage you to register for the COVID-19 vaccine. To register, please go to the Tennessee Dept. of Health - COVID-19 vaccine information. Click on "how to get a vaccine." Scroll down to "age-based vaccination for COVID-19" and click on "book your appointment here." Select your county. Then click "request an appointment" and check "sign up." Enter your name, email and a good cell phone number that you can receive a text message on. Be sure to check mark "age 70 years and older;" and in the "other phases" categories, check "not applicable" to make the sign-up form go through.

Some things to know: You will need an email address and cell phone number to receive notification of your vaccine date. If you do not have this, you can use a family member's information, or they can do the sign up for you. Vaccination times are usually 9 a.m.-12 p.m.; it's best to arrive early. If possible, print off the vaccine permission forms to make getting the vaccine process faster. You will have to re-register for the second vaccine (yes, it takes two!). Currently, you will have to go to a specified location to receive the vaccine. There is no charge.

If all of this too confusing or you do not have online access, call the state health department for help registering for the vaccine at 1-866-442-5301.



# YOUTH NEWS WITH SHAQUAWANA

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

**We love our community supporters!**

Friendship United Methodist Church recently donated snacks and drinks to our TNT and KIDS Matter after-school programs.



**Volunteers are needed** to help us stuff approximately 2,500 Easter eggs on Thursday, March 25, from 9-11 a.m. at the HRS main office. If you can help, even for just an hour, please call me or Kathy S. at (931) 526-9793, ext. 212.



**Our 20th annual Easter egg hunt** for HRS youth ages 0-11 will be held on Good Friday, April 2. Mark your calendars now and be watching for loads of great candy, prize baskets and the Easter bunny! A complete schedule will be in the April newsletter.

**Modesty bags** I have a nice selection of pretty modesty bags filled with various feminine hygiene products for girls, teens and ladies. If you would like to have one, please call me at (931) 526-9793, ext. 212, or email me at swester@highlandsrs.com.



**Headed to prom or a formal event this spring?**

Save some money by checking out the great prom dresses at Quawana's closet in a variety of styles and sizes. If you would like to borrow one, just let me know.

**Quawana's Closet** is open every Tuesday from 1:30-3 p.m. at 706 Pine Ave. for all HRS residents. We have free clothing of all sizes for children and adults, household items and seasonal items, with new items arriving all the time. If you have a need and cannot get to the closet, please call me. Also note the closet may close for scheduling conflicts or bad weather.



**WISH LIST:**

- Individually wrapped Easter candy - and lots of it!!!

**KIDS matter**  
KIDS INVOLVED™ DAILY STUDIES



# RESOURCE CENTER

**Free Weekly Grocery Giveaway** is scheduled for each Friday in March beginning at 10 a.m. while supplies last at the Putnam County Fairgrounds, South Walnut Avenue entrance. Open to the public. Come with an empty trunk to receive a perishable food box and a gallon of milk. For more information, go to [www.putnamcountyttn.gov/help](http://www.putnamcountyttn.gov/help).

**Free Laundry Service** First Baptist Church of Cookeville is paying for laundry and detergent 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. You simply show up and do your laundry. How wonderful is that? Questions? Call First Baptist Church at (931) 526-7108.

**Free monthly bread distribution** from Food Lion or Panera will be on Mondays and Wednesdays in the HRS main office lobby from the 1st through the 10th. The rest of the month, bread will only be in the lobby when available.

**Free Life Recovery support group** is a very popular, fast-growing, Christian-based support group for anyone struggling with life addictions. Groups are open to anyone, and you do not even have to give your name. Each group is independent, so you can go anytime. Sponsors report lives are already being changed by gaining support from others with similar experiences. Groups are currently meeting at the following times and locations:

- Life Church, 2223 N. Washington Ave., Cookeville: Saturdays at 7 p.m. and Monday-Friday at noon.
- First Baptist Church, 18 S. Walnut Ave., Cookeville: Tuesdays at 7 p.m.
- Stevens St. Baptist Church Care Center, 406 Short St., Cookeville: Thursdays at 7 p.m.
- Algood, 36 W. Main St.: Mondays at 7 p.m.

 **MARCH 2021**

S	M	T	W	T	F	S
	<b>1</b> RENT DUE! FREE DELI BREAD  TNT: After-School Program	<b>2</b> Quawana's Closet Open 1:30-3 p.m.  KIDS matter Reading Program	<b>3</b> FREE DELI BREAD  TNT: After-School Program	<b>4</b>  KIDS matter Reading Program	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b> FREE DELI BREAD  TNT: After-School Program	<b>9</b> Quawana's Closet Open 1:30-3 p.m.  KIDS matter Reading Program  PEST CONTROL TREATMENT DAY	<b>10</b> FREE DELI BREAD  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> DAYLIGHT SAVINGS TIME BEGINS Spring clocks forward 1 hour	<b>15</b> Monterey Poster Contest 11 a.m.-1 p.m.  EVICTION NOTICES FOR NON-PAY	<b>16</b> Pine Ave. Poster Contest 11 a.m.-1 p.m.  Quawana's Closet Open 1:30-3 p.m.	<b>17</b> Boatman/Darwin Poster Contest 11 a.m.-1 p.m.   ST. PATRICK'S DAY	<b>18</b> Gainesboro Poster Contest 11 a.m.-1 p.m.  Baxter Poster Contest 2 p.m.-4 p.m. Board Meeting	<b>19</b>	<b>20</b> RAM CLINIC
<b>21</b> RAM CLINIC	<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>	<b>27</b>
<b>28</b>	<b>29</b> Celina Poster Contest 11 a.m.-1 p.m.  ALL POSTERS DUE BY 4:30 P.M. TODAY TNT: After-School Program	<b>30</b> Quawana's Closet Open 1:30-3 p.m.  KIDS matter Reading Program	<b>31</b> MAIN OFFICE CLOSURES AT NOON  TNT: After-School Program LAST DAY TO CALL FOR PEST CONTROL	<b>1</b>	<b>2</b> HRS EASTER EGG HUNT TODAY	



**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.