



community TIMES

The Highlands Residential Services Newsletter

HIGHLANDSRS.COM

AUGUST/2017



INSIDE THIS ISSUE



MAKE A DIFFERENCE DAY - donations needed for Quawana's Coats and Homeless Awareness
SIGN UP NOW for TNT or KIDS Matter after-school programs
LIHEAP applications are available at UCHRA and HRS main office

ANNOUNCING THE GRAND OPENING of Quawana's Closet

August 3: from 10 a.m.-12 p.m.
and 1 p.m.-2:30 p.m.

August 4: from 10 a.m.-12 p.m.

706B Pine Avenue, Cookeville
For all HRS residents. Must
bring identification.

Free clothing of various sizes
for children and adults.

Quawana's Closet has been established by HRS Youth Programs Coordinator Shaquawana Wester as an extension of the Quawana's Coats distribution held each October. The closet has been made possible by numerous donations and Make a Difference grant award.



Halie, TNCEP Program Assistant discusses the cooking class with Kathy, HRS Resident Service

Eating Smart at Home cooking class

Dates are Aug. 8, 15, 22, 29 and
Sept. 5 from 10-11 a.m.

The class will be held in the
HRS main office community
room and kitchen, 235 West
Jackson Street, Cookeville.

HRS residents age 18 and up
can attend one or all classes, as
each class is different. Children
can come, but child care is not
available.

Topics covered are "Easy
Cooking at Home," "Healthy Eating on a Budget," "Super Shopping," "Family Meals" and more.

You will receive free kitchen tools, recipes and a workbook, and will prepare food samples to eat.

If you attend all five sessions, you will receive a free cookbook and a big goody bag filled with kitchen items. You will also receive a graduation certificate that is great for job searches in the food service industry.

Sponsored by Halie Beason and the UT Extension service.

If you need more information or possible transportation, call Kathy at HRS, (931) 526-9793, ext. 212.

Melinda's MEMOS



Annual re-certification interviews for ALL of Monterey

will be held this month. You should receive a letter notifying you of your appointment date and time and what items to bring to your interview. If you have questions, contact me at (931) 526-9793, ext. 220.

Kathy's CORNER



Congratulations go to Randy Todd, who was recently

recognized as the 2017 Roberson Award recipient by Cookeville Regional Medical Center. Randy has worked with our tobacco cessation programs and conducts Quit 4 Life classes. Way to go, Randy!



TIMELY TIDBITS

Reminder – school has started back in Putnam County and will be starting soon in other areas. Please obey all traffic laws and watch for children along the streets and sidewalks.



RESIDENT COUNCIL T.E.A.M.
TOGETHER EVERYONE CAN ACCOMPLISH MORE

T.E.A.M. RESIDENT COUNCIL

wants to invite all HRS residents to attend our next meeting on Tuesday, August 8, from 10 a.m.-12 p.m. at the HRS main office community room. This month, we will host the first session of "Eating Smart at Home" cooking class.

Afterwards, the council will take nominations for the upcoming election for the following positions: president, secretary and historian. All HRS residents are invited and welcome to attend. Lunch is provided. If you need transportation, please call Misty at (931) 526-9793, ext. 224, regarding availability.

Walnut Village/ Willow Heights

residents will meet Thursday, August 17, from 1-3 p.m. at the Walnut Village manager's office, # R-5. We'll have a light lunch, so invite your neighbor and come on over. Hope to see you there.

WV/WH Residents will meet for coffee and donuts on Thursday, August 24, from 9:30-11 a.m. at the Walnut Village manager's office, # R-5.



Misty's MINUTES

Make a Difference Day Saturday, October 28, is a day of volunteering called Make a Difference Day. I plan to do my part again this year as an AmeriCorps volunteer, but I need your help. My focus will be on Homeless Awareness, and I plan to prepare bags of necessities for homeless individuals in our area.

Donations needed are:

- Hotel, travel or trial size bath items – soap, shampoo, lotion, toothpaste
- Toothbrushes, razors, deodorant, lip balm
- Gallon-size plastic zip bags, tissues, toilet paper



- Small towels or washcloths, blankets, socks, umbrellas, backpacks and snack foods

Items may be dropped off at the HRS main office, 235 West Jackson Street, Cookeville, Monday through Friday, 8:30 a.m.-4:30 p.m. (closed 12-1 p.m. for lunch), or by contacting me. Thank you in advance!

LIHEAP applications for winter energy assistance are now available at all local UCHRA offices and are also available in the HRS main office lobby. If you need assistance with your LIHEAP application, please call me.

Sun, Seed & Soil Community Garden

There are vegetables still available at the community garden. HRS residents are welcome to work at the garden every Friday around 9 a.m. through the growing season. The premise is simple: You work at the garden – you take home the food. Adaptive tools, shelter, water and sunscreen are provided. Please wear garden clothes and sturdy shoes. If you have any questions or need transportation, call Misty at (931) 526-9793, ext.224.

Interested in getting your GED or high school diploma?

Classes are now held at the UCHRA Career Center in Cookeville, and several HRS residents are working hard toward completing their high school education. For more information or to enroll in classes at any time, call the Putnam County Adult Learning Center at (931) 528-8685. Remember ... it's FREE. If you have questions about any of this information, call Misty at (931) 526-9793, ext. 224.

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



YOUTH NEWS WITH SHAQUAWANA



TNT wear safety gear to tour Nestle Waters in Red Boiling Springs

TNT Summer Day Camp concluded July 13, and each summer just gets better! In addition to cooking some spectacular dishes, the teens traveled all over the Upper Cumberland. They were able to see millions of bottles of water being processed at Nestle Waters. They learned how kayaks are made at Jackson Kayak. They got a glimpse of farm life by visiting Manna's Hana Riding Center, Sparkman Dairy and Mike Smith's farm. They enjoyed a full day of fun at Lake Winnie and spent two days at Slide the City, thanks to Mayor Ricky Shelton. They made their own bread at Great Harvest, watched glass blowing at the Appalachian Center for Craft, packed commodities at UCHRA, ate lunch one day on the lake, and enjoyed many, many, many more adventures.

This is all free to TNT participants and is made possible with the support of numerous community and financial donors and volunteers. We are very grateful to so many who support these youth programs.

Would you like your child to be involved in these awesome programs? Teens Need Training and KIDS Matter Day enrollments have begun. The TNT program meets after school on Mondays and Wednesdays and is for HRS youth in the Cookeville area who are in grades 7-12 (transportation provided). The KIDS Matter after-school reading program meets on Tuesday afternoons and is for HRS youth in grades K-6 (transportation not provided at this time). If you would like to know more about either program, please call me at (931) 526-9793, ext. 213.

Quawana's Coats Now is a great time to clean out your closets of coats or jackets to donate to the sixth annual Quawana's Coats distribution, which will be held on Make a Difference Day, Saturday, Oct. 28, 2017. I am also accepting all types of hygiene products. You may drop off your clean, gently, used or new coats or jackets at the HRS main office, 235 West Jackson Street, Cookeville, Monday through Thursday, 8:30 a.m.-4:30 p.m. (closed 12-1 p.m. for lunch) or call me at (931) 526-9793, ext. 213; email me at swester@highlandsrs.com; or check out Facebook events "Quawana's Coats."



TEENS NEED TRAINING

WISH LIST

- Back-to-school supplies
- Packaged snack items
- Bottled water
- Hand sanitizer
- Disposable plates, cups, napkins, spoons, forks

TNT operates 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.

RESOURCE CENTER



Congratulations to HRS Maintenance Mechanic Thurman Fox, who retired on July 18 after 21 years of service. We wish Thurman well in his retirement.

Just a reminder: Quit 4 Life Tobacco Cessation classes are free and open to anyone. A new class starts every Thursday from 6-7 p.m. at the Cookeville Regional Medical Center Cafeteria Algood room. For more information, call Randy Todd at (931) 261-4305.

The Summer Lunch program

was a huge success this year! AmeriCorps volunteers CJ Gerndt, Chris Meness, Christina Motley and TTU intern Dominik Hinkleman, along with a small army of community volunteers, were at the TNT Center in the Police Substation daily. Approximately 40 different children attended at some time during the summer. Many thanks go to:

- Putnam County School Nutrition Program
- Putnam County Health Department
- WCTE
- First Baptist Church
- Praise Cathedral Church of God
- New Beginnings Fellowship Church
- First United Pentecostal Church
- Kainos Church
- Life Church
- Sycamore Church of Christ
- Power of Putnam
- Cookeville Breakfast Rotary
- Cookeville Noonday Rotary
- UT Extension office - Halie Beason
- Cookeville High School students
- Numerous other volunteers and contributors



HRS Smoking Policy is now in effect for the following developments.

- All of Monterey - Nov. 1, 2016
- All of Baxter and Celina - Jan. 1, 2017
- All of Algood and the 10(2) area of West 5th Street & Pine Aveune - March 1, 2017
- Buffalo Valley Road and Coffelt Street, Willow Valley Court (public housing homes) and Newman Street - May 1, 2017
- West 6th, 7th, 8th, Cypress, the remainder of Pine Street, all of Walnut Village and Willow Heights - July 1, 2017
- Boatman and Darwin and all of Gainesboro - Sept. 1, 2017
- is now in effect for the following developments.

 **AUGUST 2017**

S	M	T	W	T	F	S
		1 RENT DUE!	2	3  Quawana's Closet 10 a.m. - 12 p.m. 1 p.m. - 2:30 p.m.	4 <i>Community Garden</i> 9 a.m. Quawana's Closet 10 a.m. - 12 p.m. WALNUT VILLAGE RENT COLLECTION	5
6	7	8 "Eating Smart at Home" Cooking Class 10 a.m. - 11 a.m. <i>TEAM Resident Council</i> 10 a.m.-12 p.m. WILLOW HEIGHTS RENT COLLECTION	9 PEST CONTROL TREATMENT DAY	10	11 <i>Community Garden</i> 9 a.m. LATE FEES ADDED	12
13	14  TNT: After-School Program 1st Day Back	15 "Eating Smart at Home" Cooking Class 10 a.m. - 11 a.m. KIDS Matter Reading Program 1st Day Back NON-PAY EVICTION NOTICES GO OUT	16  TNT: Summer Day Camp	17 <i>BOARD MEETING</i> Walnut Village/ Willow Heights 1 p.m. - 3 p.m.	18 <i>Community Garden</i> 9 a.m.	19
20	21  TNT: After-School Program	22 "Eating Smart at Home" Cooking Class 10 a.m. - 11 a.m. KIDS Matter Reading Program	23  TNT: After-School Program	24 Walnut Village/ Willow Heights 9:30 a.m. - 11 a.m. <i>Coffee & Donuts</i>	25 <i>Community Garden</i> 9 a.m.	26
27	28  TNT: After-School Program	29 "Eating Smart at Home" Cooking Class KIDS Matter Reading Program	30  TNT: After-School Program	31 LAST DAY TO CALL IN FOR PEST CONTROL	 MARK IT: 9/4 Office Closed Monday September 4th Labor Day 	



MAIL
P.O. Box 400

PHONE
931.526.9793

OFFICE
235 W. Jackson St.
Cookeville, TN 38503

EMERGENCY
931.260.6080

 The office is closed for lunch from 12-1 p.m.

 **DOWNLOAD IT**
To download a digital version of our calendar, please visit HighlandsRS.com.



POLICY REMINDERS



The HRS Smoking Policy began taking effect for certain developments on Nov. 1, 2016. A copy of the Smoke-Free Policy was mailed to all residents. A copy is also available in the HRS main office lobby.

NO FIREWORKS AT ANY TIME ON ANY HRS PROPERTY BY ANYONE. Please remember the HRS fireworks policy: "Not to use fireworks in any manner on HRS property and/or premises." This is any type of fireworks and includes bottle rockets, firecrackers, sparklers, poppers, etc.

